

# OKINAWA MARINE

July 21, 2006

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## COMBAT READY 3rd Recon Marines prep for urban warfare

**Lance Cpl. W. Zach Griffith**  
Okinawa Marine Staff

CAMP HANSEN — The earth shudders and the vicious crack of an explosion reduces a steel door into twisted shards. Marines with 3rd Marine Reconnaissance Battalion surge through the shattered frame into the “shoot house” portion of the Dynamic Assault Course July 18.

Rehearsing this type of raid prepares special operations Marines for the “house-to-house” types of missions they will face if deployed to urban combat zones like those in Iraq and Afghanistan, said Gunnery Sgt. Robert Blanton, a Special Operations Training Group close-quarters instructor.

With a majority of modern wars and conflicts erupting in urban environments, practicing for close-quarter battles is more important than ever, especially for special operations Marines.

“When we are dealing with an urban environment, we have a lot of people who live in the area — civilians,” Blanton said. “We train our forces to know how to differentiate hostile forces with civilians.”

American forces are held to a very high standard when it comes to collateral damage and civilian death in combat, Blanton added.

Especially in Iraq, where the main strategy of the insurgents is to blend in with the civilian population, the ability to eliminate only those people that pose a threat is vital.

The sun had set low in the sky when the Marines of 3rd Reconnaissance Bn. received their instructions. Their mission: assault a domestic residence and

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**Marines of 3rd Marine Reconnaissance Battalion, 3rd Marine Division, make their approach to the “shoot house” on Camp Hansen during the seven-week dynamic assault course. The “shoot house” is a maze-like structure coated in ballistic rubber. Participants learn to quickly identify and deal with improvised explosive devices, adversaries and various unknown obstacles. Photo by Lance Cpl. W. Zach Griffith**

## 3/12 Marines deploy to Ojojihara

**Lance Cpl. Eric D. Arndt**  
Okinawa Marine Staff

CAMP HANSEN — Marines with 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, deployed to Ojojihara, Japan, July 13 for the month-long 2006 Ojojihara Artillery Relocation Exercise.

The Marines are scheduled to conduct live-fire training with the M-198 155 mm Medium Howitzer cannon, as well as several crew-served weapons such as the M-2 .50 caliber machine gun, MK-19 40 mm machine gun and M-240G medium machine gun.

The training will help prepare the Marines for operational deployments and retain combat readiness, according to 1st Lt. Ryan T. King, the executive officer of F Battery currently attached to 3rd Bn., 12th Marines.

“We’re going to refine our basic cannoner skills, in accordance with our training and readiness standards,” King said. “We train to support any type of requirement that (3rd Bn., 12th Marines) may have in the Pacific and Southeast Asian theater.”

King said the training will also be beneficial to Marines who haven’t deployed, adding it will give them an opportunity to train for Operations Iraqi and Enduring Freedom.

“It’s going to give (the Marines who haven’t deployed) an opportunity to train to provide fire support in Iraq and Afghanistan,” he said.

The deployment to Ojojihara will continue to build on skills artillery units continually train for, explained Lance Cpl. Jason L. Harris, a field artillery cannoner with F Battery.

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**INSIDE**

### MUSCLE MATTERS

Fitness professionals offer advice on preventing serious injuries that could impact Marines’ careers.

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### CULTURAL CUISINE

Sushi has become one of the most recognizable aspects of Japanese culture, and Okinawa features a wide range of authentic restaurants showcasing various styles of the traditional cuisine.

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# Around the Corps

For more Marine Corps stories and photos, visit <http://www.usmc.mil>



AL ASAD, Iraq | Sgt. Yurian D. Uribe inspects the tail of a CH-53D Sea Stallion June 28. Uribe is a collateral duty inspector with Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 16, 3rd Marine Aircraft Wing. Photo by Lance Cpl. James B. Hoke

NEW YORK | Marines escort the body of Lance Cpl. Nicholas J. Whyte of 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, after a memorial service June 30. He was fatally wounded through the neck by an enemy sniper during combat in Ramadi, Iraq, just days before his 22nd birthday. Photo by Cpl. Lameen Witter



CENTRAL COMMAND THEATER OF OPERATION | Marines assigned to the Maritime Special Purpose Force of the 24th Marine Expeditionary Unit (Special Operations Capable) train with the Diver Propulsion Device while diving in the Red Sea July 14. The MSPF Marines used the training to hone their dive skills while deployed. Photo by Cpl. Isaac Moore



MARINE CORPS BASE CAMP PENDLETON, Calif. | Kendall "Da Spyder" Grove (far left), an ultimate fighter with the Ultimate Fighting Championship, shouts grappling commands at Marines with the Military Police Company, Combat Logistics Regiment 17, 1st Marine Logistics Group July 14. The UFC fighters visited MCB Camp Pendleton to meet and greet the troops, exchange fighting tips and get some hands-on experience with some of the Corps' warfighting tools. Photo by Sgt. Luis R. Agostini

# There's no such thing as partial readiness

Capt. Emilio Marrero, Jr.

A few weeks prior to crossing the Saudi Arabia-Kuwait border with Task Force Ripper during Desert Storm, our unit (Combat Service Support Detachment 111) was bearing another hot day in the desert and going about its business. I happened to be by the Combat Service Support Operations Center chatting with a few Marines as one of them monitored the radio net.

We got into a fun conversation about something – I can't recall the details – but as we laughed and joked, the radio operator got more involved with our conversa-

tion than with what was coming over the net. As we talked, he failed to hear the crucial words: Exercise, Exercise, Exercise, and instead only picked up something about a missile launch. To place it into context, Saddam Hussein had already tried sending a few SCUD missiles our way and successfully sent a few into Israel. When the radio operator heard the broadcast, he immediately toned us down and we all proceeded to look toward the sky.

Lo and behold, there it was, three contrails crisscrossing just overhead way up in the sky! So we thought. At that moment, the NBC alarm was sounded over the radio and throughout our camp. I reached for my gas mask only to realize I left it on the front seat of my humvee. We had just returned from visiting Marines in another outpost. I looked around and there were at least three others who didn't

have their gas masks nearby.

The seconds were ticking fast, accompanied by our desperate heartbeats, as we scrambled to run as fast as the heavy sand in the Saudi desert would allow us. One Marine decided the quickest way to his gas mask would be to tackle a row of concertina wire between him and his tent – the Marine lost.

We finally donned our masks. Most of us did so far beyond the required six seconds. We stood around panting, attempting to catch our breath and wondering if we were contaminated because it took us so long.

A few seconds later, the Marine monitoring the radio realized this was a drill and sheepishly announced the "all clear" signal. We looked at one another with embarrassment, chuckled and provided first aid to the Marine who lost his battle

with the concertina wire.

When we speak of readiness and preach of being prepared I learned on that day that it's not enough to know where to go, where my equipment is or being nearly ready. The fact is we are either ready or we are not. Partial readiness is nonexistent.

When our nation needs us, we go. We need to be prepared – professionally, emotionally, legally and spiritually. Thinking about readiness is not being ready.

If you were to fall from our ranks today, are you ready? Do you have in place what you need for your family? Do those you love know how you feel about them? Are you ready to face God and account for your time here? Now is the time to get ready.

Marrero serves as the 1st Marine Air Wing chaplain and often leads worship at the Camp Foster Chapel at 8:30 a.m.

## Leadership is about serving others

2nd Lt. Garron J. Garn

I would say the majority of what I have learned in the Marine Corps has come from staff non-commissioned officers. Whether it was the staff sergeant at my Officer Selection Office, the gunnery sergeants at Officer Candidate School, or the staff NCOs at my offices in Okinawa and Iraq, I have sought advice from them all because their knowledge is based on years of experience and leadership.

Checking into a unit as "the new lieutenant" is not the easiest thing to do, but my transition was made smoother with the help of good SNCOs. I once worked with a master sergeant who taught me the greatest lesson in leadership. He said that good leaders serve those who are subordinate to them, not the other way around. It struck a chord within me and is something that I will take with me for the rest of my life as a leader.

I am often humbled when I get saluted by a salty sergeant major, or a 19-year old lance corporal who has two or three combat tours under his belt. Outward displays of respect, whether deserved or not, reaffirms our responsibilities as leaders to serve others, especially our subordinates. The same can be said for our senior leaders who ask for our guidance, then use it in command decisions and return credit after a successful mission.

We all know that as leaders, officers and staff NCOs alike, we should eat after the junior troops. I would argue that this mentality can carry over into any aspect of Marine Corps life and will earn any leader

2nd Lt. Garron J. Garn



the respect of his subordinates. By serving the needs of others first, we not only improve their chances for success as a Marine, but also as a person.

Leaders lead by example, so what would happen if the example we as leaders show is one of selfless service to our seniors, peers and subordinates? It is not in the billet description for a leader to ask a subordinate how his family is doing or meet them at the airport after a long deployment, but what kind of example would that show to a junior Marine? That kind of leadership is easy to emulate and it starts from the top and works its way down.

A good leader does not sit back and expect his subordinates to bring every personal issue or problem to their attention. Instead, a good leader will go the extra mile or stay an extra hour if it means he will make a difference in that person's life. With this kind of "others first" mentality, we enhance the strength of the Corps through every rank and in any occupational specialty. If we use our position or rank for personal gain, and at the expense of others, maybe it's time to find another profession.

Garn is the Deputy Media Officer for MNC-Iraq.

## MARINE CORPS FACT CHECK

### PATRIOTIC CUSTOMS

**Q:** During morning colors, I notice that some of the Marines in civilian attire stand at the position of attention and some have their right hand over their heart. Which one is correct?

**A:** All service members are required to place their right hand over their heart when in civilian attire during the playing of "The Star-Spangled Banner" according to the Marine Corps Drill and Ceremonies Manual and Marine Corps Flag Manual.

Paragraph 7003.2 of Marine Corps Order P5060.2, Marine Corps Drill and Ceremonies Manual, states "Persons not in uniform will stand at attention, face the flag and place the right hand over the heart. Gentlemen, if covered, remove their headdress with the right hand and hold it at the left shoulder, so that the right hand is over the heart."

Annex A, Title 36, of Marine Corps Order P10520.3b, Marine Corps Flag Manual, states "During rendition of the national anthem when the flag is displayed, all present except those in uniform should stand at attention facing the flag with the right hand over the heart. Men not in uniform should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart."

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OKINAWA MARINE

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## BRIEFS

## GOSPEL SERVICE

The Camp Foster Chapel Gospel Service will host Revival Meetings July 28-30. The event will begin at 6:30 p.m. nightly and at 11:30 a.m. on Sunday. This year's theme is "God's Extreme Home Make-Over" and will feature various speakers. For more information, contact Master Sgt. Zachary Wilson at 632-3767.

## SOCIETY OF MILITARY COMPTROLLERS

The American Society of Military Comptrollers will hold its next meeting at the Kadena Officers' Club Aug. 23 from 11:30 a.m.-12:30 p.m. For more information, contact Capt. King at 623-7314.

## CHILDREN'S WAITING ROOM

The Children's Waiting Room is seeking volunteers to assist with a free child watch program. We provide our volunteers with a Red Cross safety class. For more information or to sign up, call 643-8009.

## MOLD AND MILDEW CONTROL

To prevent mold from growing, the Zukeran housing maintenance supervisor recommends keeping your air conditioner turned on. Only use exhaust fans while cooking or using the bathroom. Continual running of exhaust fans removes cool dry air from your house and replaces it with warm moist air from the outside, causing mold and mildew. A dehumidifier is recommended. Additionally, keeping your A/C thermostat at the recommended temperature settings of 26 C or 78 F will prevent condensation from dripping from the air conditioner register grilles. Temperatures below that will cause too high of a difference in the inside and outside temperatures resulting in condensation.

## TORII STATION TRIATHLON

Torii Station will host its 2006 Summer Triathlon July 22 at 7 a.m. Applications must be submitted to the Torii Fitness Center (Bldg. 275) by July 21. The entry fee is \$25 or ¥3,000. Participants must check in at the Torii Beach Center Stage July 22 at 6 a.m. for a briefing. For more information, contact James Perry at 644-4334 or 644-4169.

## DODDS BUS PASSES

The Camp Foster and Kadena Air Base Student Transportation Offices are now registering Department of Defense Dependents Schools students for bus passes. To obtain a pass, parents should bring Form 600 to verify the child's enrollment, their child and a current LES if applying for the free and reduced lunch program. The Camp Foster STO is located at building 5821. The Kadena AB STO is located at building 6800. For more information, call 645-7820 (Camp Foster) or 632-9034 (Kadena).

## FITNESS REPORT REMINDERS

The gunnery sergeant, master sergeant and 1st sergeant reporting period ended June 30. Reports are due to Headquarters Marine Corps by July 31.

Second lieutenant semi-annual reporting period ends July 31. Reports are due to HQMC by August 30.

## LIBERTY CARD PROGRAM UPDATE

Marine Corps Bases Japan Order 1050.6, covering the off-duty liberty card program, was updated June 8. It contains the following significant changes:

- Effective June 12, the order only applies to MCBJ and III Marine Expeditionary Force service members with the rank of E-5 and below.
- Service members E-4 to E-5 require a 30-day observation period prior to consideration of issuance of a gold liberty card.
- Service members shall be considered aboard a military installation when riding The Green Line from midnight to 5 a.m.
- A gold liberty card request form is added as an enclosure and can now be used by supervisors to recommend subordinates for the card.

## UNIFORM REGULATIONS IN OKINAWA

United States Forces, Japan, released USFJ Instruction 36-3003 dated June 1, prohibiting service members in Okinawa from wearing combat utility uniforms, or equivalent, at commercial transportation venues like airports, train and bus stations. However, service members may wear the uniform



## Arty Marines relocate for live-fire training

ARTY FROM PG. 1

"We're constantly learning something new, out in the field that we can build on from the last (field operation)," Harris said.

Harris explained that field training is vital because of the variety of tasks required of artillery units to function properly.

"A lot of people think we just pull the string and make the (cannon fire)," Harris said. "We're out there training not only as artillery but also

in security and convoy operations."

Artillery Marines assigned to Okinawa have participated in artillery relocation exercises such as this four or five times per year since 1997, when artillery live-fire training was transferred from Okinawa to mainland Japan.

F Battery is currently attached with 12th Marines as part of a unit deployment program from 2nd Bn., 10th Marines, 2nd Marine Division based at Camp Lejeune, N.C.

**Marines prepare 7-ton trucks for movement July 14 before convoying to the Ojojihara Maneuver Area. The Marines with 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, moved vehicles from Sendai Port to the maneuver area, where they will be used during the 2006 Ojojihara Artillery Relocation Exercise.** Photo by Lance Cpl. Eric D. Arndt

during routine travel by on-base authorized taxis, personally or government owned vehicles to military installations and convenience stops off base. The definition of convenience stops varies between services.

## FREE CHILDCARE PROGRAM

If your active duty family member is deployed, you may qualify for up to five hours per child of free childcare each week as part of the Deployment Support Childcare Program. For more information, call the Marine Corps Community Services Resource Referral office on Camps Foster at DSN 645-2549, Courtney at DSN 622-7568 or Kinser at DSN 637-2438.

## MOVING WITH PETS

Air Mobility Command's Patriot Express service from Okinawa was recently reduced to one flight per week, resulting in a reduction of allocated pet spaces. Commercial transportation is currently used to offset the reduction in AMC flights. For information about traveling with pets, travelers are required to contact the airlines. Also, only pet kennels with a maximum height of eight inches will be allowed in the cabin on AMC flights. A complete list of airlines and animal transportation information may be found at [http://www.usarj.army.mil/organization/vet/c\\_trans.htm](http://www.usarj.army.mil/organization/vet/c_trans.htm). For further information, contact Animal Quarantine Service at Naha International Airport at (098) 857-4468 or the AMC terminal at DSN 632-6487.

**TO SUBMIT A BRIEF, send an e-mail to [okinawamarine.mccb.ftc@usmc.mil](mailto:okinawamarine.mccb.ftc@usmc.mil) or fax your request to DSN 645-3803. The Okinawa Marine accepts briefs from nonprofit organizations only. The deadline for submitting a brief is noon every Friday. The Okinawa Marine reserves the right to edit all submitted material.**

## COMBAT FROM PG. 1

eliminate or capture all hostiles inside.

Special operations training group close-quarters combat instructors watched from overhead as the Marines made their entry into the building.

The lead breaching Marines placed charges on the door and stood back.

A blinding flash of light accompanied the explosion that shook the ground when the Marines made their entrance.

The house erupted with the repeated cracks of rifle fire as the Marines engaged the hostiles — gun-welding cardboard cutouts.

In the midst of the assault, the instructors complicated the scenario for the Marines by instructing a few Marines to portray friendly casualties.

It was up to those uninjured to perform first aid and evacuate their casualties.

"The training we perform will allow us into an environment and eliminate the hostile forces with minimal collateral damage or civilian casualties," Blanton said.

"We can go into a house and kill or capture an enemy who lives there, without harming his wife or kids," he added.



A CH-46E Sea Knight helicopter takes off from Ie Shima June 12 after Marines connected a harness to the helicopter's pendant, a hook used to carry external loads. Helicopter pilots and aircrew from Marine Medium Helicopter Squadron 262, 1st Marine Aircraft Wing, practiced external load operations, and Marines from the Helicopter Support Team with 3rd Marine Logistics Group augmented the training. Photos by Lance Cpl. Bryan A. Peterson

## HMM-262 pilots practice external load operations

Lance Cpl. Bryan A. Peterson  
Okinawa Marine Staff

IE SHIMA — CH-46E Sea Knight helicopter pilots and aircrew from Marine Medium Helicopter Squadron 262, 1st Marine Aircraft Wing, practiced external load operations June 12 on Ie Shima.

Pilots are required to qualify carrying external loads once a year, to ensure they are always ready to provide support in combat.

"It's not just about qualifying. This is about keeping our Marines on the ground equipped with the necessary tools and supplies they need to get the job done," said Capt. Chris Yanity, a pilot with HMM-262.

The training is necessary because many times cargo is too bulky to fit inside the aircraft, so it's important to know how to carry it externally, Yanity added. Water, food and ammunition are some of the things helicopters deliver to Marines in exercise or war-time situations.

During external load operations, an aircrew relays a helicopter's distance from the ground to pilots as the aircraft approaches and hovers so a Helicopter Support Team

can attach an external cargo hook.

HST Marines from Landing Support Company, 3rd Transportation Support Battalion, 3rd Marine Logistics Group, served on the ground during the training hooking up the loads.

Once the Sea Knights arrived to the island, the HST Marines exited the aircraft and set up the cargo load. After they finished, the pilots began the exercise.

The helicopters flew as fast as 80 knots in an oval pattern at an altitude of 300 feet around the flight line before approaching the landing zone. Once the HST Marines attached a load to a helicopter's pendant—a hook used to carry external loads—the team was ready for the next Sea Knight.

"The HST Marines were very effective," said 1st Lt. Jonathan C. Spencer, an HMM-262 pilot. "We, at minimum, were supposed to conduct five lifts per pilot. The guys on the ground were so efficient we were able to do about 10 each."

Although not for qualifications, the exercise gave the HST Marines an opportunity to refresh their skills with external loads.

In order to make sure supplies are not

damaged, pilots must base their flying speed on the weight of the cargo they're carrying, according to Capt. Andrew Tyson, an HMM-262 pilot.

"If the cargo is heavy, we can fly at faster speeds," Tyson said. "However, if it is a light

load, we have to slow our speeds down. If it's heavy it will not whip around and damage the cargo as opposed to if the cargo is light.

That's what this training is all about. So the Marines on the ground will receive the best equipment possible."



Lance Cpl. Adam Heltsley (left) and Cpl. Joshua T. Dunn catch the pendant, also known as helicopter's hook. Heltsley and Dunn are landing support specialists with Landing Support Company, 3rd TSB, 3rd MLG.

# Education key to preventing sports injuries

Okinawa Marine Staff  
Consolidated Public Affairs Office

CAMP FOSTER — While the clear, blue skies and freshly-cut fields of summer may beckon some to dust off their old team uniform and jump back into a sport, certain precautions must be taken to avoid serious injuries that might impact Marines' careers.

Athletes who haven't consistently engaged in strenuous physical activity for a prolonged period are at a high risk for contracting sports injuries and should allow two to six weeks of physical training to acclimate their bodies before involving themselves in a sport, explained Earl Strong, the fitness coordinator of Gunners Fitness Center.

Sports injuries include skeletal injuries, joint and ligament damage, muscle and tendon strains, and soft tissue injuries. These injuries can occur as a result of a hard force, blow or jolt that might come about after overstretching, repetitive friction, twisting or consistent overuse. Faulty training techniques, improper equipment or unstable surfaces may also contribute.

Overuse injuries are the most common type of injury treated at the physical therapy department of U.S. Naval Hospital Okinawa, according to Petty Officer 2nd Class Allen Lara, a hospital corpsman with the department. They can lead to permanent disability.

Many fitness enthusiasts mistakenly return to their



Graphic by Lance Cpl. Karim D. Delgado

regular activities immediately after minor overuse injuries, said Lara. If someone continues to exercise, or "run off" the pain, further damage will occur. The only way to combat the inflammation is to rest the location of the pain and only resume exercise when it subsides. This may take several days.

Some general measures that may be taken to prevent sports injuries include appropriate warm up and cool down exercises, avoiding hyperextension by keeping the joints unlocked, and following the safety rules for the chosen sport.

Athletes should not hold off on proper preventative techniques until the point where physical therapy is necessary, Lara explained.

"Marines come in here on their last straw thinking physical therapy is going to be their savior, but we can only do so much. Proper education before getting involved in physical activities is a lot more beneficial than

figuring it out afterwards."

Gunnery Sgt. Audrey Robertson, a patient with the department clinic, said she realized the importance of education after leaving injuries from standard unit runs untreated. She said she has been undergoing physical therapy at the clinic for three months and is likely to never fully recover from her injuries.

"I went on runs with my units three times each week, feet to the pavement, like every Marine does," Robertson said. "I never went to sick call until one morning I woke up and could barely walk. Now I can't run anymore."

Robertson said the fear of appearing weak to other members of her unit and her stubborn Marine Corps nature led her to neglect an injury that is now likely to impact the rest of her life.

"If I came earlier and figured out how to resolve the issue, I wouldn't be here right now. The Marine Corps always says 'no pain, no gain.' Don't believe it."

# Tax center provides free financial services



For more information about tax preparation services offered by the Legal Services Support Section's Tax Center, visit <http://www.3mlg.usmc.mil/taxcenter>.

Lance Cpl. David Rogers  
Okinawa Marine Staff

CAMP FOSTER — The Legal Services Support Section's Tax Center of 3rd Marine Logistics Group made filing taxes easy for many military taxpayers this year and wants taxpayers to stay informed during the off season.

The tax center provides free tax preparation services and electronic tax filing for all service members on active duty for at least 30 days during the current year. Retired military personnel and their family members are also eligible for the free services.

During the 2005 tax season, the tax center helped 5,392 customers receive an accumulated refund of about \$7.56 million. Tax center services saved taxpayers here a collective \$713,872, the estimated total cost customers might have paid at private tax filing companies.

Now as the tax center Marines lock the doors until next year, they are offering some helpful advice to make next season even better for service members.

A common mistake made by

many Marines is saving receipts of money spent on haircuts, uniform items and other job-related expenses, according to Sgt. Nicholas S. Banks, the records manager for the tax center.

"Many of the people who decide to deduct expenses are misinformed," Banks said. "One misconception about deductions is that a person can deduct business related expenses."

Tax payers automatically receive a \$5,000 deduction from their taxable income. Receipts are only necessary if they have work-related expenses that total more than this. Few Marines fall into this category, Banks said.

A person cannot deduct an expense for items that an allowance or advance is provided for during that year. For example, military uniforms cannot be deducted due to the fact that an annual clothing allowance for the upkeep and replacement of uniforms is provided, said Sgt. Fitz P. Seraphin, the noncommissioned officer-in-charge of the tax center.

Many taxpayers don't realize that interest gained in savings accounts is taxable, Banks said.

The government receives records of this income from banks. A taxpayer will owe money to the government if he or she forgets to use the bank statement of savings accounts while filing taxes.

For many young, first-time taxpayers, there is often confusion as to whether their parents are claiming them on their taxes, Banks said. Marines should be sure of this before filing, as this can cause new Marines to illegally receive a bigger refund.

Service members may, however, receive returns on money spent during permanent change of duty station travel that the military did not reimburse.

A highly recommended way of lowering a person's taxable income is to invest in the Thrift Savings Plan, said Banks. TSP is a retirement plan offered by the U.S. Government.

"Money invested in the TSP is not taxable," he said. "It is a great way of saving money and lowering your annual taxable income."

For more information, visit the tax center's Web site at <http://www.3mlg.usmc.mil/taxcenter/index.htm>.

# BATTLE TESTED & CLIMBING



Lance Cpl. Michael Wilson back crawls through mud underneath barbed wire to begin Camp Schwab's Engineer Course. The course is watered down the night before to make it more realistic for the Marines.



Pfc. Nicholas Bioni pulls himself across the Commander's Rope Bridge while navigating Camp Schwab's Engineer Course. Marines from the various Provost Marshal's Office districts have engaged in the engineer and reconnaissance courses every Tuesday throughout July. Photos by Lance Cpl. W. Zach Griffith



Cpl. Mark Coon gets ready to move to the next station during the Engineer Course at Camp Schwab.

## PMO tested in reconnaissance, engineer courses

Lance Cpl. Travis V. Easter  
Okinawa Marine Staff

Military policemen with Marine Corps Base Camp Butler Provost Marshal's Office tore through the Camp Schwab Reconnaissance 1 and Engineer Courses throughout July.

The training was part of a month-long training evolution aimed at building combat readiness, leadership skills and camaraderie.

Teamwork was key in overcoming the courses' many obstacles, explained Cpl. Daniel Cancino, a military policeman with PMO. During each run of a course, all team members had to finish together to successfully complete the training.

Cancino said the intent was to encourage noncommissioned officers to take charge of their junior Marines and keep them focused on mission accomplishment.

"An NCO's duty is to lead by example," he said. "Making sure the corporals and sergeants keep their junior Marines in mind during the course helps re-

emphasize the importance of good leadership."

The training brings Marines from every PMO district together to build camaraderie between the units, said Sgt. Wayne C. Abel, the acting staff noncommissioned officer-in-charge of the training.

The Marines started with the Engineer Course, which consisted of various challenges, such as climbing steep hills, crossing 15-meter rope bridges, and low-crawling under more than 30 meters of barbed wire.

Once the Marines completed the Engineer Course, they moved on to Reconnaissance Course, which tests Marines' endurance as they run across several hills of varying inclines.

"You have to already be conditioned to get through these courses," said Cpl. Joseph Cadwallder. "This training gives us the opportunity to test ourselves and learn how we would respond to (combat) situations."

Abel said he was impressed with the level of motivation the Marines displayed when they finished the course.

"This training is about being a Marine," he said. "We are always deploying and we have to be ready for whatever the world throws at us."



Air Force 1st Lt. Amy Burns mirrors teacher Youju Nose during a violin exercise at the Music School July 15. The Music School offers lessons to all experience levels.



STORY AND PHOTOS BY  
LANCE CPL. KARIM DELGADO

# Classically trained

On-base Music School provides venue for beginners, enthusiasts

Sitting in a small room at the end of the hallway at the Music School, 1st Lt. Jeremiah Barbre has discovered his own way to unwind from a demanding week at the office. He finds solace here, strumming on his acoustic guitar a gentle jazz rendition he says gets better with each lesson.

Barbre said he is grateful the school affords him an on-base solution to advance his guitar skills. The Music School, on Camp Foster, provides service members and their families the opportunity to learn a musical instrument.

While some students, such as Barbre, arrive with musical experience, the school caters to all learning levels, explained Aida Mendoza, a secretary with the school.

The minimum age requirement for instrument lessons is 6 years old. Adults are never too old to take up an instrument, Mendoza said, adding she remembered one enthusiast who waited until they were 60 years old to take their first lesson.

The school offers lessons for several instruments including piano, violin, flute, drums, clarinet, saxophone, guitar, and bass guitar. Voice lessons are also available for those ages 16 and older.

Instrument lessons are \$95 per month for any instrument, with each month comprised of four one-hour lessons. All lessons are private, allowing one-on-one interaction between student and teacher.

The sense of accomplishment gained from learning a new skill builds confidence and is a great way to offset the stresses of everyday life, explained Minori Toyozato, a piano teacher for beginners.

"Music comes from the heart," said Toyozato, who has played piano since she was 4 years old. "It speaks to me when a student understands a lesson, because I believe they understand themselves better with everything they learn. (Students) come already with the raw passion; I am only here to help them express it through music."

The ability to play an instrument is a valuable skill that transcends barriers and is easier than learning a new language, Toyozato said.

"Music is the universal language. I speak Japanese and you speak English, but there's no difference in what we are saying when notes play, whether the fingers touching the piano keys are yours or mine."

While some adults may be influenced by the notion that they've missed their chance to learn an instrument, Air Force 1st Lt. Amy Burns said she hasn't had any regrets since she signed for her first lesson less than a month ago.

"It was a spontaneous decision for me," said the violin student on her third lesson with the school. "I'm at the very beginning stages right now, but it's all so new and exciting. I can't wait to be good enough for people to listen to me without needing ear plugs."

For more information about the Music School, call Aida Mendoza at 645-8432.

Teacher Minori Toyozato practices a composition between lessons. Toyozato said she appreciates the chance to teach piano lessons to new students because it allows her to witness another person's growth with the instrument. Toyozato is a piano teacher for beginners with the school.



Emil Javier (foreground) listens to his student, 1st Lt. Jeremiah Barbre play an original piece Javier wrote. Barbre practiced classical guitar for 10 years before attending the school, but just recently began lessons on jazz guitar with Javier. Javier is a guitar teacher with the school.



STORY BY  
LANCE CPL. WARREN PEACE

# Sushi a taste of Okinawa

Originating in China during the 7th century, sushi has been known by many names and has evolved into a **global delicacy**. It has long been a **mainstay of Okinawan cuisine** and remains among the island's many cultural staples.



The first kaiten zushi, Mawaru Genroku Zushi, opened in 1958 in Osaka, Japan. Photo by Lance Cpl. Juan D. Alfonso

Sushi is one of the most popular meals in Okinawa. It is even sold in the refrigerated section of convenience stores across the island.

Photo by Lance Cpl. Warren Peace



A customer enjoys some "fast-food style" sushi at Ichiban Tei sushi restaurant in Mihama American Village, Chatan Town. The restaurant is a kaiten zushi, a type of sushi bar that serves dishes by way of a conveyor belt that allows costumers to grab the dish they want as it passes near them. Photo by Lance Cpl. Juan D. Alfonso



Originally sushi was made with salt and raw fish, and it took one to three years to prepare. It is now prepared in a matter of minutes with vinegar rice and just about anything chefs can think of.

Today, sushi fans in Okinawa can enjoy various styles of sushi at authentic and fast food sushi restaurants.

The multitude of restaurants here serve two main types of sushi: nigiri sushi and maki sushi.

Nigiri sushi is made of a small brick of rice typically topped with a slice of seafood. Maki sushi is rice typically wrapped around a slice of seafood.

Among Americans, Yoshihachi, in Chatan Town, is

one of the most popular sushi restaurants on the island. Marine Corps leaders such as Gen. Peter Pace, the Chairman of the Joint Chiefs of Staff, and Commandant of the Marine Corps Gen. Michael W. Hagee, dined at the establishment. Today, pictures of those Marines decorate the walls.

"Yoshihachi has tons of unique dishes and a laid-back atmosphere," said Lance Cpl. Joshua M. Gendron. "It's really striking seeing all the pictures of Marines like the commandant on the wall."

Most traditional restaurants require patrons to remove their footwear and sit on the floor while dining.

The restaurants are normally decorated in a style reminiscent of ancient Japan.

Over the years however, some sushi restaurants have evolved into fast food facilities. Often known by foreigners as sushi-go-rounds, kaiten zushi restaurants serve their dishes via a conveyor belt. This unique type of facility allows guests to enjoy their sushi without ordering from a waiter. Instead, customers just grab whatever appeals to them from the line of plates passing in front of them.

Whatever type of restaurant sushi eaters visit in Okinawa, they are sure to find a taste and experience unlike any in the United States.



Photo by Lance Cpl. Warren Peace

Tetsuo Uehara is a sushi chef at Yoshihachi sushi bar, a popular sushi restaurant among Americans in Okinawa. Sushi became popular in Japan during the 20th century due to its fast and easy preparation. Photo by Lance Cpl. Warren Peace



## DID YOU KNOW?

Sushi contains a variety of nutritious toppings and fillings.

- Fish is an excellent source of protein and Omega 3 fatty acids.
- Seaweed is rich in iodine and complex carbohydrates.
- Shellfish is rich in taurine, iron, calcium, vitamin B1 and B2 and Vitamin A.
- Fruits and vegetables are rich in dietary fiber and potassium.
- Fish eggs are rich in calcium, iron, taurine and vitamin A.

# Fun & Games



Eisa dancers perform at the Seaport Chatan Carnival July 16 at Sunset Beach in Chatan Town. Photo by Lance Cpl. David Rogers

An Okinawan girl attempts to throw a ball in a hole and win a prize. Many game booths were similar to those found at U.S. carnivals. Photo by Cpl Guillermo E. Vargas



Eisa dancers entertain onlookers during the carnival while playing traditional drums. Photo by Cpl Guillermo E. Vargas

## Service members join thousands of Okinawans at Seaport Chatan Carnival

Cpl. Guillermo E. Vargas  
Okinawa Marine Staff

Americans and Okinawans gathered to enjoy traditional Okinawan games, food and entertainment at the 20th annual Seaport Chatan Carnival June 16-17 at Sunset Beach in Chatan Town.

The carnival is an Okinawan celebration of the sea that also marks the start of summer break for Okinawan school children.

The celebration featured traditional Eisa performances and performances from local bands. Eisa dancing is an Okinawan ritual that originated as a memorial service for the dead.

Throughout the day and evening, spectators watched dragon boat races and fireworks, and scavenged game booths for prizes. A dragon boat is a traditional Okinawan row boat powered by about 20 men.

Lance Cpl. Jonathan P. Krouse was simply out to enjoy the beach when he stumbled upon the carnival. He said he felt fortunate to find the carnival.

"I like the mix of cultures," Krouse said. "The carnival really brings Okinawans and Marines together."

Many Americans at the carnival said they enjoyed the Okinawan cooking.

"We came for the food," said Air Force Staff Sgt. Christopher Cruz, who brought his wife and two daughters to the event. "Local carnivals like this build good relations between Americans and Okinawans because it brings us together for a good time."

Although some of the game booths were similar to those found in U.S.

carnivals, the carnival featured several traditional Okinawan games.

In the game of Kingyosukui, participants attempted to scoop goldfish out of a small tub using a paper net. Successful players were rewarded with a fishy friend.

Dragon boat races were a popular attraction in the morning, and crowds sat on the beach and watched Eisa dancers in the afternoon until night-fall.

When the sky got dark enough, a fireworks display filled the air to conclude the carnival.

The carnival provided service members and their families a unique glimpse of Okinawan traditions, said Lance Cpl. Craig M. Wilson.

Okinawan festivals are rooted in ancient customs. Traditionally, many festivals celebrated hopes of a good harvest season. Now what was once a prayer for an abundance of crops serves as a gateway for friendship.

"I came to the beach and got a carnival out of it," said Wilson. "I had an awesome time."

"I like the mix of cultures. The carnival really brings Okinawans and Marines together."

LANCE CPL.  
JONATHAN P. KROUSE



Stinger shortstop Jonathan Smock drives the ball into the outfield during the Southern Camp Commander's Cup Championship Tournament final. Stinger took second place out of the eight team field. Photo by Lance Cpl. Travis V. Easter

## MARB'S CUP RUNS OVER

MARB dominates field, runs away with softball title in Southern Camp Commander's Cup Softball tourney

Lance Cpl. Travis V. Easter  
Okinawa Marine Staff

Led by team captain "Dazzling Dave" Harris' three hit, two RBI performance, Materiel Readiness Battalion routed Stinger Battery, 17-0, to claim the Southern Camp Commander's Cup softball title on MCAS Futenma July 17.

MARB, who maintained its undefeated record in intramural softball play, cruised to the championship, defeating its first three opponents — Vice Squad, Ice Pack and Headquarters and Service Battalion — in dominant fashion. Eight teams from Marine Corps Air Station Futenma and Camps Kinser and Foster participated in the double-elimination tournament.

MARB continued their tournament supremacy in the championship game, jumping out to a seven run lead in the first inning.

Stinger held MARB in the second, but business picked up in the third inning when MARB scored four runs, increasing their lead to 11.

Stinger, who battled their way to the championship in the losers' bracket, couldn't put

points on the board in the face of MARB's solid defense. Stinger managed a couple of base hits, but most of their players didn't make it past second base.

"We just couldn't break with the bats," said Stinger first baseman Stephen Ross. "We kept hitting the ball straight to their defense, and we ended up running out of gas."

MARB continued their onslaught in the bottom of the sixth adding five more runs.

Richard Krause, a three time All-Marine Softball pitcher, capped off a dominant performance in the seventh, holding down the Stinger batters to complete the shutout.

Harris complimented Stinger on their hard work and never say die attitude.

"They knew what they had to do in order to get to the championship, and they did it," Harris said. "Stinger showed great effort, and they never stopped playing. They are a good team."

Harris said his team plans on playing sound softball and defending their perfect record in future tournaments.

"We're going to be confident but not cocky," he said.

# IN THEATERS JULY 21-27

Start times are subject to change without notice.  
Call in advance to confirm showtimes.

## KADENA 634-4422

**FRIDAY** Just My Luck (PG-13), 6 p.m.; Click (PG-13), 9 p.m.

**SATURDAY** Just My Luck (PG-13), noon; Click (PG-13), 3 p.m.; Mission: Impossible III, 6 p.m.; Click (PG-13), 9 p.m.

**SUNDAY** Just My Luck (PG-13), noon; Mission: Impossible III (PG-13), 3 p.m.; Click (PG-13), 7 p.m.

**MONDAY** Click (PG-13), 3 p.m.; Mission: Impossible III (PG-13), 7 p.m.

**TUESDAY** Just My Luck (PG-13), 3 p.m.; Mission: Impossible III (PG-13), 7 p.m.

**WEDNESDAY** Just My Luck (PG-13), 3 p.m.; Mission: Impossible III (PG-13), 7 p.m.

**THURSDAY** Superman Returns (PG-13), 7 p.m.

## FOSTER 645-3465

**FRIDAY** Superman Returns (PG-13), 3 p.m., 7 p.m.; Mission: Impossible III (PG-13), 10:30 p.m.

**SATURDAY** The Wild (PG), 1 p.m., 4 p.m.; Superman Returns (PG-13), 7 p.m.; Mission: Impossible III (PG-13), 10:30 p.m.

**SUNDAY** The Wild (PG), 1 p.m., 4 p.m.; Superman Returns (PG-13), 7 p.m.

**MONDAY** Just My Luck (PG-13), 3 p.m.; Superman Returns (PG-13), 7 p.m.

**TUESDAY** Just My Luck (PG-13), 7 p.m.

**WEDNESDAY** Just My Luck (PG-13), 7 p.m.

**THURSDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 3 p.m., 7 p.m.

## FUTENMA 636-3890

**FRIDAY** Poseidon (PG-13), 7 p.m.

**SATURDAY** RV (PG), 1:30 p.m.; Goal! The Dream Begins (PG), 6 p.m.

**SUNDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 1:30 p.m., 6 p.m.

**MONDAY** Poseidon (PG-13), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** Superman Returns (PG-13), 7 p.m.

**THURSDAY** Closed

## SCHWAB 625-2333

**FRIDAY** Goal! The Dream Begins (PG), 7 p.m.

**SATURDAY** RV (PG), 7 p.m.

**SUNDAY** Poseidon (PG-13), 7 p.m.

**MONDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 6 p.m., 9 p.m.

**TUESDAY** Superman Returns (PG-13), 7 p.m.

**WEDNESDAY** Closed

**THURSDAY** Closed

## KINSER 637-2177

**FRIDAY** Mission: Impossible III (PG-13), 7 p.m.

**SATURDAY** The Wild (G), 3 p.m.; Just My Luck (PG-13), 7 p.m.

**SUNDAY** Hoot (PG), 6 p.m.

**MONDAY** Closed

**TUESDAY** Just My Luck (PG-13), 7 p.m.

**WEDNESDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 7 p.m.

**THURSDAY** Click (PG-13), 7 p.m.

## COURTNEY 622-9616

**FRIDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 5:30, 9:30 p.m.

**SATURDAY** RV (PG), 2 p.m.; Pirates of the Caribbean: Dead Man's Chest (PG-13), 5 p.m., 9 p.m.

**SUNDAY** Hoot (PG), 7 p.m.

**MONDAY** United 93 (R), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** Hoot (PG), 1 p.m.; Stick It (PG-13), 7 p.m.

**THURSDAY** Closed

## HANSEN 623-4564

**FRIDAY** The Fast and the Furious: Tokyo Drift (PG-13), 6 p.m., 9 p.m.

**SATURDAY** Mission: Impossible III (PG-13), 6 p.m., 9 p.m.

**SUNDAY** The Fast and the Furious: Tokyo Drift (PG-13), 5:30 p.m.

**MONDAY** Just My Luck (PG-13), 7 p.m.

**TUESDAY** Pirates of the Caribbean: Dead Man's Chest (PG-13), 7 p.m.

**WEDNESDAY** Just My Luck (PG-13), 7 p.m.

**THURSDAY** The Sentinel (PG-13), 7 p.m.

# SINGLE MARINE & SAILOR PROGRAM SCHEDULE

## JULY 23-AUGUST 13

### Oura Wan Beach Clean-Up

July 29 (Sign up by July 26)  
Northern camps

Departure times:  
Camp Courtney, 8:45 a.m.  
Camp Hansen, 9:30 a.m.  
Camp Schwab, 10 a.m.  
*Bring gloves, swim wear, sunscreen, hat, trash bags, snacks, non-alcoholic beverages and dollars.*

### Ai No Mura

July 29 (Sign up by July 26)  
MCAS Futenma  
Departure time: 1 p.m.

### Okinawa Limestone National Park

Southern Camps  
July 30 (Sign up by July 26)

Northern Camps  
Aug. 5 (Sign up by Aug. 2)

Departure times:  
Camp Kinser, 8 a.m.  
MCAS Futenma, 8:15 a.m.  
Camp Foster, 8:30 a.m.  
Camp Courtney, 8:30 a.m.  
Camp Hansen, 9 a.m.  
Camp Schwab, 9:30 a.m.  
*Bring dollars for food, beverages and personal purchases.*

### Okuma Camping Trip

Aug. 11-13 (Sign up by Aug. 7)  
Northern camps

Departure times:  
Camp Courtney, 3 p.m.  
Camp Hansen, 3:45 p.m.  
Camp Schwab, 4:15 p.m.

Cost: \$8 per night per tent  
*Bring dollars for food, beverages and personal purchases.*

### Bios on the Hill

Aug. 12 (Sign up by Aug. 7)  
Southern Camps

Aug. 13 (Sign up by Aug. 7)  
Northern Camps

Departure times:  
Camp Kinser, 8:30 a.m.  
MCAS Futenma, 9 a.m.  
Camp Foster, 9:30 a.m.  
Camp Courtney, 9:45 a.m.  
Camp Hansen, 9 a.m.  
Camp Schwab, 8:30 a.m.  
Cost: ¥800  
*Bring Yen for food, beverages and personal purchases.*

Contact the Single Marine & Sailor Program Office at 645-3681 for more information

All pick-up points will be at Semper Fit gyms or the Foster Field House

# CHAPEL SCHEDULE

## Camp Foster 645-7486/7487

Protestant: Sun., 8:30 a.m.  
Eastern Orthodox: Sun., 9:30 a.m.  
Gospel: Sun., 11:30 a.m.  
Latter Day Saints: Sun., 2 p.m.  
Church of Christ: Sun. (Bldg. 455, Rm. 207/208), noon  
Hindu Services: Fri. (Hindu Room), noon  
Catholic: Mon.-Fri., 11:45 a.m.; Sat., 5 p.m.; Sun., 10 a.m.  
Jewish: Fri., 8:00 p.m., First Friday, 6 p.m.  
Muslim: Friday prayer at 12:45 p.m.

## MCAS Futenma 636-3058

Contemporary: Sun., 9 a.m.  
Catholic: Sun., noon

## Camp Schwab 625-2644/2866

Catholic: Sun., 8:30 a.m.  
Episcopal: Sun., 9:30 a.m.  
Protestant: Sun., 11 a.m.

## Camp McTureous 622-7505

Catholic: Sat., 5:00 p.m.  
Lutheran: Sun. 9:45 a.m.  
Gospel: Sun., 12:30 p.m.

## Camp Courtney 622-9350

Protestant: Sun., 9:30 a.m.; 6 p.m.  
Catholic: Mon., Tues., Thurs., Fri., 7 a.m.; First Fri., 4:30 p.m. Sun., 8 and 11 a.m.

## Camp Lester 643-7248

Catholic: Sun., 8 a.m.  
Protestant: Sun., 10 a.m.  
Gospel: Sun., noon

## Camp Hansen 623-4694

Catholic: Sun. (East Chapel), 10:30 a.m.; Mon.-Fri. (East Chapel), 11:30 a.m.  
Protestant: Sun. (West Chapel), 11 a.m.

## Kadena Air Base 634-1288

Catholic: Mon.-Fri., Mass, Chapel 2, noon; Sat., Confession, Chapel 2, 3:30-4:30 p.m.; Vigil Mass,

Chapel 2, 5 p.m.; Sun., Mass, Chapel 3, 8:45 a.m.; Mass, Chapel 1, 12:30 p.m. and 5 p.m.

Protestant: Wed., Bible Study, Chapel 2, 7 p.m.; Sun., Inspirational, Chapel 2, 8:30 a.m.; Liturgical, Chapel 3, 8:45 a.m.; Evangelical, Chapel 1, 9 a.m.; Traditional, Chapel 2, 10:30 a.m.; Gospel, Chapel 3, 10:30 a.m.; Sunday school, Bldg. 327, 8:45 a.m. and 10:45 a.m.

Contemporary worship: Sundays, Chapel 1, 7:30 p.m.  
Eastern Orthodox: Call 645-7486  
Jewish: Call 637-1027  
Islamic: Call 636-3219  
Pagan: Fri., Chapel 1, 7 p.m.

## Camp Kinser 637-1148

Protestant: Sun. (Chapel 1), 9:30 a.m.  
Catholic: Sun. (Chapel 1), 11 a.m.; Mon.-Thurs. (Chapel 2), noon  
Gospel: Sun. (Chapel 1), 8 a.m.

# CLASSIFIED ADS

## AUTOMOBILES

'93 NISSAN LARGO VAN JCI Sept. 06, \$899 OBO. (090) 9972-3316  
'93 HONDA PRELUDE JCI March 07, \$2,500. (090) 9972-3316  
'94 TOYOTA RAV4 JCI May 07, \$2,500 OBO. 645-3551  
'96 HONDA INTEGRA JCI Nov. 07, \$1,700 OBO. (080) 3963-7787  
'92 TOYOTA TOWN ACE VAN JCI Dec. 07, \$2,000 OBO. (090) 8629-4521  
'96 TOYOTA LUCIDA VAN JCI Feb. 07, \$3,800 OBO. (090) 3792-7660  
'93 TOYOTA MARK II JCI April 07, \$2,600 OBO. (080) 1744-9664  
'96 TOYOTA COROLLA JCI Dec. 07, \$1,200 OBO. 623-6452  
'93 NISSAN SKYLINE JCI Aug. 06, \$1,600 OBO. 646-8575  
'91 MAZDA EUNOS JCI Sept. 07, \$1,500 OBO. 646-6592  
'93 HONDA INTEGRA JCI Feb. 08, \$850 OBO. 623-7307  
'95 NISSAN CEFIRO JCI Oct. 07, \$3,500 OBO. 637-7010  
'92 HONDA PRELUDE JCI July 08, \$2,000 OBO. 622-6555  
'85 VOLKSWAGEN GOLF JCI Jan. 07, \$300 OBO. 645-3614  
'95 TOYOTA MARK

## MOTORCYCLES

'97 SUZUKI ALTO JCI Aug. 07, \$500. 645-3614  
'94 KAWASAKI 400cc JCI March 08, \$2,000. 645-5154  
'94 KAWASAKI ZR400 JCI March 08, \$1,800. 645-5154  
'00 HARLEY-DAVIDSON WIDE GLIDE JCI March 08, \$13,000. (090) 3792-7660  
'98 HONDA CR125 \$2,200 OBO. 637-3616

## MISCELLANEOUS

— Binoculars, \$250. 633-4457  
646-6592  
— Bow Flex Schwinn Comp, \$400. 646-6592  
— Four-piece bedroom set, \$350. 645-5405  
— 33-by-32-by-55 foot shed, \$100. 958-7560  
— Lawn mower, \$100; weedeater, \$20; leaf blower, \$50. 636-6787  
— Cannondale F800 mountain bike, \$1,000. 646-8070  
633-4457  
— Compaq desktop computer, \$400 OBO. 632-3627  
— Gas-powered edger/trimmer, \$60. 958-7560  
— Three piece sofa sectional, \$250. 646-2408  
— Lawn mower, \$50. 645-3614  
— JVC 65-inch HDTV ready TV, like new, \$1,500 OBO. 646-8070

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