



2 - Gulf patrols



4 - Baptism

Brief Notes

The **Sasebo Council Navy League** needs your help...if you have English or French language magazines, the Navy League is collecting them to support the Nagasaki Lions Club, which is donating the magazines to Cambodian elementary schools. To donate, simply bring magazines to Jerry Havens' office at the Fleet and Family Support Center, or call him at 252-3109 to arrange for a pickup.

The **Combined Federal Campaign (CFC)** season kicks off Oct. 4 with a cake-cutting ceremony at the Shogun Galley at 11:30 a.m.

Everyone is welcome. To donate to this worthy cause, contact your unit keyperson. If unsure of your unit keyperson, contact the CFAS Unit Coordinator, MA1(SW) Charlot at 252-2526. (See story, pg. 2)



The **United Services Organization (USO)** has great volunteer opportunities available...help with English outreach programs to local Japanese schools as the USO English Outreach Coordinator or man Fleet Landing on the weekends and support USO special programs. Interested in this or other fun volunteer activities? Call D.J. Stanhope at 252-3873.

Sasebo MWR's **new artificial turf ballfield** is scheduled to open Oct. 8. with adult flag football and youth soccer matches scheduled at 6 and 7:30 p.m. to christen the facility, which cost over \$500,000.

This Week

The **Nagasaki Okunchi (Harvest) Festival** runs from Oct. 7-9 in Nagasaki city. Tune in to American Forces Network's *The Morning Drive* at 7:30 a.m., Oct. 6 for more details.

Weather

Sunday Mostly cloudy
 H 67°F L 56°F
Monday Mostly cloudy
 H 68°F L 58°F

DUI Counter 64 days as of Sept. 30

Security receives new military working dogs

Naomi Sullivan
 CFAS Public Affairs

Security's K-9 unit received two new dogs Sept. 25.

Duran, a 3-year-old patrol military working dog, and Dollar, a 2-year-old explosives military working dog, have been adjusting well in the short time they have been here, according to Master-at-Arms First Class Richard Rodriguez, Fleet Activities Sasebo (CFAS) kennel master.

"They have six months to adjust to their environment before they go to work for the K-9 unit, to get to know their new handlers and go through additional training. Then they have a certification board with Capt. James. If they pass, they get to work," said Rodriguez.

Master-at-Arms First Class Joseph Dino has been assigned to Duran. As a pair they will spend the next six months together training, playing and getting acquainted with each other. "Over the weekend I took Duran's record home and got a chance to see what he likes and learn about his personality," said Dino.

The assignment of dog handler to dog is an important decision. "We take the personalities and characteristics of handler and dog to make a pair. The handler spends an average of six hours a day with the dog, establishing a bond critical to the effectiveness of the unit," said Rodriguez.

Dog and handler go through training at Lackland Air Force Base in San Antonio, Texas. Duran went through an 80-day training period to get certified in patrol operations. Dollar is a dual-purpose military dog, certified in



A Master-at-Arms First Class and his new partner, military working dog Dollar, work out at the K-9 unit training facility. (Official U.S. Navy photo by JO2(SW) Alicia Boatwright)

patrol and sniffing explosives and drugs. His training was more extensive, taking 120 days for certification.

Because of that extensive training, the relationship between Dollar and his handler, MA1 Ronald Holland, is even more critical, explained Rodriguez.

"It's critical that Dollar gets used to his new handler, and that Holland learns to understand the changes in Dollar's behavior, since it can affect searches," he

said. Military working dogs are bought annually in Germany. Rodriguez said the military is adapting its breeding program

to accommodate the increased number of dogs needed for all branches of the service, including the Transportation Security Administration. 500 dogs are trained and released to the fleet annually, up from 200 before Sept. 11, 2001.

"We also have two military working dogs up for adoption," Rodriguez added.

According to Public Law 106-446, military working dogs can be adopted at the end of their useful working life. Law enforcement officers, former handlers of the dogs and other persons capable of caring for the dogs are eligible.

"The decision to allow the dog to be adopted comes from San Antonio," Rodriguez explained. "We tape the dog going through scenarios, like raising our voice and getting irate with the handler and dog. The tape is sent to Lackland for evaluation, to make sure the dog is safe for any future owners."

Potential adopters are screened by the kennel master and vet. "The screening allows us to ensure they treat the dog humanely. We care about the dogs a great deal and want to see them get a home and not be euthanized."



A Master-at-Arms First Class and military working dog Duran get to know each other. (Official U.S. Navy photo by JO2(SW) Alicia Boatwright)

Reminder: Fire Prevention Week is Oct. 3-9

JO2(SW) Alicia Boatwright
 CFAS Public Affairs

"Test your smoke alarms." That's the theme of this year's Fire Prevention Week, which kicks off Oct. 3.

Fire Prevention Week is an observance of the anniversary of The Great Chicago Fire, which started on Oct. 8, 1871. It took two days to contain the fire, killing more than 250 people and leaving 100,000 people homeless. However, it wasn't until 1922 that the National Fire Prevention Agency began sponsoring the nationwide safety campaign.

Jerry Clark, Commander Naval Forces Japan (CNFJ) Regional Fire Department

Assistant Fire Chief, said the week's events will target students at E.J. King and Jack N. Darby schools.

"We'll spend two days at each school, showing the kids a firefighting ensemble, how to stop, drop and roll, and how to call for help in the event of a fire," he said. The students will also learn the importance of devising a fire escape plan in their homes. "There will be a room set up with real windows and doors. We'll fill the room with smoke and the students will have to find a safe route out," Clark said.

Fire drills will also be conducted with Public Works department, Fleet and Industrial Supply Center, and Ship Repair

Facility.

In addition to having a fire escape plan, Clark said there is one other element to fire safety that is equally important. "It's important that everyone has working smoke detectors in their home because most fire-related deaths are due to a faulty smoke detector," he said.

Clark recommends smoke detectors be checked at least once a month and the battery changed out every year.

For the fire department, fire prevention won't end on Oct. 9. Clark said the training will continue throughout the month and beyond.

"Fire protection training is important year - round. It can save lives," he said.

USS Harpers Ferry on station in Northern Arabian Gulf

JO2 Brian Biller

USS Harpers Ferry Public Affairs

USS Harpers Ferry (LSD 49) deployed from the the western Pacific in August and assumed duties as Afloat Forward Staging Base (AFSB) in the Northern Arabian Gulf (NAG) on Sept. 15, where she is contributing to maritime security operations.

Upon arrival, Harpers Ferry assumed security support operations by providing defense to Al Basrah and Khawr Al Amaya oil terminal, currently embarked with the Sailors from Naval Mobile Security Force Detachment 21 (MSF Det. 21).

"Harpers Ferry is well - equipped for the mission at hand," said Cmdr. Burt Quintanilla, the ship's commanding officer. "It's my magnificent crew, however, that has already put an edge on the efficient execution of our duties assigned. Down to the lowest rank, they are clever, determined, and well - trained, and it is making a tremendous impact in area combat readiness."

One of the most important contributions to security and stability operations on and around the oil terminals is Harpers Ferry's Visit, Board, Search and Seizure (VBSS) team. The VBSS team has conducted maritime interception operations (MIO) in the region and boards vessels requesting access to the oil terminals and Iraqi ports.

Juarbemedina.

"Freedom for Iraqi women is important to me," added Seaman Kayla Carter.

"I'm hoping we can make a better life for the kids so that they can have some of the good things we Americans had growing up," said Seaman Brad Zilmer.

"We came to the Arabian Gulf for Iraqi

operations, Harpers Ferry is the combat logistics hub for local forces afloat and embarked. Harpers Ferry provides daily meals to those protecting the terminals; refueling and replenishing patrol craft; support to helicopter and amphibious craft operations; boarding teams; hotel services such as laundry, barbershop, Internet access, overnight accommodations for transient personnel and a full range of medical and dental services.

Where temperatures on the ships and on the oil terminals often exceed one hundred degrees Fahrenheit, there remains great camaraderie and esprit de corps in the strategically vital area of Operation Iraqi Freedom. Harpers Ferry added bakery services to their logistics operations when they began delivering "Pies to our Guys" to support the MSF Det. 21 Sailors.

"In addition to the daily deliveries of meals, we will be delivering our culinary specialty pies," said Harpers Ferry Supply Officer, Lt. Andy Kremer. "Five different delectable pies will be rotated daily. Georgia Peach, Mom's Apple Pie, Cherry O'Cherry, Luscious Lemon, and our world famous 'Harpers Ferry Bubba Berry Pie.' You can only get Bubba Berry Pie in oil terminal country. We're just trying to bring a little slice of America to the warriors on the front lines," said Kremer.

The "Pies" effort began the first day on station as small boats transported meals to MSF Det. 21 Sailors. "I thought it went really well for the first day," said Ensign Patrick J. Nissen, Boat Officer for Harpers Ferry. "They were glad to see us and they really enjoyed the pies."



Since arrival in the Northern Arabian Gulf Sept. 15, USS Harpers Ferry (LSD 49) has made significant contributions to maritime security operations in support of the Global War on Terrorism (Released by CFAS Public Affairs).

Crewmembers know what is at stake in the Arabian Gulf.

"I know we are vital in supporting a better life for the Iraqis," said Operations Specialist Third Class Manuel

Freedom and to ensure the United States' success in the Global War on Terrorism," said Quintanilla. "We are ready for the job of winning this fight."

In addition to security and stability

CFC Overseas announces 2004 campaign kickoff

U.S. military and federal employees can make a world of difference

Released by CFC-Overseas

The Combined Federal Campaign-Overseas (CFC-O), part of the largest workplace giving campaign in the world, has announced the CFC-O will run from Oct. 4 - Dec. 3, 2004.

During the campaign season, donors can designate contributions to a variety of deserving American and U.S.-based international charities through the CFC-

O. "Last year, U.S. military members and federal employees pulled together and generously raised over \$14.1 million overseas," said Renée Acosta, president of the campaign management organization for the CFC-O. "This year we know the tradition of giving will continue."

The CFC's philanthropic commitment is rooted in the many charitable campaigns

of the 1960s. Seeing a need to collect all the philanthropic campaigns under one umbrella, federal employees created the CFC - one campaign, once a year. An Executive Order signed by former President Kennedy made the CFC a reality and turned an innovative idea into a uniquely effective way for federal employees to help those in need close by and throughout the world.

Medical/Dental merger – What it means for Sasebo

Cdr. Ron Dodge

OIC, Branch Medical Clinic Sasebo

Under the direction of the Navy's Bureau of Medicine and Surgery (BUMED), the Branch Medical Clinic Sasebo and the Branch Dental Clinic Sasebo will be merged into "Naval Branch Health Clinic Sasebo" on Jan. 1, 2005.

The integration follows the Chief of Naval Operations' 'Sea Enterprise', an initiative designed to reduce overhead costs and improve productivity and mission effectiveness.

For most of our Sasebo community, this will simply be a name change, with the Dental Clinic becoming a department of

the Medical Clinic.

Most of the transition will be invisible to our patients, and business will be conducted much as it always has.

For Navy Medicine's leadership, it will eliminate the need for the current dual chains of command for the medical and dental activities. But, for the Hospital Corpsmen and Dental Technicians, it is only the beginning of a much larger merger: their ratings.

Although all of the details and transition plans are still being worked out by our Navy leadership, what will basically happen in the not too distant future is that the Dental Technician rating will be absorbed into and become an essential part of the Hospital Corpsman rating.

The Hospital Corps, already the largest rating in the Navy, will add several more Navy Enlisted Classification (NEC) codes and their corresponding 'C' schools to their inventory for those "specializing" in the dental field.

With the rating merger, comes new advancement examinations that will require changes/learning for both communities (i.e., dental personnel need to learn more medical skills, and corpsman will need to learn more dental skills).

This is a move intended to make our medical and dental staffs more versatile, improve advancement and training opportunities and most importantly, improve the overall services we provide.

CAPT. MICHAEL L. JAMES

COMMANDER

FLEET ACTIVITIES SASEBO

252-3444

CMDR. BERNARD P. WANG

CHIEF STAFF OFFICER

FLEET ACTIVITIES SASEBO

252-3444

MR. CHARLES T. HOWARD

CFAS PUBLIC AFFAIRS OFFICER

252-3029

charles.t.howard@cfas.navy.mil

JO1(SW) RON INMAN

EDITOR, SASEBO SOUNDINGS

252-3485

ronald.inman@cfas.navy.mil

JOSN JEFF JOHNSTONE

STAFF WRITER/EDITORIAL ASSISTANT

252-3409

NAOMI SULLIVAN

ASSISTANT EDITOR/COPY EDITOR

CTF 76 PUBLIC AFFAIRS

LT. ED SISK

JO3 JAMES KIMBER

252-2810

FLEET IMAGING

PH3 IAN W. ANDERSON

PH3(AW) YESENIA ROSAS

PHAN MARVIN E. THOMPSON, JR.

252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to soundings@cfas.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

'Uniting Through Reading' coming to CFAS

JOSN Jeff Johnstone
CFAS Public Affairs

Deployed Sailors wishing to keep in touch with their children while on deployment now have the chance to do exactly that.

The Uniting Through Reading program (UTR) is an underway, quality-of-life program that allows Sailors and Marines on deployments to keep in touch with their children and loved ones by sending them a videotape of themselves reading storybooks aloud to their children.

The program was founded in 1989 by the Family Literacy Foundation and is now utilized Navy-wide.

Though enhancements in technology, such as e-mail, make keeping in touch with loved ones at home easier, UTR offers a means of communication that not only helps a child feel more secure, but educates them at the same time.

"An e-mail has no impact on a three-year-old child," said Deborah Loeffler, UTR Program Director. Having their mother or father on television reading to them allows them to bond emotionally and educationally, she added.

The program also makes the kids feel secure, as they can play the tapes as often as they want to, she said. According to Loeffler, the program is beneficial to Sailors and Marines as well as their children. When a Sailor knows that things are okay on the home front, they are able to perform more effectively on the job, she said.

Young children who have parents, who read to them frequently tend to enhance not only their reading readiness skills, but also their self-confidence, said Loeffler.



"This picture brought tears to my eyes. It makes me feel great to know that my 18-month-old son hasn't forgotten about me," said Petty Officer Third Class, USS Enterprise (CVN 65) (Photo released by CFAS Public Affairs).

"One of our primary goals at UTR is to encourage participation," said Loeffler. "Our goal here in Sasebo is to ensure each book in the ship's library is available at the base library."

According to Loeffler, Sailors interested in participating in the program are also encouraged to bring favorite family books that their children like, or books that their children are interested in out to sea with them. Books owned by the individual Sailor may be sent home to their child so they can read along with the video recording. This allows the Sailor to tailor the program to their own families' needs.

Single, unaccompanied Sailors are also encouraged to get involved with this program. Single Sailors can read aloud to siblings back home or any member of their families, said Loeffler. Sailors who volunteer with local schools where they are stationed are encouraged to read aloud to students in the event they deploy, she said.

"The program is also available to Sailors stationed at overseas shore commands. Our goal is for every child to be read aloud to by a parent or a loved one on a daily basis," she said.

According to Loeffler, the ships stationed at Fleet Activities, Sasebo (CFAS) have provided a lot of support.

"We anticipate beginning a program with USS Essex (LHD 2) and USS Juneau (LPD 10) by next month. It's a wonderful way for commands to help support Sailors and their families," she concluded.

For more information contact Leslie Howard at 252-8664 or visit their website at www.read2kids.org.

Profile: YNC(SW/AW)



Leading Chief Petty Officer, CFAS Administration Department
Hometown...College Park, Ga.

How long have you been in Japan?

Four years, nine months.

What is your favorite thing about Sasebo?

Having the opportunity to interact with our local Japanese hosts and benefit from their friendship.

Are you married or single?

Married.

Do you have any children?

Yes, a son, Tresean, and a daughter, Ashli.

What hobbies do you have?

Cooking and fishing.

Who do you consider to be your role model?

My father, Mr. Frank L. Washington, Sr., and my mother, Mrs. Jeanette Washington.

What are your personal goals?

To become a master chief or an officer.

What motivates you?

I'm self-motivated by challenges.

What is the one thing you can't stand?

People complaining about things or issues that they have the power to correct or fix.

What do people not know about you?

I have a love for tropical fish.

What is your most embarrassing moment?

While jogging in Sasebo, I fell over.

If you could have dinner with three people, living or dead, who would they be?

Oprah Winfrey, Michael Vick and Ted Turner.

October is Domestic Violence Awareness Month

Charlotte Bruton
CFAS FFSC FAP Educational Specialist

October has been designated Domestic Violence Awareness Month. Domestic abuse is a pattern of controlling and coercive behavior which can involve physical, sexual, economic, emotional and psychological abuse.

It affects people who are married, divorced, living together, or dating. People in relationships from all socioeconomic, racial, religious and ethnic groups can experience domestic abuse.

Anyone can be a victim of domestic violence, but women are by far the most common victims. Some of the warning signs that you may be involved with an abuse partner are:

- Quick involvement - "Love at first sight," engaged or living together within six months.
- Past assault on you or a previous partner.
- Use of force during arguments – pushing or shoving, physical restraint.
- Threats of violence or other intimidating acts.
- Controlling behavior – constantly questions you about your activities, refuses to allow you to make decisions, monitors spending.
- Verbal abuse – says things that are cruel, degrading and hurtful, name calling.
- Jealousy – is jealous of the time you spend with others, calls frequently and drops by unexpectedly, monitors your whereabouts, accuses you of infidelity.
- Hypersensitive – is easily insulted and rants and raves

about daily life situations, sudden mood swings.

- Blames others – for their feelings about problems they are experiencing.

- Cruelty - to animals, children, family, and strangers.

- Tries to isolate you – from family, friends and other resources.

Your domestic violence safety plan:

- Move to a room with easy access to an exit. Don't go to the kitchen, bathroom or near possible weapons.

- Know the quickest route out of your home. Practice escaping that way.

- Know the quickest route out of your workplace. Practice escaping that way. Domestic violence does not just occur in your home.

- Pack a bag and have it ready. Keep it hidden, but make it easy to grab quickly.

- Tell your neighbors about your abuse. Ask them to call the police when they hear a disturbance.

- Have a code word to use with your kids family and friends. They will know to call the police and get you help.

- Know where you are going to go if you ever have to leave.

- Use your instincts.

- You have the right to protect yourself and your kids.

- Remember there is always someone who can help you. You are never alone.

For more information and advice, contact the Family Advocacy Program at 252-3604 or call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

Navy epidemiologist sees potential danger of influenza

Bill Doughty

U.S. Naval Hospital, Yokosuka Public Affairs

Lt. Cmdr. Eric Kasowski, Navy epidemiologist, visited the Western Pacific in mid-September to enhance force health protection for forward-deployed forces and their families. Kasowski established a surveillance program in Sasebo, trained healthcare professionals in Yokosuka and gave a series of talks on emerging diseases in Asia. He focused on Avian flu, a dangerous type of influenza that affects birds but can spread to humans.

According to Kasowski, of the Navy Environmental and Preventive Medicine Unit 6 (NEPMU-6) in Honolulu, Hawaii, "We're trying to raise awareness of the potential threat of Avian influenza. Most of the world's public health organizations consider it a threat that could cause the next human epidemic.

"NEPMU-6 is the regional public health office for the U.S. Navy in the Pacific," he said. "We integrate with the combatant commands and military treatment facilities to keep an eye on respiratory illness and assist with surveillance to detect potential epidemics very early in their course."

At this time, Avian flu is considered only a low risk to

military operations, but Kasowski said healthcare officials must be vigilant to protect people from all forms of flu.

Throughout history, epidemics of deadly forms of influenza have killed millions of people. Lives can be saved, said Kasowski, if we learn the lessons of history. "You can control an epidemic if you are very, very aggressive, mostly through isolation and quarantine," he said.

Flu shots are expected to become available at military treatment facilities in the next few months. Kasowski advises everyone to get their flu shots when they become available and to use common sense measures to prevent the spread of flu.

"If you become sick, with a fever, stay home," he said. "Wash your hands at least five times a day and for at least 20 seconds. Studies have shown this reduces the incidence of respiratory illness."

To reduce the possibility of contracting Avian flu, stay away from markets selling live birds and avoid close contact with chickens and waterfowl, including ducks. He acknowledges that this can be difficult, considering the importance of poultry markets in many Asian cultures.

According to Cmdr. Ron Dodge, Officer in Charge of

Branch Medical Clinic Sasebo, "BMC Sasebo is ready to administer this year's flu shots as soon as the vaccine is received. Additionally, by participating in the flu surveillance program, we have additional supplies and/or tests that we can run on those exhibiting flu-like symptoms after the immunizations are given," said Dodge. "Just in case there is another strain of flu in the area that the vaccine is not protecting against."

"The best thing the community can do to prepare for and prevent the spread of influenza is to get vaccinated, stay healthy (eat a proper diet and exercising appropriately), wash your hands often and minimize contact with those that are symptomatic," Dodge advised. "With these steps, they will be minimizing both their individual risk and that of their community."

Kasowski will continue to monitor for signs of emerging diseases throughout the Pacific from his office, strategically positioned in Honolulu, Hawaii and aligned with Pacific Fleet and Pacific Command headquarters. "We're trying to put resources in place now to protect our forward-deployed forces," he said.

For more information on flu vaccinations for this year, please contact the Branch Medical Clinic at 252-2551.

Safety Corner: Vehicles, our worst enemy

Charles Carr

CFAS Safety Department

There were nearly 40,000 traffic related deaths in the United States last year. That equates to a death on our highways every 12 minutes and an injury every 26 seconds.

After analyzing all mishaps, most agencies have all reached the same conclusion: The primary cause of privately owned vehicle (POV) mishaps is a behavioral problem inherent in the maturity level of the group experiencing the most accidents—19 to 24-year-old sailors. Young people in this age group think they are invulnerable. They are not.

So what can a supervisor do to help reduce POV mishaps among our young people?

The primary answer is to continually train personnel on hazard identification and control. Most fatal mishaps occur between 10 p.m. and 7:30 a.m., Friday through Monday.

Speed, alcohol, fatigue and not using safety belts are the leading causes of

severe injury and death.

When safety belts are available and used, severity of injuries is less. Risk-management techniques can be used to identify personnel who are at higher risk for POV mishaps, so the message can be targeted to them.

While age is the place to start, it certainly is not a complete picture of who is likely to have the next POV accident. Looking at other factors that may give an indication of a person's maturity level will also help define the target group. These factors include:

- Speeders
- Personnel who have been cited for moving traffic violations
- Drug and alcohol abusers
- Personnel with financial or other domestic problems

These personnel should be identified and offered help. For more information on traffic safety or recreational safety please call the Fleet Activities Sasebo Safety Department at 252-2703.

Newest member of O'Flaherty family baptized aboard Patriot



A baptism took place on USS Patriot's (MCM-7) bridge Sept. 23, with the mother and godparents present. (Released by CFAS Public Affairs)

Betcha didn't know about: Suicide boat base

Phil Eakins

Base Historian

When we think of kamikaze pilots, grainy black & white images of Imperial Army and Navy pilots attempting to crash their aircraft onto U.S. naval vessels normally come to mind. But did you know some naval personnel who volunteered for kamikaze duty were not limited to aircraft as their only mode of destruction?

A small training base for suicide boats was once located in Omura Bay at Ogushi cho near Kawatana. Established on May 1, 1944, this base initially provided training for officers and sailors assigned to torpedo boat crews. Students underwent training in various

subjects such as torpedoes, navigation, engines, anti-submarine armament and depth charges, anti-aircraft gunnery, signal communications, and tactics.

Four months later, the training shifted to Shinyo (ocean shaker) suicide boat tactics. Most of the students who attended the two-month Shinyo training school were 18- or 19- year old volunteers hand picked by the Imperial Navy. After completion of training, the students were advanced one rank and received special benefits such as increased pay and allowances due to the unique nature of their mission.

Approximately 1,300 Shinyo pilots and 3,200 support personnel completed training at this base. Records indicate about four Shinyo boat divisions that trained here were sent to the Philippines, while 26 divisions were assigned to various locations

throughout the home islands. On March 1, 1945 the name of the school was officially changed to Kawatana Arashi Butai (Storm Unit) and assigned to the 3rd Special Attack Corps.

Captain Tameichi Hara, an experienced combat veteran of several naval engagements during the Pacific War's early years, was the training base's commanding officer for all but five months of its existence. He assumed command of light cruiser Yahagi in December 1944 until it's sinking on April 7, 1945, and then returned to Sasebo as commanding officer of Kawatana Arashi Butai until the end of the war.

Captain Hara's book about his combat experiences titled 'Japanese Destroyer Captain' was published in 1961.



Columbus Day 5K Run

Columbus managed to find his way, now it's your turn! Sign up at the Fleet Fitness Center by Wednesday, Oct. 6 for the free Columbus Day 5K 'Discovery Run' scheduled for Monday, Oct. 11 at the Spare Time Recreation Fitness Center. Clues will be given at checkpoints throughout the course and you will have to decipher them to determine the next stop. Awards will go to the first to 'Discover America' in male and female divisions. For more information, call 252-3588.

Swap Meet at Hario

You never know what amazing bargains you'll discover at a community swap meet. The folks at the Hario Gym will host a swap meet on Saturday, Oct. 9 from 9 to noon. No early birds please. Set up begins at 8 a.m. Reserve your table now (\$2 per table) if you have items you want to sell. For more information, call 252-8960.

Domestic Violence Awareness 3K Run

All hands are highly encouraged to show their support for domestic violence awareness on Friday, Oct. 22 by participating in this relatively easy, 3K Fun Run. The race will begin at 11:30 a.m. at the Fleet & Family Support Center. For more information, call 252-3588.

Sailing Class For Beginners

If you ever wanted to sail away into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The pros at the Sailing & Outdoor Adventure Center are offering several basic sailing classes in October so you can enjoy this great outdoor sport safely and with confidence. The 6-hour classes are scheduled for Sunday, Oct. 3, Friday Oct. 15 and Saturday Oct. 23. Class times are from 10 a.m. until 4 p.m. Cost is only \$35 per person. For more information, call 252-3500.

Take the Kids to Kitty Land

Travel & Tours pros have scheduled a trip to Kitty Land Amusement Park on Saturday, October 2. This amusement park is highly recommended for small children as it features many cartoon hero figures in Harmony Village, Harmony Garden, Harmony Park, a Nature Zone and Carnival Square. They even have a choo-choo train that will transport you around the park. Have your picture taken in front of a marvelous castle

and hop aboard the huge carousel. Cost is \$30 for adults, \$20 for those 12 to 18, \$18 for children 4 to 11 and \$5 for youngsters 3 & under. For more information, call 252-3433.

October Lunch Specials at Harbor View Club

Every Monday in October you and your friends can enjoy delicious roast chicken oregano for lunch at the Harbor View Club for just \$6.95. Their lunch specials come with a trip to the well-stocked salad bar, soup of the day and your choice of iced tea or coffee. Other October lunch specials include: Tuesday, meat loaf with sautéed mushrooms; Wednesday, homemade lasagna; Thursday, pork cutlet with buttered noodles and Friday, grilled salmon with fresh spinach. Lunch is served from 11 a.m. to 2 p.m., Monday through Friday. For more information, call 252-3965.

October Lunch Specials at Galaxies

Galaxies Club manager Efrain Gracia and his talented Cosmic Kitchen staff have some delicious lunch specials in October with something for everyone. On Monday they'll feature beef flautas with Mexican rice and drunken beans, Tuesday it's lemon peppered pork with mashed potatoes and cornbread stuffing and Wednesday their lunch special is lasagna with side salad and 2 garlic sticks. The Thursday lunch special is chicken divan with tossed salad and 2 bread sticks while every Friday in October the Galaxies lunch special is spicy orange meatballs with fried rice and an egg roll. The Monday through Friday lunch specials begin at 11 a.m. and continue while supplies last. The \$5 price includes soda. For more information, call 252-2980.

3-6-9 Bowling Tournament

The Spare Time Recreation Center will hold a 3-6-9 Bowling Tournament on Saturday, Oct. 9 at 6:30 p.m. The entry fee is \$15 (you must be 18 years old or older to participate). The tournament includes three games of bowling with every third, sixth and ninth frame automatically scored as a strike. The highest total pin fall determines the winner. The total number of participants determines the prize money. For more information, call 252-3634.

99 Islands Overlook Hike

Bring your camera along for some spectacular photos of the 99 Islands from high above the ocean during the 99 Islands Overlook Hike on Friday, Oct. 8. You and your family and friends are sure to enjoy this leisurely walk under the guidance of professionals from the Sailing & Outdoor Adventure Center. The hike is scheduled from 4 to 6 p.m. and costs just \$5 per person. For more information, call 252-3500.

Living in Japan: Eating cuttlefish on a stick

A tour of duty anywhere outside of a 100 mile radius of where we were born and grew up inevitably will introduce us to new, and sometimes strange, foods. Such as the horror I experienced after joining the Navy from upstate New York and traveling to Memphis for 'A' school, being served grits for the very first time. When you cross an ocean in your travels, that strange food tendency is amplified a thousand fold.

Arriving in Japan as a lad of 17 I was amazed, and appalled, at some of the fare I saw in markets and in the window displays of restaurants in Yokosuka. One of the things that set off my gag meter was the thought of ingesting cuttlefish, or as we Americans more commonly refer to it, squid.



FLEET & FAMILY SUPPORT CENTER SUPERVISORY PROGRAMS MANAGER

During summer months you will often see small booths with charcoal grills lining some esplanade, offering up squid-on-a-stick. Never in my life would I ever even consider sampling such a repulsive thing, until one lazy summer night in Yokohama 34 years ago. A good friend and I were out celebrating the fact it was Saturday, or some similarly joyous occasion, and we swung by Yamashita Park in Yokohama on our way home. Yamashita Park is a beautiful bayside park built on the site of an old U.S. Army housing area in the heart of Yokohama.

The sidewalk bordering the street that ran in front of the park was always lined with food booths selling everything from sodas, to corn-on-the-cob, to any variety of Japanese fast food treats, including squid-on-a-stick. My buddy jumped from the car, saying he was hungry, and ran up to one of the booths, returning in minutes with two sticks impaling the pale purple sliced up bodies of a couple of cuttlefish, to include their tentacles. Shrinking back in my seat I tried to convince him that I wasn't that inebriated, but he was a powerful salesman, and he coaxed agreement from me to at least take a bite.

It was all over for me. The absolutely delicious flavor of that soy sauce coated roasted squid hooked me instantly. Now, does this mean that you'll like it because I did? I hardly think so. But, it does go to show, what you haven't tried, usually because of some preconceived notion in your head about how gross it will taste, could possibly become a favorite food for you if you would only sample it.

To be sure, the old, "Try it, you'll like it" gambit doesn't always hold true. Personally, I offer up salmon eggs in Japan, wallaby meat in Australia, tripe in France, and a plate of who knows what I was served in Mombasa, Kenya, once, as proof to myself that some things are simply better left uneaten – at least by me.

October 1-8		SHOWBOAT THEATER							
FEATURED PREMIERE		FRIDAY, OCTOBER 1	SATURDAY, OCTOBER 2	SUNDAY, OCTOBER 3	MONDAY, OCTOBER 4	TUESDAY, OCTOBER 5	WEDNESDAY, OCTOBER 6	THURSDAY, OCTOBER 7	FRIDAY, OCTOBER 8
<p>THE PRINCESS DIARIES 2: THE ROYAL ENGAGEMENT (G) Anne Hathaway, Julie Andrews, Callum Blue, Hector Elizondo, Heather Matarazzo After getting over the revelation that she is a princess of the small and obscure European nation of Genovia, American teenager Mia moves to the actual country she represents. Her best friend, Lilly, tags along during summer vacation. As she learns the job of being a country's future ruler, one challenge she's faced with is the prospect of being set up in an arranged marriage.</p>	5 p.m. (PG) *Sky Captain and the World of Tomorrow	2 p.m. (PG) Sky Captain and the World of Tomorrow	2 p.m. (PG) The Princess Diaries 2 5:30 p.m. (PG-13) Little Black Book 8:30 p.m. (PG-13) Alien vs. Predator	6 p.m. (PG-13) The Village 8:30 p.m. (PG-13) Boone Supremacy	NO MOVIES SCHEDULED DUE TO MWR FUNCTION	6 p.m. (PG) The Princess Diaries 2 8:30 p.m. (PG-13) Alien vs. Predator	6 p.m. (PG-13) Catsman 8:30 p.m. (R) Harold and Kumar Go to White Castle	5 p.m. (PG) Sky Captain and the World of Tomorrow 7:30 p.m. (PG-13) *Ladder 49 10 p.m. (R) *Exorcist: The Beginning	
	7:30 p.m. (PG-13) Little Black Book 9:30 p.m. (PG-13) Alien vs. Predator *Last Showing	4:30 p.m. (PG) Yu-Gi-Oh!	7:30 p.m. (PG) The Princess Diaries 2 10 p.m. (PG-13) Boone Supremacy	NO MOVIES SCHEDULED	8:30 p.m. (PG-13) Boone Supremacy	NO MOVIES SCHEDULED	8:30 p.m. (PG-13) Alien vs. Predator	8:30 p.m. (R) Harold and Kumar Go to White Castle	7:30 p.m. (PG-13) *Ladder 49 10 p.m. (R) *Exorcist: The Beginning
		HARIO VILLAGE THEATER							
		FRIDAY, OCTOBER 1	SATURDAY, OCTOBER 2	SUNDAY, OCTOBER 3	MONDAY, OCTOBER 4	TUESDAY, OCTOBER 5	WEDNESDAY, OCTOBER 6	THURSDAY, OCTOBER 7	FRIDAY, OCTOBER 8
<p>THE PRINCESS DIARIES 2: THE ROYAL ENGAGEMENT (G) Anne Hathaway, Julie Andrews, Callum Blue, Hector Elizondo, Heather Matarazzo After getting over the revelation that she is a princess of the small and obscure European nation of Genovia, American teenager Mia moves to the actual country she represents. Her best friend, Lilly, tags along during summer vacation. As she learns the job of being a country's future ruler, one challenge she's faced with is the prospect of being set up in an arranged marriage.</p>	6:30 p.m. (PG) The Princess Diaries 2	2 p.m. (PG) The Princess Diaries 2	2 p.m. (PG) Sky Captain and the World of Tomorrow 6:30 p.m. (PG-13) Catsman	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Alien vs. Predator	6:30 p.m. (PG-13) *Without a Paddle 9 p.m. (R) *Open Water	
	9 p.m. (PG-13) Boone Supremacy	6:30 p.m. (PG) Sky Captain and the World of Tomorrow	9 p.m. (R) Collateral	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Alien vs. Predator	6:30 p.m. (PG-13) *Without a Paddle 9 p.m. (R) *Open Water	
		<p>SKY CAPTAIN AND THE WORLD OF TOMORROW (PG) Starring: Jude Law, Garysh Paltrow, Angelina Jolie, Bai Ling and Michael Gambon Famous scientists around the world have mysteriously disappeared and Chronicle reporter Polly Parsons along with ace aviator Sky Captain are on the investigation. Flaking their lives as they travel to exotic places around world, can the fearless duo stop Dr. Totenkopf, the evil mastermind behind a plot to destroy the earth? Aided by Franky Cook, commander of an all-female amphibious squadron, and technical genius Dex, Polly and Sky Captain may be our planet's only hope.</p> <p>EXORCIST: THE BEGINNING (R) Starring: Stellan Skarsgard, James D'Arny, Izabella Scorupco, Alan Ford and Billy Crawford The tale of Father Merrin's journey as a young missionary priest to post WWII Africa, which led to his first encounter with demonic forces.</p> <p>WITHOUT A PADDLE (PG-13) Starring: Seth Green, Matthew Lillard, Dar Shepherd, Abraham Benrubi and Rachel Blanchard Three young guys go into the Oregon wilderness in search of hot treasures. They take a canoe up river and everything that can go wrong does. Hunted by two backwoods farmers, they encounter death-defying rapids, tree-hugging hippie chicks and a crazy old mountain man.</p>							
		<p>HAROLD AND KUMAR GO TO WHITE CASTLE (R) Starring: John Cho, Kal Penn, Neal Patrick Harris, Ethan Embry and Steve Brant Harold and Kumar set out on a Friday night quest to satisfy their craving for White Castle hamburgers and end up on a mind altering road trip of epic proportions.</p> <p>ALIEN VS PREDATOR (PG-13) Starring: Sanaa Lathan, Lance Henriksen, Raoul Bova, Ewen Bremner and Colin Salmon Discovery of an ancient pyramid buried in Antarctica sends a team of scientists and adventurers to the frozen continent. There, they make an even more terrifying discovery—two alien races engaged in an ultimate battle.</p> <p>LADDER 49 (PG-13) Starring: Joaquin Phoenix, John Travolta, Jacinda Barrett, Billy Burke and Jay Hernandez Trapped in a fire that looks likely to kill him, a fireman takes the opportunity to look back over his life, career and marriage, while he waits for his company, Ladder 49, to rescue him, if they can...</p>							

New MWR program: 'Meet the Director' improves employee communication skills

Frank A. DeSilva
MWR Marketing

Over 50 Sasebo Morale, Welfare & Recreation Department (MWR) employees have already taken MWR Director Scott Poluhowich up on his offer to join him for lunch since a new "Lunch With The Director" program began at Fleet Activities Sasebo (CFAS) MWR last May. Many more employees are expected to follow suit in the coming months.

The program originally began in response to an extensive MWR employee satisfaction survey conducted earlier this year, in which many employees said lack of internal communication was a concern.

The new program is designed to foster better communication between MWR employees at every level with the Director. The program began on a bi-monthly basis but has since turned into a weekly event thanks to the overwhelming positive response received from employees during the first two months of the program.

"The purpose of the program is to get better acquainted with our 300-plus full, part-time, flex and Japanese local hire employees and to give them an opportunity to engage in a free exchange of ideas," said Poluhowich.

"We're all part of the same team and we all have an important role to play. It's important that we hear what our employees have to say. I really do value their suggestions and comments," he said.

Poluhowich says because MWR facilities are spread far and wide over two separate areas, Main Base and the Hario Village community, it is often difficult to get the word out to every employee about new MWR and command policies and procedures as quickly and as often as he would like.

"We have several means of getting the word out to our people and the main line of communication is with managers and supervisors. I feel it's important to talk to as many employees as I can in a small group setting. This gives employees an opportunity to let me know how they feel about their working environment and about our MWR department in general.

"It's an open forum. I encourage employees to talk about anything that interests them, and to take the opportunity to let them know about things that may impact them as valuable assets to the department. I also can straighten out any rumors that may be floating around as well. I've found that employees appreciate hearing the straight facts from the top, so to speak," Poluhowich said.

'Til we meet again...



Two friends greet each other Sept. 22 at the event. (Photo by Naomi Sullivan)

Naomi Sullivan
CFAS Public Affairs

Command ombudsmen and other friends of Mary Dodge got together Sept. 22 for a luncheon to bid farewell and thank her for her contributions to the community during her two-year tenure here at Sasebo.

Starting at the Fleet and Family Support Center as the spouse employment assistance program manager/ombudsman liaison/volunteer program coordinator, Dodge went beyond the normal scope of duties, helping many young spouses new to the military become acquainted with their roles and

local surroundings. She assisted them with employment issues and guided them on a more personal level through difficult times.

Dodge also helped with the command ombudsman group, bringing them closer together. She set out to make sure that all ombudsmen knew each other and ensuring that the communication lines were open both for professional and personal support.

The friendly smile and warm greetings that were always received will be greatly missed by everyone who had the opportunity to be a part of the Dodge family. Good luck and best wishes.

August Volunteer of the Month



Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO) presents the Volunteer of the Month (VOM) award for August 2004 to the winner. "This is unexpected...a big surprise," said the winner. "I'm very into the history of Sasebo and when I find something out, I like to share it - I'm glad some people like to read my articles in Soundings. There's a lot of Sasebo history yet to be covered and I'll continue to do so." He spends over 200 hours annually researching Sasebo's rich history for his "Betcha Didn't Know" columns for the Sasebo Soundings. (Photo by Naomi Sullivan).

Library manager Wayne Newnam, a recent participant in the program, said he was surprised and pleased when he received a special personalized invitation from the Director to join him for lunch several weeks ago.

"The program gives the Director a chance to pass information on to employees face-to-face. It also gives employees an excellent opportunity to ask questions, get immediate clarification and provide direct feedback in a comfortable, informal setting. I enjoyed it very much and so did the other employees," Newnam said.

"I think it's an excellent program that improves organizational communication, but more importantly, it demonstrates that the Director is genuinely concerned with issues that are important to all members of his staff," he continued.

Izumi Rivera, a member of the Travel & Tours Office who also participated in the program, feels the same way.

"It was a good experience for me. I never had the opportunity to have lunch with somebody high up in management before.

"Mr. Poluhowich was enthusiastic and seemed willing to make changes. I used to think that input from regular employees like me did not really matter or that they would not have an impact to the organization. But he listened to what each one of us had to say and we all felt that our voice really does matter."

Based on the initial positive response to the program, Poluhowich says he hopes to have lunch with every MWR employee in the coming months. According to the MWR Personnel Office, there are approximately 300 employees currently on the staff.

"I give them current information about ongoing MWR initiatives and update them on some of the major projects we have scheduled for the near future. I also take the opportunity to brief them on any new command initiatives as well so that they come away with a better understanding of their work and living environment here at Sasebo," Poluhowich said.

"I enjoy just getting to meet with our employees in a casual setting and to hear what they have to say about anything that interests them."

"Some employees have many years of MWR experience under their belts at bases throughout the world and their input is always appreciated and highly valued. We also have many employees who are working for MWR for the first time. For some, this is their very first job. They all have some interesting perspectives about the way we do business. I get a lot of good feedback and some interesting comments during the lunches. I enjoy it very much.

"I'm looking forward to meeting each and every employee as we continue the program well into the future," Poluhowich said.

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday **(800)-497-6261**

for Care of Sexual Assault Victims

hotline

The Fleet & Family Support Center Sasebo, Japan

CLASSIFIEDS

VEHICLES

(Exp. Oct. 2) **1989 Toyota Mastersurf Van**. JCI '05, asking \$1200/obo. Call 252-2272 or 090 8356 0486.

(Exp. Oct. 2) **1995 Toyota Marino**, JCI '06, asking \$2500. Call Teresa at 080 5019 2534.

(Exp. Oct. 16) **1989 Honda**, JCI '05, asking \$800. Call 090 7531 5241 or email <timkou2002jp@yahoo.com>

(Exp. Oct. 16) **1988 Nissan Big Truck**, No more JCI, asking \$500. Call 252-8437.

MISCELLANEOUS

(Exp. Oct. 2) Seiko Kinetic divers watch \$350, Pearl/Diamond ring \$110, Mens wedding band \$50, New ruby/sapphire/diamond heart shaped ring \$700. Call 090 9406 6240 or email <Aomori72@aol.com>.

(Exp. Oct. 2) Personal computer for sale, college/internet P.C. \$450, Mid-performance \$600, Gaming P.C. \$750, High performance \$1100. All P.C.'s include the following DVD/CD-RW drive, compact flash/floppy drive 120GB 7200 rpm digital hard drive, keyboard w/mouse and two speaker set. Shuttle home theater P.C \$600. New in original box albatron pentium four motherboard, I865pe chipset \$90, Biostar AMD motherboards call for details, Dell inspiron 8000 laptop \$800. Prices include onsite setup and unlimited tech support. *Operating systems and software not included.* For more information call 080 1705 2983. (Exp. Oct 2) Wanted toddler bed. Call Jodi at 0956 25 5346.

(Exp. Oct 2) Looking for a good used car. I will help you find one and provide all the translations for free. If you are interested in this service please call 090 9406 6240 or email <Aomori72@aol.com>.

(Exp. Oct. 2) For sale, Infant halloween outfits, Infant winter white fur coat. Call 252-8202.

(Exp. Oct. 16) Triple dresser, 9 drawers w/large mirror, \$200.

JVC super VHS VCR, \$100. Boys "Firebird" bike with training wheels for age 2-5 years, \$15. Large and small Italian dictionaries plus grammar book, \$15 for all. Japanese for busy people books vol. 1 and 2, \$12 for the pair. Heated roller set, \$10. Call 252-7186 for more information.

(Exp. Oct. 16) Vagabond 42 ft. sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excellent condition. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave and refrigerator. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000. Possible to use housing allowance for purchase. For more information call 090-3882-8616 or e-mail at <secondwind53@hotmail.com> (Exp. Oct. 23) Phone rights for sale. \$200. Call 252-7404 or 090-20-88-4149.

(Exp. Oct. 16) Gently used Euro-Graco 3-way Pack-n-Play with parent organizer bassinet, changing station, portable play yard. Folds into a small sized suitcase. Avalon umbrella stroller and potty trainer. All for \$80. Rocking glider with ottoman, \$90. Call 252-8555.

(Exp. Oct. 16) One box boy clothes newborn to 12 months \$20, Santa Fe Express Train Set \$30, patio table with 2 chairs \$80, white vanity mirror \$60, 4 pcs. Japanese kimono, baby toys and women clothes. Please call 252-8614.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English lessons offered. Can give in my home or yours. Very flexible. Call 080-34326967.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call sandra Hornbeek at 090 5024 7139 to inquire about puppies or dogs and Itrua at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Karrie or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-

3890.

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USOnet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

NAVY BIRTHDAY 6-11 October

- 20-GB hard drive
- Stores up to 600 hours of music
- USB connection
- MPS/MP3/WMA playback
- Multitouch LCD display

199⁹⁹

RCA MP3 PERSONAL JUKEBOX WITH HARD DRIVE

- Top-loading CD player
- Electronic volume control
- Auto-RAMP stores laser (retary tuning, digital readout)
- Clear voltage

39⁹⁹

COBY® STEREO MICRO SYSTEM

Essential cooking size and 6L tank. **29⁹⁹**

7-QT OVAL SLOW COOKER

Camera **4⁹⁹**

RIO™ LADIES' WALLETS. Clutch, indexer or frame french purse. **8⁹⁹ ea**

SanDisk 256MB **75⁹⁹**

SanDisk 512MB **129⁹⁹**

\$5 off at register

ENTIRE STOCK OF VANS®. Men's 6.5-12, 13. **20.7**

NEX YOUR NAVY EXCHANGE
We are your "Navy Family" store!
YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

Term 2 Spousal Tuition Assistance Dates (STAP) are OCT 4-OCT 19, 2004. Qualifying spouses can receive up to 50% of their tuition paid for. To qualify or reapply for STAP please call Navy Marine Corps Relief Society to make an appointment at 252-3366. Please bring to the appointment a recent copy of LES, grades from previous term, completed budget, and ID.



ONE FREE MOVIE!
with the new MWR

CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass
available for purchase at:
• Showboat Theater
• Hario Theater
• Travel & Tours Office

Great Gift Giving Idea!

- All sales are final. No refunds.
- Lot cards will not be replaced.
- The card can be used for multiple admissions.
- A valid CINE-PASS CANNOT be used for an adult's admission.
- Admission is based upon seating availability.
- A valid CINE-PASS has been suspended, reduced or blocked (regardless of not be accepted).
- The card has no expiration date.
- No cashbacks, credits, refunds, or transfers are allowed in the theater.
- No cashback for or exchange allowed.
- CINE-PASS is for use at the Showboat & Hario Theater.

For more information call 252-3366

PARTY ON THE PATIO

MARK YOUR CALENDAR GET A BABY-SITTER... NO CHILDREN SIT BACK, RELAX & ENJOY!

Hario Pub opens at 6 p.m.

Live Music • Food • Friends!

Performing Live!

Love & Peace

Saturday, October 9 8 p.m.

Hario Pub Patio

For more information call 252-8687

**Main Base
Gym
252-3588**

SASEBO SPORTS

**Hario Gym
252-8961**

Upcoming sports events

Hirado Run Half Marathon

Sunday, Oct. 3, race starts at 10 a.m. Transportation to and from Hirado will be provided by MWR, departure time 8 a.m. Race entry fees are: ¥3,000 for Half Marathon; ¥2,000 for 5k and ¥1,000 for the 10K walk. Entries are due by close of business on Sept. 10, to the Fleet Fitness Center Office.

Late Night Madness Floor Hockey Tournament

Friday, Oct. 8, 8 p.m.-midnight. The tournament will take place at the Fleet Fitness Center.

Columbus Day Weekend Golf Tournament

Saturday, Oct. 9, first tee time 7:30 a.m. at the Tsukumo Golf Course. Tournament format will be Singles Handicap (with a twist! Each player will receive 1 yard of string to use throughout the day to better their lies). Sign up as soon as possible to reserve a spot. Awards will go to the top golfer in each handicap flight plus close to pins, longest drives and gorillas. Entry fee per person is \$5, plus green fees (contact the Fleet Fitness Center for exact prices).

Captains Cup Indoor Soccer

Saturday, Oct. 9, first match 9 a.m. Fleet Fitness Center. Team entries due to Fleet Fitness Center by Oct. 6. Teams must consist of 4 players. This is for 2004 Captains Cup points.

Columbus Day 5K Discovery Run

Monday, Oct. 11, starts 11:30 a.m. Columbus found his way, now it's your turn. Clues will be given out at checkpoints throughout the course and you must decipher them to determine your next stop. Awards will go to the first to "Discover America" in male and female divisions. Pre-register at the Fleet Fitness Center by Oct. 6. Race starts at the Spare Time Recreation Fitness Center. Good luck!

Sasebo vs. Iwakuni Away Golf Tournament

Depart Friday, Oct. 15, 5 p.m., Golf Saturday, Oct. 16. Join the Sasebo Golf Club team as we head to Torii Pines Golf Course to battle MCAS Iwakuni on their home course! Register as early as possible to guarantee a spot, limited to 20 golfers. \$20 fee is required at the time of registration (Includes transportation and lodging). Golfers are responsible for paying their own green fees.

Fitness Tip: Are calories really that bad?

Alec Culpepper
MWR Fitness & Aquatics Director

Researchers at the Albert Einstein College of Medicine recently found that the secret to living a longer life is exercising and eating more. 10,000 subjects were studied over the course of 17 years, more than 1,500 of the participants died from cardiovascular-related illness. Here's where it gets interesting: The majority of those who died had low caloric intakes. The people who consumed the most calories had the lowest rates of cardiovascular disease. Experts found that subjects who consumed more calories were

more fit and showed less heart disease.

Of course, that doesn't give you permission to carbo-load with cheese puffs and Yoo-Hoo. It's important that you fuel your workouts with a low-cholesterol, low-fat, and high-fiber diet. For more information on fitness, call 252-3588.

CFAS to hold command picnic Oct. 8

Released by CFAS public affairs

Fleet Activities Sasebo (CFAS) will be holding a command picnic on Friday, Oct. 8 at Devil Dog Park from 11 a.m. - 2 p.m. Since the food is being provided by the galley specifically for CFAS personnel, *only CFAS and their family members may attend.* The CFAS Exceptional Sailors will be holding a basketball free throw competition, with prizes donated by United Services Organization. There will be a \$5 entry fee for the

competition with all money raised going to the Navy-Marine Corps Relief Society. First place will take home a 17" TV, and second will win a DVD player.

Outlaws outlast competition, 59-27 at Fleet Gym



A Public Works Team player looks for a way to get around defense given by his "Outlaw" opponent. The Outlaws defeated the PWT in Tuesday evening basketball action, 59-27 at the Fleet Gym.. (Official U.S. Navy photo by J0SN Jeff Johnstone)

Sports results for 10K, Splash-n-Dash

Pre Hirado 10k

Male 1st Place Chris Pierce - 46:57
Female 1st Place Michelle Shiels - 48:02

Youth Splash-n-Dash

10-12 years-old (100 meter swim/1k run)

Male

Bretton Gilbert 7:12
Tanner Alley 7:36
Peter Fargo 7:43
Cedric Rose 9:25

Female

Brittney Meskimen 12:22

9 & Under (50 meter swim/.5k run)

Male

Michael Flannagan 4:14
Naoki Schuhart 5:11
Bronson Meskimen 5:30
Matt Austin 5:32

Yuta Kendall 6:31
Levi Austin 7:08

Female

Braylee Gilbert 4:58
Heleena Herb 5:17
Aryona Carpenter 5:30
Amada Springstead 5:34
Sophia Dallke 6:44
Katelyn Dallke

13-15 years-old (150 meter swim/1.5k run)

Male

David Heitstuman 10:04
Alec Herb 10:34
Brandon Meskimen 12:32

16 & Up (200 meter swim/2k run)

Male

Brandon Gilbert 12:16
Matthew Heitstuman 14:34