

CFAY hosts Clear Vision 5K, promotes fitness, right spirit

By MCSN Kari R. Bergman,
Fleet Public Affairs Det., Japan

Approximately 400 runners from commands onboard Commander, Fleet Activities Yokosuka participated in the Clear Vision alcohol de-glamorization campaign 5k run Oct. 10.

The Clear Vision campaign's mission is to de-glamorize alcohol and educate Sailors and civilians stationed in Yokosuka about alternatives to drinking. The campaign, a follow on to last year's successful None for the Road campaign, started in early February and will run through Thanksgiving.

"I think that this run promotes good health and fitness and also reminds the younger Sailors of their responsibilities and also to be safe if they do decide to drink," said Construction Mechanic 1st Class Malcom Marcewicz, a participant in the event.

The Clear Vision committee, made up of Yokosuka Sailors and civilian volunteers, plan to post flyers around base, pass out pamphlets to every command and have

booths set up during base-wide events to inform Sailors and civilians about non-alcoholic alternatives.

"We have been doing different events all year and this run was just another way for us to get the word out and make people aware that there are other alternatives," said Personnel Specialist 1st Class George Smythe, chairman for the Clear Vision campaign. "We want to get Sailors away from thinking that you have to drink alcohol in order to have a good time."

Clear Vision is another tool where Sailors help Sailors and the local Navy community puts its best foot forward.

"In Japan, we have to be very conscious of our environment, because of course we are ambassadors here and we represent the Navy and our country," Smythe said. "We want to be on our best behavior at all times, so Clear Vision is one aspect of us promoting that awareness here in Yokosuka."

Karla Soto runs towards the finish line while pushing her son Freddie in a stroller during the Clear Vision alcohol de-glamorization campaign 5K run Oct 10.

Photo by Sean Dath



Students learn fire safety during Fire Prevention Month kick-off

Story and photo by Dan Bowen, CFAY Public Affairs

Commander U.S. Naval Forces Japan (CNFJ) Regional Fire Department kicked off the start of Fire Prevention Month with an awards ceremony and a day-long demonstration for kids from Yokosuka Middle School and The Sullivan's School Oct. 3.



A CNFJ Regional Fire Department firefighter trains kids on what to do during an earthquake prior to them taking a ride on the earthquake simulator at the CNFJ Regional Fire Department during the kick-off of Fire Prevention Month Oct. 3.

Several elementary school students were awarded for their artistic efforts by Commander Fleet Activities Yokosuka (CFAY) Capt. Daniel Weed to start the day off. The kids drew pictures depicting various scenes to help make their peers and parents aware of the importance of fire prevention.

"I appreciate everybody's wonderful artistic contributions," said Weed to the proud kids. "And thanks to the great regional fire department, we have a home fire safety house that you get to go through and look for safety hazards to help you prevent home fires and an earthquake simulator that feels like a real earthquake."

Boy Scout Troop 35 Leader Kim McCann was also presented with a letter of appreciation on behalf of his troop for helping to educate every member on the base on preventing fires.

The focus for the kids this year was the prevention of fires in the home.

"It's important to start teaching kids when they're young," said Fire Prevention Training Chief George Salcedo. "Now anyone can remember from their childhoods how to stop, drop and roll and to get low when evacuating a smoky building."

The kids had plenty of hands-on experience in the fire department's Sparky Fire School on how to prevent cooking fires and utilizing an escape plan. According to the Home Safety Council's State of Home Safety in America Report, fires and burns are the third leading cause of unintentional home injury and related deaths. Fire safety and survival

begin with everyone in your household being prepared.

Training events and activities are scheduled throughout the month by the fire department to help promote awareness of fire prevention month. There will be informational displays at the commissary and fire drills will be conducted at all the towers on both Yokosuka Base and the Ikego Housing Complex. Additionally, there will be evacuation drills at many of the commands and schools.

For more information on this month's schedule or on how to protect your family against fire in the home, be sure to visit CNFJ Fire Department public training sessions or call them at 243-4637.

GW wraps up first port visit as forward-deployed member

By MC2 Carlos Gomez, USS George Washington Public Affairs

USS George Washington (CVN 73) (GW), the Navy's only forward-deployed aircraft carrier, wrapped up its first port visit Oct. 10, in Busan, South Korea, where Sailors participated in this year's International Fleet Review (IFR).

This was the carrier's first official port call as part of the forward-deployed naval forces.

George Washington along with USS Cowpens (CG 63), USS John S. McCain (DDG 56) and USS McCampbell (DDG 85) participated in the IFR commemorating the Republic of Korea's armed forces' 60th anniversary.

GW Sailors hosted a reception Oct. 8 aboard the ship for nearly 600 guests. The ship also conducted public tours Oct. 8-9 and hosted more than 500 visitors.

While in port, GW Sailors volunteered for a number of community outreach projects at local schools and orphanages. Along with members of Australian and Thai navies, they held a wreath-laying service at the local United Nations Memorial Cemetery. They also experienced the local culture through a number of trips and tours.



Forward-deployed Sailors and officers participate in the Busan, South Korea Jagalchi Festival parade Oct. 9.

U.S. Navy photo by MCSN Christopher S. Harte



Capt. Daniel L. Weed,
Commander,
Fleet Activities
Yokosuka



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

(HRO) Yokosuka Training Room (1F), Bldg #1472. This briefing will give federal employees a chance to think of their specific coverage needs while overseas. For class registration, please send an e-mail to Eiko.Norinaga.JA@fe.navy.mil. The size of the class is limited to 30 persons for each session.

Narita/Yokota Shuttle Bus Rate Change – Effective immediately, the rate for official travel on the Narita/Yokota Shuttle bus is \$32 per person and is set to recover operating expenses of the service. All CFAY and tenant command travelers on temporary orders or Permanent Change of Station (PCS) orders are required to utilize this government provided transportation unless a valid operational requirement restricts its use. All personnel requiring ground transportation to Narita Airport or Yokota Air Base must coordinate their transportation request with the shuttle bus office and provide a copy of travel orders in person to building B1555, by fax at 243-9594 or e-mail to cfaybus@cfay.navy.mil. Adherence to the mandatory use of the bus service will help to maintain a reasonable bus rate. Contact Hirofumi Ishizuka at 243-8255 for more information.

Command Roster Photos – Command roster photos are taken by appointment every Tuesday afternoon starting at 1:30 p.m. at CFAY Public Affairs office, Bldg. 3154, Room 213. Stop by our office or call 243-5607 to make an appointment. For service record photos (full length), please contact Fleet Public Affairs Center Detachment, Japan at 243-7378.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy

contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m. 横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事務所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで

Q: I discovered the breakfast service at the hospital cafeteria when I first transferred six months ago and staying at the Navy Lodge. The price was very reasonable and the food was well prepared and nutritious. It was great! After my fifth or sixth trip there, I was informed that the cafeteria was only open to hospital personnel. Breakfast is the most important meal of the day. McDonalds, Dunkin Donuts and Starbucks offer very limited menus. Please consider allowing newly arrived and other in-transit folks, especially those who are staying at the Navy Lodge, the option to have breakfast in the hospital cafeteria. It would make the transition much nicer with a healthy breakfast in a pleasant atmosphere.

A: We appreciate the compliments the writer has provided concerning the quality of our food and the ambiance of our facility. However, it is true that our galley is a closed mess. This is due to the limited seating available as well as the growing cost associated with running an open facility. This policy has been in place since April 2007. In June 2008, during the time

the Officers' Club was being remodeled, our previous commanding officer volunteered to open the hospital galley to the general public for breakfast and dinner only. This was a gesture of community support and would remain in effect until the Officers' Club re-opened, or access or cost became prohibitive. Two weeks after the club re-opened a sign was placed at the cash cage of the galley reminding patrons that we are a closed mess as the Officers' Club was again open for business. This sign remains in place today.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for Nov. 6. This is your opportunity to call in and speak with Commander Fleet Activities Yokosuka Capt. Daniel L. Weed about issues affecting our community. To contact the Seahawk, call 243-5607/3003 or send an e-mail to: Seahawk-Umitaka@fe.navy.mil.

Channel 12 Slide Scroller Submissions – All community announcement presentations for airing on local base channel 12 can be created in Microsoft PowerPoint in a landscape format but must be saved as a jpg/jpeg type file. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Please include your telephone contact information in the body of the e-mail. Contact MCC(SW/AW) Eric Hannah at eric.hannah@fe.navy.mil for specific design requirements or for more information.

Housing High-Rise Towers Evacuation Drills – The CNFJ Regional Fire Department will be conducting annual fire evacuation drills for all High-Rise housing towers. Your active support is needed to make this a success. All evacuation drills are scheduled on the weekends. Yokosuka is scheduled for Oct. 18 and 19 between the hours of 10 a.m. to 4 p.m., and scheduled for Ikego Oct. 25, between the hours of 10 a.m. to 2 p.m. Each drill will take approximately 30 minutes per tower. Use the stairwells to evacuate the building. After the drill, come to the party room as directed by Fire Department personnel to receive a fire safety lecture. Call 243-5170/4637 for more information.

Federal Employees Health Benefits (FEHB) Open Season Briefing – Representatives of the American Foreign Service Protective Association (AFSPA) will hold FEHB Open Season Briefings from 10:30 a.m. and noon, Oct. 28 at the Human Resources Office

U.S. - Japan Navy Friendship Association award nominations sought

By CNFJ Public Affairs

The U.S. - Japan Navy Friendship Association (JANAF) is seeking nominations of Navy personnel for an award recognizing their contributions that enhance the JANAF organization's goal of promoting friendship and mutual understanding between the Japan Maritime Self-Defense Force (JMSDF) and the United States Navy through social functions.

Nomination eligibility requirements must meet at least one of the following categories:

- Been engaged in activities in keeping with the goal of the association during working hours.
- Provided technical assistance, labor or other services for the JMSDF (member and their families) during off-duty hours in support of its welfare activities.
- Promoted sports and recreational activities with the JMSDF.
- Been engaged in activities to maintain jointly used facilities and to prevent accidents therein.
- Other good deeds that may deserve recognition.

Although there is no specific nomination package format requirements, the following information must be included:

- Full name of nominee
- Rank/rate
- Date of birth
- E-mail address and office or home phone number
- Specialty or hobby
- Name of spouse (if married)
- Synopsis of contribution
- Submission must be command endorsed

A total of four nominees will be selected for an award. Those selected will be contacted at a later date. An awards presentation ceremony will be held later this year.

Send nomination submission packages to Commander U.S. Naval Forces Japan Public Affairs Office, MCC(SW/AW) Laura James by e-mail at laura.james@fe.navy.mil. Deadline for submission is Oct. 30.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

Michelle Stewart Public Affairs Officer
Sean Dath Lead PA Specialist

Editorial Staff

Keiichi Adachi Photojournalist
Yuhji Kawabe Photojournalist
Kazuyuki Takagi Photojournalist
Mark Elrod Photojournalist
Fumiyo Sato Photojournalist
Dan Bowen Photojournalist
Jeff Doepp Seahawk Editor
Hideo Kaihatsu Seahawk/Umitaka Editor

Asahi Advertising

Tomomi Hirano Account Executive
Keiko Kishi Account Executive

COMFLEACT Yokosuka
Public Affairs Code 013
PSC 473 BOX 01
FPO AP 96349

Phone: 243-5607/3003



The editorial content of this newspaper is edited and approved by the public affairs office of Commander, Fleet Activities Yokosuka.

This newspaper is an authorized publication for members of the military services stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense, the Navy, Commander, Fleet Activities Yokosuka or Asahi Advertising of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity by and advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Published by Asahi Advertising, a private firm in no way connected with DOD or the U.S. Navy, under the exclusive contract with the U.S. Navy.

Sale! 20% off
our everyday low prices on
ENTIRE STOCK of

BOYS' DRESSWEAR

GIRLS' DRESSES AND LEGGING SETS

KIDS' SLEEPWEAR AND SETS

MEN'S AND LADIES' SLEEPWEAR

MEN'S DRESS SHIRTS, NECKWEAR AND TAILORED CLOTHING

MEN'S BELTS, WALLET AND ACCESSORIES

Example of our savings:
SLIM-FIT LADIES' HOLIDAY MOTIF PALMERS
SALE 13.99 Reg. 19.99

Example of our savings:
LADIES' SOCKS 4-PK
SALE 7.99 Reg. 9.99

Example of our savings:
HOLIDAY-MOTIF FASHION JEWELRY AND WATCHES
SALE 4.79-7.99 Reg. 5.99-9.99
Watches: SALE 11.99 Reg. 14.99

LOWEST PRICE EVER!
1,149⁹⁹

40" 1080p

SONY® 40" 1080P HD LCD TV, ICMB2, 2x component inputs, PC input, S-video input, HDCP, 4054100, Reg. 1,199.99
Extended service plan only 79.99

HDMI
HDTV
SONY

As low as \$39* a month on your MILITARY STAR card

Example of our savings:
MISSY AND SPECIAL SIZE HOLIDAY-MOTIF SWEATERS, KNITS AND BRUSHED FLEECE
SALE 11.99-23.99 Reg. 14.99-29.99

Example of our savings:
carter's BABY'S FIRST CHRISTMAS

Example of our savings:
SALE 23.99-43.99 Reg. 29.99-59.99

VANS FOR THE FAMILY

Example of our savings:
SALE 47.99 Reg. 59.99 Mail Price 74.99

Reebok THE AUTHENTIC OUTFITTER

NFL SHOES

SALE PRICES GOOD OCT 29 THRU NOV 03

Discount does not apply to previous purchases. Limited to stock on hand Selection will vary by location. Style shown are representative of assortment.

TOYLAND Sale

1000-1600 • November 01
@ Red Brick Area In front of Commissary



SALE!

50% OFF

our everyday low prices on
ENTIRE STOCK of HALLOWEEN

SALE 49¢-74.99 REG. 99¢-149.99

Candy & Giftware Department excluded
Discount does not apply to previous purchases. Limited to stock on hand Selection will vary by location. Style shown are representative of assortment.



YOKOSUKA

Main Store & Mini-Mart
Mon-Sat : 0900-2100
Sunday : 0900-2000

NEX Depot

Mon-Fri: 0900-1700
Sat & Sun : Closed

Autoport Mini-Mart

Daily: 0600-2300

IKEGO

Mini-Mart
Monday: 1000-2100
Sat-Sun: 0900-2100

NEGISHI

NEX Mart
Daily: 1000-2000

USS John S. McCain celebrates 233rd Navy birthday at sea

Story and photo by MC2 Byron C. Linder, Fleet Public Affairs Det., Japan

Sailors aboard the guided-missile destroyer *USS John S. McCain* (DDG 56) celebrated the Navy's 233rd birthday Oct. 13, taking a short break from the rigorous daily routine of life at sea.

On the ship's mess decks, *McCain's* youngest Sailor, Gas Turbine Systems Technician (Mechanical) Fireman Elmer Paucar was joined on the mess decks by *McCain's* oldest Sailor, Senior Chief Information Systems Technician James Caszatt, as they cut the ceremonial birthday cake with a Navy cutlass and sword respectively.

McCain's supply department provided a celebratory birthday meal of steak, lobster, king crab legs and shrimp.

The history of our Navy dates back to 1775, when the Continental Congress authorized the procurement and fitting out of two armed vessels and the raising of two battalions of Marines.

From Tunn Tavern and the Philadelphia wharves, the organization progressed such that by 1776, the Continental Navy was ready for their first expedition. Sailing for New Providence Island, the Navy captured the British fort and

garrison, securing powder and arms for Gen. George Washington's Continental Army.

Cmdr. John S. Banigan, *McCain's* commanding officer, emphasized the importance of recognizing the Navy's past while ensuring the Navy's continued success in the future.

"What were tall ships protecting lands of the Continental Congress are now sleek warships globally deployed, conducting theater security operations," Banigan said. "In 1794, Congress purchased six frigates for our Navy and now, some 214 years later, we have evolved into the world's most formidable fleet. This is quite an achievement and it is our responsibility to carry this torch, as others had before us, to ensure it remains bright."

USS John S. McCain is one of seven Arleigh Burke-class guided missile destroyers assigned to Commander Destroyer Squadron (COMDESRON) 15 and is permanently forward-deployed to Yokosuka, Japan.

GSMFN Elmer Paucar and ISSC James Caszatt, *USS John S. McCain's* (DDG 56) youngest and oldest Sailors cut the ceremonial cake Oct 13 as the crew celebrates the 233rd Navy birthday while at sea.



COMDESRON 15 ships test, improve skills during Multi-Sail 2008

By Ensign A. Tyler, *USS Stethem* Public Affairs and Ensign B. Greenert, *USS Mustin* Public Affairs

Seven Yokosuka based ships, including six guided missile destroyers from forward-deployed Commander Destroyer Squadron 15 (COMDESRON 15), participated in exercise Multi-Sail 2008 to test and improve their skills in numerous warfare areas.

COMDESRON 15, led by Capt. Mark Montgomery, set aside over two weeks of dedicated at sea exercise and range time to flex these forward-deployed naval forces (FDFNF) warships. The exercise planning effort was led by COMDESRON 15 Surface Operations Officer Lt. Fred "Doc" Brummer, who rapidly grew the exercise into a three-stage event with numerous live services, target assets and lots of rounds to shoot.

After departing Commander Fleet Activities Yokosuka Sept. 8, the 15 ships; *USS Curtis Wilbur* (DDG 54), *USS John S. McCain* (DDG 56), *USS Stethem* (DDG 63), *USS Lassen* (DDG 82), *USS McCambell* (DDG 85) and *USS Mustin* (DDG 89), along with the Yokosuka-based cruiser, *USS Shiloh* (CG 67) began a rigorous schedule of training and readiness exercises in multiple warfare areas.

The first phase of the exercise focused on five days of anti-submarine warfare (ASW) tactics and capabilities as the FDFNF ships completed a ship ASW readiness effective measuring (SHAREM). Each crew embarked subject matter experts from Surface Warfare Development Group (SWDG), to assist in applying and validating both new and existing ASW tactics.

SHAREM team coordinator Lt. Cmdr. Robert Adams said "SWDG personnel help to plan, execute, reconstruct, and analyze ASW events all over the world, but particularly in forward-deployed waters against threat-like submarine opposing forces."



Four of the seven Yokosuka based ships from forward-deployed Commander Destroyer Squadron 15 (COMDESRON 15) steam in formation while participating in exercise Multi-Sail 2008 to test and improve their skills in numerous warfare areas. U.S. Navy photo courtesy of COMDESRON 15

The second element of the exercise included the week long Multi-Sail itself, which consisted of a series of live-fire gunnery exercises, electronic warfare firing exercises, torpedo firing exercises, acoustic self-noise measuring events and general seamanship exercises. Along with SWDG, contingents from Naval Undersea Warfare Command (NUWC) San Diego and Pacific Missile Range Facility (PMFR) Hawaii assisted the ships in evaluating combat capabilities and effectiveness throughout the Multi-Sail.

The third and final phase of the event focused on anti-air and anti-surface warfare and included a surface readiness effective measuring (SURFREM) event.

The intense training schedule during Multi-Sail 2008 allowed seven ships to complete nearly a year's worth of training and readiness firing events in a single, 17 day period. Traditionally stand-alone events, SHAREM and SURFREM combined into the Multi-Sail exercise saved money and overcame the challenges of a resource-limited environment.

"The primary goal of Multi-Sail 2008 was to complete required training and readiness events in an efficient and money saving manner – the addition of the SURFREM and SHAREM exercises allowed us to really save money and time over similar uncoordinated efforts," Said Montgomery.

In moving away from a schedule of predetermined events and certifications and scripted exercises, this Multi-Sail matured into a complex and valuable experience that flexed a COMDESRON staff and seven ships in an unorthodox manner.

"We designed Multi-Sail to assess combat readiness, build watch stander proficiency, maximize certifications, and flex tactics in major warfare areas. I believe we improved readiness in each warfare area on each ship. We now know better what to expect in performance of our Sailors, reliability of our equipment and effectiveness of our tactics," said Montgomery.

MWR

Morale, Welfare & Recreation

Happenings



MWR HALLOWEEN FESTIVAL

Call 243-1215 for more info.

Halloween Carnival

Annual Haunted House
CIRQUE DE PSYCHOPATHS?

Saturday, October 25 from 1700 to 2200 at Purdy and Thew Gymnasiums



THURSDAY, OCTOBER 30 AT 1800 AT THE BOWLING ALLEY PARKING LOT

Smash Mouth

LIVE CONCERT

Collectively, Smash Mouth has sold more than 10 million albums worldwide. Along with their number one hits – *Walkin' on the Sun* and *All Star* – they have consistently impacted radio with other recognizable hits like *Then the Morning Comes*, *Can't Get Enough Of You Baby*, and a cover of The Monkees classic *I'm a Believer*, which was prominently featured on the *Shrek* soundtrack.

A quick listen to their music and you realize the multi-platinum Smash Mouth is a 60s influenced garage band with a keen pop sensibility that maintains a timeless quality, a style they have created and that is all their own.

Having long since established itself as the ultimate true-to-life California party-band the vibe surrounding Smash Mouth is indeed – at its core – about having fun.

For more information call 243-5215.

SUPER BINGO

\$60,000 GRAND PRIZE

In 52 numbers or less or \$40,000 consolation prize

Doors open at 1000. Early Bird Special at 1200.

SUNDAY, NOVEMBER 2 IN THEW GYM

For more information call 243-3000/5985.

D.A.R.E. and CFAY Security Department presents...

2008 YOKOSUKA NIGHT OUT

SUNDAY, NOVEMBER 9

from 1300 to 1600
on Hart Street and the Bowling Parking Lot
Come and visit our booths, special activities and displays.
Open To All Hands

For more information, please call D.A.R.E. Rep. MA2 Scott at 243-5351.

FAMILY ANIMAL LAND AND Travel Fair

ITT and IACE
Saturday, November 15 from 1000 to 1400

In celebration of Military Family Appreciation Week, MWR will host this family-oriented event in Kosano Park with over 100 petting zoo animals, pony rides, air toys, games, cotton candy, temporary tattoos, food booths and entertainment.

Here are some of the vendors, travel agencies and airlines:
JTB Global Marketing & Travel, Kamogawa Sea World Costco Wholesale, Fujikyuko, Hakone Kowakien Yunessun, Yokohama Zoorasia, Northwest Airline, Continental Airline, United Airline, American Airline, Delta Airline and more.

Suited Animal Characters
Fire Department providing an earthquake machine
Over \$900 of prizes to give away!

For more details call 243-4731.

Event subject to change without notice.

Benny Decker

Friday, October 24 Closed for Maintenance	Tuesday, October 28 \$1 Movie Night 1800 Yokosuka Town Hall Meeting 2130 Eagle Eye	PG13
Saturday, October 25 1300 Beverly Hills Chihuahua 1730 The Express 2030 Disaster Movie	Wednesday, October 29 1730 Beverly Hills Chihuahua 2030 Disaster	PG PG13
Sunday, October 26 1300 Beverly Hills Chihuahua 1730 Disaster Movie 2030 Babylon A.D.	Thursday, October 30 1730 The Longshots 2030 Babylon A.D.	PG PG13 PG13
Monday, October 27 1730 Beverly Hills Chihuahua 2030 The Express	Friday, October 31 1730 The Women 2030 Babylon A.D.	PG PG13 PG13

Fleet

Friday, October 24** 1800 Beverly Hills Chihuahua 2100 Babylon A.D. 2400 Disaster Movie	Tuesday, October 28 \$1 Movie Night Closed for Maintenance	PG PG13 PG13
Saturday, October 25 1800 Babylon A.D. 2100 Body of Lies 2400 Mirrors	Wednesday, October 29 Closed for Maintenance	PG13 R R
Sunday, October 26 1800 Eagle Eye 2100 Mirrors	Thursday, October 30 Closed for Maintenance	PG13 R
Monday, October 27 Closed for Maintenance	Friday, October 31 1800 Miracle at St. Anna 2130 Bangkok Dangerous 2400 Traitor	R R PG13

*Final Showing
**Age restriction will not be in effect on October 24.

Negishi

Friday, October 24 1900 Death Race	Sunday, October 26 1300 The Express	R PG
Saturday, October 25 1300 The Longshots 1900 Traitor		PG PG13

MWR Theaters

Synopsis

Miracle at St. Anna
Cast: Derek Luke, Michael Ealy, Laz Alonso, Omar Benson Miller, Pierfrancesco Favino
Synopsis: Set in 1944 Italy, the story of four black American soldiers who get trapped in a Tuscan village during WWII.

Bangkok Dangerous
Cast: Nicolas Cage, Shaun Delaney, Steve Baldocchi, Chris Heebnik, James Wearing Smith
Synopsis: A hitman who's in Bangkok to pull off a series of jobs falls for a local woman and bonds with his errand boy.

The Women
Cast: Meg Ryan, Annette Bening, Eva Mendes, Debra Messing, Jada Pinkett-Smith
Synopsis: A wealthy New Yorker leaves her cheating husband and bonds with other society women at a resort.

Babylon A.D.
Cast: Vin Diesel, Michelle Yeoh, Melanie Thierry, Lambert Wilson, Gerard Depardieu
Synopsis: Veteran-turned-mercenary Thoorop takes the high-risk job of escorting a woman from Russia to America. Little does he know that she is host to an organism that a cult wants to harvest in order to produce a genetically modified Messiah.

Disaster Movie
Cast: Matt Lanter, Vanessa Minnillo, Gary Johnson, Nicole Parker, Crista Flanagan
Synopsis: Over the course of one evening, an unsuspecting group of twenty-somethings find themselves bombarded by a series of natural disasters and catastrophic events.

The Express
Cast: Dennis Quaid, Rob Brown, Nelsan Ellis, Kris Wolff, Charles S. Dutton
Synopsis: A drama based on the life of college football hero Ernie Davis, the first African-American to win the Heisman Trophy.

FYI

MWR will be upgrading the movie projectors in our theaters! As a result, we have will close **Fleet Theater** from October 27 thru 30. We regret any inconvenience this may cause. For more information please call 243-5215.

The use of camcorders, still cameras, cellular telephones and any other recording devices in the auditorium during the exhibition of any movie is strictly prohibited. Violators will be escorted from the premises and recorded materials will be confiscated. All theatre privileges of violators will be terminated. Violators may be subject to criminal prosecution.

For the most up-to-date movie information call 243-6703.

Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.64E, ENCL. 33, PARA 3E(3).

ITT Tickets

Discount Yunessun Hot Spring Tickets
ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until December 31, 2008.

Discount Hakkeijima Sea Paradise Tickets
Discount tickets for Hakeijima Sea Paradise are back! Tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,600 for adults 16 years and older, ¥3,300 for juniors 6 - 15 years old and ¥1,900 for children 4 - 5 years old. Tickets are valid until November 30, 2008.

Tokyo Disneyland and DisneySea Tickets
Did you know ITT sells tickets to Tokyo Disneyland and Tokyo DisneySea? Get yours today for only ¥5,800 for adults, ¥ 5,000 for juniors and ¥3,900 for children! *Tickets to both parks have expiration dates that tickets must be used prior to. Tickets may not allow entry into the park during high attendance times.

K-Ci & JoJo and Bobby Valentino Special Joint Live '08
R&B greats K-Ci & JoJo, along with Bobby Valentino, are coming to Yokohama Bay Hall on November 1. ITT is now selling tickets for ¥7,200 - all standing (one drink, or soft drink, minimum). Tickets are limited to ID card holders age 18 and older attached to CFAY. Directions to Yokohama Bay Hall are available at ITT.

Jewelz Special R&B/Hip Hop Party w/ Special Guest Ashanti
After the K-Ci & JoJo show, why not stick around for the Jewelz Special R&B/Hip Hop After Party on November 2 from 2400 to 0500. ITT is now selling tickets for ¥5,200 - all standing (one drink, or soft drink, minimum). Tickets are limited to ID card holders age 18 and older attached to CFAY. Directions to Yokohama Bay Hall are available at ITT. 100% ID check at Bay Hall entrance.

MWR ITT & ORC

For details about any of the ITT events listed, give them a call at 241-5056/5057. Ticket sales are open to all DoD I.D. card holders, 18 years old and above attached to CFAY and tenant commands. For more information about Outdoor Recreation services, call them at 243-5732.

Outdoor Recreation

Intermediate Day Hike to Ooyama, Tanzawa, Kanagawa Prefecture
Join Outdoor Recreation on November 1 and hike in an area that, in ancient times, was worshipped as a deity by the fishermen along the coast of Kanagawa Prefecture as well as the people who lived below its peak. This four hour - 11km - hike passes through several shrines set amidst a cedar forest. The cost is \$40 per person. Last day to sign up is October 27.

Deep Sea Fishing to Nagai, Miura Peninsula, Kanagawa Prefecture
Join us on November 2 for a day of fun in the sun. We will catch either Mahi Mahi or Saba while enjoying a great day on the water! The cost is \$150 per person and includes transportation, tackle, bait and an experienced sea captain. Last day to sign up is October 24.

Beginner Surfing Class at Shonan, Kanagawa Prefecture
Hit the waves with Outdoor Rec on November 8! The trip consists of a four hour class at sea and a one hour mandatory briefing prior to the trip. The cost is \$65 per person and includes surfboard and wetsuit rental. Last day to sign up is November 6.

Beginner Rock Climbing at Kotakuji, Atsugi, Kanagawa Prefecture
Ascend to new heights on November 8! The rock is a 40m (130ft) high, beginner friendly rock (class 5.6 to 5.8). The cost is \$40 per person and

Outdoor Recreation

includes transportation and climbing equipment. Last day to sign up is November 3.

Snorkeling at Futo, Izu Peninsula, Shizuoka
Enjoy snorkeling at the dynamic coastline of eastern peninsula on November 9. Follow that up with a relaxing soak in a hot spring. The cost is \$45 per person and includes transportation and shower room at Futo. Rental gear for snorkeling is available for an additional fee at Green Bay Marina. Last day to sign up is November 6.

Mystery Intermediate Surfing Trip
Two days prior to this November 11 trip, our trip leaders will check the weather and wave forecast and determine the location of the trip. The cost is \$50 per person for transportation only. Rental surfboards and wetsuits are available for rent at the Green Bay Marina. Last day to sign up is November 7.

Beginner Day Hike at Kinubariyama, Zushi-Kamakura, Kanagawa Prefecture
This family oriented hike on November 15 will begin near Nagoe Kiridoshi, which used to be one of the important entrances to the ancient capital of Kamakura. Kinubariyama has a spectacular view of Kamakura City, Sagami Bay and Mt. Fuji. After lunch, hike down and visit Houkokuji (Bamboo Temple) before returning to the starting point. The cost is \$25 per person and includes temple admission. Last day to sign up is November 10.

Bicycle Storage
Are you tired from worrying about your bicycle? Do you hate getting the rust off your chain and gears? Do you want to ensure that your bicycle stays clean, dry and ready for use? Then store your bike at Outdoor Rec for only \$15 a month!

MWR Youth Sports

Registration Policy
Please register early for all sports programs! Youth Sports has a \$25 late fee for any registration taken after the deadline. Each season, we have a high volume of late registrants, which in turn causes delays in team rosters and scheduling. We will continue to accept late registration with no penalty for legitimate reasons (e.g., PCS orders or medical emergencies) and we would like to emphasize that this will not impact our current fees whatsoever, which remain the same as long as you sign up during the normal registration period (usually over 30 days in length). As an additional option, early registrations are accepted for situations where families will be on leave during registration (see our office for details).

Youth Floor Hockey Season Registration
Yes, that's right, our second annual floor hockey season! Registration starts on Tuesday, November 4 and ends Friday, December 12. Program is for ages 7 to 15 years of age, and age groups will be 7 to 8, 9 to 11 and 12 to 15, co-ed teams (age groups could change slightly due to participation numbers). Practices start the week of December 15 and games start on Saturday, January 3. Season ends in early February. \$40 for the first child and \$35 for every additional child. PAYS members gets a \$5 discount per child.

Youth Basketball Registration
Registration for youth Basketball will be Monday, December 1 thru Friday, January 16. Practice begins the week of February 2 and games begin on Saturday, February 14. \$40 for the first child and \$35 for every additional child. PAYS members receive a \$5 discount per child. Basketball Start Smart program is available for 3 to 4 years old, which introduces youth to the fundamentals of the game. Children 10 and below will play in co-ed league with teams within the CFAY command. Children 11 to 15 will play in an all male and a separate all female league with the Kanto Plain Association. (Includes Zama, Atsugi, and Yokota).

Youth Indoor Cheerleading Registration
Registration is Monday, December 1 thru Friday, January 16 and is open to all youth ages 5 to 15. Practice will start the week of February 2 and they will cheer at the youth basketball games. \$40 for the first child and \$35 for every additional child. PAYS members receive a \$5 discount per child.

PAYS
Parents Association for Youth Sports (PAYS) meetings are held the last Tuesday of every month at 1700 in the Yokosuka Youth Sports Office. Please sign up in advance to attend. Learn everything you need to know about the Youth Sports Program and the role you play as a parent. One time attendance entitles you for registration discounts for Youth Sports activities and membership into the national organization. Free T-shirt for PAYS members! Cost is \$5. If you are already a member, bring your card to any of the Youth Sports Offices and claim your free T-shirt.

Tuesdays and Thursdays from 1530 to 1630
Yokosuka Youth Fitness Authority
Wednesdays from 1530 to 1630
Ikego Youth Fitness Authority
Work on your fitness, non-traditional and traditional sports and hand/eye coordination. Pre-register by the day before event at the Yokosuka SAC center. For ages K thru 6th grade. Free
Please note: Fitness Authority will not run on Thursday, November 27 due to Thanksgiving Day.

Fit Factor:
The Navy Youth and Teen Health & Fitness Program for ages 6 to 18
The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. Use the online incentive program to log points, gain levels and get prizes! For details call 241-2952.

Information On All Programs
For more details or information on any programs please call: Negishi Youth Sports, 242-4121; Ikego Youth Sports Office, 246-8017; Yokosuka Youth Sports Office, 241-2952; or, for Youth Fitness and Special Events, 241-2952.

Volunteers Needed
Youth Sports is always looking for volunteers. If you are interested in helping out by being a coach, sports official, team parent or just helping set up, contact your local Youth Sports Office.

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り	オフィスオートメーションクラーク	3/4	USNH-03-09	I, II, IV	Nov. 5, 2008
事務系 (MLC)					時給制従業員				
管理専門職	4	SRFJPMC-179-08	I, II, III	Oct. 30, 2008	娯楽機修理工 (現場)	5	MWR-HPT-53-08	I, II, IV	Nov. 20, 2008
管理専門職	5	SRFJPMC-180-08	I, II	Nov. 4, 2008	ベーカリー	4	NEX-HPT-162-08	I, II, IV	Dec. 1, 2008
技師職 (建築)	7	FEC-PRY2-010-08	I, II, III, IV	Nov. 20, 2008	ベーカリー	4	NEX-HPT-106-08(R2)	I, II, IV	Dec. 8, 2008
電気技師職	7	FEC-C1-007-08	I, II, III, IV	Nov. 6, 2008	ボリング機械修理工	5	MWR-HPT-50-08(R)	I, II, IV	Nov. 10, 2008
技師職 (環境)	7	FEC-PRY41-001-08	I, II, III, IV	Nov. 6, 2008	児童育成プログラム見習 / 補助職	2/3	MWR-HPT-45-08(R)	I, II, IV	Nov. 17, 2008
技師職 (環境)	7	SRFJPMC-161-08(R)	I, II, III, IV	Dec. 1, 2008	コック	4	MWR-HPT-48-08(R)	I, II, IV	Nov. 12, 2008
技師職 (一般)	7	FEC-C1-003-08(R2)	I, II, III, IV	Oct. 28, 2008	コック	4	MWR-HPT-46-08(R)	I, II, IV	Dec. 3, 2008
技師職 (一般)	7	FEC-C1-006-08(R)	I, II, III, IV	Dec. 8, 2008	コック	4	NEX-HPT-089-08(R2)	I, II, IV	Dec. 1, 2008
技師職 (機械)	7	FEC-PRY2-009-08	I, II, III, IV	Nov. 20, 2008	コック・フォアマンA	5	NEX-HPT-088-08(R2)	I, II, IV	Dec. 1, 2008
技師職 (機械)	7	SRFJPMC-115-08(R)	I, II, III, IV	Dec. 16, 2008	カウンターアテンダント	3	NEX-HPT-CAY-B01-08	I, II, IV	Dec. 9, 2008
技師職 (船舶技師)	9	SRFJPMC-178-08	I, II, III, IV	Nov. 19, 2008	カウンターアテンダント	3	NEX-HPT-CAY-C01-08	I, II, IV	Dec. 9, 2008
エンジニアリング専門職 (環境)	7	SRFJPMC-002-09	I, II, III, IV	Oct. 30, 2008	カウンターアテンダント・フォアマンB	5	NE-HPT-120-07(R9)	I, II, IV	Nov. 25, 2008
エンジニアリング専門職 (機械)	7	SRFJPMC-065-08(R3)	I, II, III, IV	Nov. 12, 2008	カウンターアテンダント・フォアマンA	4	NEX-HPT-105-08(R2)	I, II, IV	Nov. 25, 2008
産業衛生士	5	USNH-02-09	I, II, IV	Nov. 6, 2008	カウンターアテンダント・フォアマンB	5	NE-HPT-82-07(R6)	I, II, IV	Nov. 25, 2008
法律顧問職	7	TSC-02-06(OUF)	I, II, III, IV	Every 1 and 15 until filled	顧客サービス係	3	NE-HPT-407-08	I, II, IV	Nov. 12, 2008
オフィスオートメーションクラーク	4	SRFJPMC-003-09	I, II, III, IV	Nov. 5, 2008	ジャニター	3	NEX-HPT-402-08(R2)	I, II, IV	Nov. 12, 2008
生産管理専門職	6	SRFJPMC-004-09	I, II, III, IV	Nov. 5, 2008	ジャニター	3	MWR-HPT-55-08	I, II, IV	Nov. 25, 2008
貯蔵品管理事務職	4	FISC-02-09	I, II	Oct. 28, 2008	労務作業員	3	NEX-HPT-417-08(A)	I, II, IV	Nov. 27, 2008
事務系 (IHA)					救命職				
会計事務職	4	NEX-753-08	I, II, IV	Nov. 6, 2008	クォーターズヘルパー	3	CFAY-HPT-QHN-01-08(R)	I, II, IV	Oct. 28, 2008
セールスチェッカー	3	NEX-407-09	I, II, IV	Nov. 4, 2008	セールスチェッカー	3	MWR-HPT-15-08(R3)	I, II, IV	Nov. 13, 2008
セールスチェッカー	3	NEX-408-09	I, II, IV	Nov. 6, 2008	セールスチェッカー	3	NEX-HPT-SCY-B01-08	I, II, IV	Dec. 9, 2008
監督セールスチェッカー	4	NEX-701-09	I, II, IV	Nov. 6, 2008	セールスチェッカー	3	NEX-HPT-SCY-A01-08	I, II, IV	Dec. 9, 2008
技能系 (MLC)					サービスワーカー				
電子装置基準測定工	9	SRFJPMC-068-08(R4)	I, II, III, IV	Dec. 3, 2008	サービスワーカー	2	MWR-HPT-SIY2-09	I, II, IV	Dec. 24, 2008
船舶整備工フォアマンA	7	SRFJPMC-072-08(R4)	I, II, III, IV	Nov. 13, 2008	サービスワーカー	2	MWR-HPT-SIY1-09	I, II, IV	Dec. 24, 2008
冷蔵及び空気調節機械工	7	FEC-PRY31-014-08(R)(A)	I, II, III, IV	Nov. 4, 2008	貯蔵品管理事務職	3	NEX-HPT-415-08(A)	I, II, IV	Nov. 27, 2008
索具工、船舶	7	SRFJPMC-166-08(R)	I, II, III, IV	Oct. 30, 2008	ストックハンドラー	3	NEX-HPT-136-08(R)	I, II, IV	Nov. 25, 2008
技能系 (IHA)					ウェイター / ウェイトレス				
エクイップメントメンテナンスメカニック	7	MWR-35-08(R)	I, II, III, IV	Dec. 19, 2008	ウェイター / ウェイトレス	2	MWR-HPT-31-08(R2)	I, II, IV	Oct. 30, 2008
サービスワーカー	2	MWR-02-09	I, II	Oct. 30, 2008	ウェイター / ウェイトレス	2	MWR-HPT-WIY-09	I, II, IV	Dec. 24, 2008
ウェイター / ウェイトレス・フォアマンB	4	MWR-32-08(R)	I, II, IV	Nov. 10, 2008	ウェイター / ウェイトレス	2	MWR-HPT-04-09	I, II, IV	Dec. 17, 2008
保安系 (MLC)					倉庫係				
緊急活動隊派遣職	4	RDC-02-08(R2)	I, II, IV	Dec. 3, 2008	倉庫係	4	NEX-HPT-416-08(A2)	I, II, IV	Nov. 25, 2008
期間限定従業員 (MLC)					倉庫係				
技師職 (建築)	7	FEC-PRY2-011-08	I, II, III, IV	Nov. 25, 2008	応募には「募集範囲」に該当することが第一条件です。募集範囲I, II, IIIは現基地従業員、IVは外部応募者を対象としています。				

応募には「募集範囲」に該当することが第一条件です。募集範囲I, II, IIIは現基地従業員、IVは外部応募者を対象としています。

I: 部署 / 部隊内従業員 - 募集を出している部署または部隊に勤務している方の中から選考する場合があります。範囲は最も狭いものです。

II: 現MLC/IHA従業員 (通勤圏内) - 在日米軍施設の従業員で、募集する地区の通勤圏内の方。具体的には、横須賀を中心に、厚木、座間、ニュー山王東京、横田基地までが該当します。

III: 現MLC/IHA従業員 - 日本全国の在日米軍に勤務する方です。三沢、岩国、佐世保、沖縄が含まれます。

IV: 外部 - 在日米軍施設の従業員ではない、完全に外部の求職者の方です。

横須賀基地及び周辺施設では日本人従業員を随時募集しています。事務職、専門職、技能職、消防士、警備員、サービス・飲食関係、常用雇用、期間限定、アルバイト等、様々な空席があります。

詳しくはHROホームページ (<http://hro.cnfj.navy.mil/>)、ジョブ・ホットライン (046) 816-9000 (軍電243-9000)、または横須賀基地正門手前左、HRO日本人雇用課事務所 (1階) 掲示板をご覧ください。

Halloween: Safety tip tricks, common sense treats

Story and photo by Sean Dath, CFAY Public Affairs

Halloween is almost upon us. Everyone wants to have a safe and happy Halloween for themselves, their guests and their children. Using safety tips and common sense can help you make the most of your Halloween season and make it enjoyable for your kids.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

"Halloween is a very special time of year and children may be distracted by the excitement of the night and the fun of trick-or-treating and may not take safety to the street," said Odie Smith a safety and occupation health specialist with Commander Fleet Activities Yokosuka (CFAY) Safety Office. "Motorists should be especially alert on Halloween, watch for children darting out from between parked cars on or walking on roadways, medians and curbs not to mention when entering and exiting driveways."

One of the best ways to prevent potential Halloween safety mishaps is to ensure that young children are accompanied by an adult while trick-or-treating. Supervision not only ensures that your child follows safe traffic rules but also gives you peace of mind that they'll be less susceptible to frightening or strange encounters and that they won't be tempted to pull any pranks themselves.

Costumes are an integral part of the holiday and they can be a great opportunity for self-expression and creativity but the wrong costume can also be a danger. Masks, for

example, often make it difficult for children to see and breathe comfortably, consider using face paint instead. Heels and loose fitting shoes as well as baggy costumes can make walking difficult and tripping easy. Swords, pitchforks and other props should be plastic and flexible.

Fire hazards are a major issue around Halloween because of the use of candles in jack-o-lanterns. Cuts from carving pumpkins are also a problem. Children should never be allowed to wield a knife. It's difficult for an adult, let alone a kid, to cut eyes, noses and mouths into a tough pumpkin.

"Children under 12-years-old should not carve a pumpkin by themselves. Children can draw the face on the pumpkin with a marker, but parents should do the carving. And, always use cutters with safety blades, no matter how old you are," Smith said. "If you're going to light your pumpkin, make sure you place it on a sturdy surface, away from curtains or other objects that could catch fire."

The most common safety hazard during Halloween is the candy. As a general rule, you shouldn't let your children eat their candy before you've had a chance to inspect it, also, small candy can pose a choking hazard to younger children and some candy can prove fatal to animals.

"Tasty Halloween treats can be dangerous to your pets. Don't feel compelled to share your Halloween bounty with your animal friends, and be sure to store these goodies in a place where your pet can't reach them," Smith said. "Pets don't need the refined sugar in their diet, and chocolate can be quite poisonous to dogs. In the spirit of Halloween, some pet owners will treat their pets by stocking up on dog biscuits or chew toys for dogs, or catnip toys for cats, treats with no tricks attached."



To ensure the utmost safety for your children during Halloween trick-or-treating, use face painting instead of masks, avoid heels or loose fitting costumes and provide adult supervision to ensure children follow safe traffic rules.

Creativity, safety backbone to Public Works employee's invention

Story and photo by Fumiyo Sato, CFAY Public Affairs

Recently a group of Public Works Yokosuka Utilities Department (PWD) employees invented a modified lifting device to help lift a heavy trench cover.

The group, which consists of five Master Labor Contract (MLC) employees, came up with the idea mainly to prevent potential back pains and injuries but also to make the job of lifting heavy objects easier. They completed the construction of the lifting device in only three days.

"We have tried to lift this heavy trench cover before, but it was really difficult to do it with two people. The trench cover weighs 308 lbs," said Takao Kumagai, a foreman at Public Works Yokosuka Utilities Department.

According to Kumagai, the lifting device uses the principle of a lever. It takes approximately less than five minutes to assemble the lifting device with two people.

"Although it takes a little bit of time to assemble this equipment, once it is assembled, one person can lift the trench cover with minimal effort," Kumagai said. "We have had staff whom have suffered from constant lower-back pain, so we thought that making this lifting device would help them safely do their work."

Prior to the actual use of the device, an engineering study proved that the lifting device conforms to applicable safety requirements.

The tip of the lifting device has a hook to catch the lid of the trench. After assembling the equipment, a person pushes down the hand lever to lift the trench cover. "I think we made a useful piece of equipment," Kumagai said.

Although the lifting device is currently used only at Berth 12, it could be used



PWD employee Shinichi Suzuki lifts a 308 lb. trench cover using the new modified lifting device. A group of PWD employees invented the new equipment to help prevent potential back injury from the lifting of heavy objects.

for lifting other heavy equipment. If you have similar heavy lifting issues at your command and are interested in the equipment, contact the Public Works Yokosuka Utilities Department at 243-6046 for more information.

Stress response: your body's unhealthy reaction to life's pressures

By LIFELines Services Network

Today's news includes around-the-clock coverage of natural and man-made disasters. Earthquakes and floods, wars and terrorist attacks. Just 10 minutes of watching the news can make your stress level soar.

Compounding matters, you've got a big presentation in an hour, and you've hardly had a chance to prepare. Urgent e-mails keep popping onto your display screen, each one sending a stab of anxiety through your chest. As you frantically scribble notes for the presentation, your heart races, your palms sweat and your head pounds.



Individual Augmentees travel on a C-17 Globemaster cargo plane to Al Ramadi, Iraq to fight in the global war on terror. Stressful events are a fact of life, but you can take steps to manage the impact these events have on you and learn how to take care of yourself physically and emotionally when you face events you can't control.

U.S. Navy file photo by MC1 Carmichael Yepes

Physical reactions you experience when you're stressed are no accident. The human body developed these defense mechanisms to deal with the threat of predators and aggressors. But modern life is full of new threats. Your body's well-adapted defenses against physical dangers may not be as effective at dealing with the stress you feel while managing a huge workload, making ends meet or taking care of an ill parent or child.

Instead of protecting you, your body's response to stress, if constantly activated, may make you more vulnerable to life-threatening health problems.

What is the stress response? Stress response, often referred to as the "fight-or-flight" reaction, is your body's rapid and automatic switch into "high gear." It's easy to imagine how this reaction helps you deal with a physical threat. You need the energy, speed, concentration and agility either to protect yourself or to run as fast as possible.

When you encounter such a threat, the hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, situated atop your kidneys, to release a surge of hormones – the most abundant being adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances the brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that

would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes.

The complex alarm system also communicates with regions of the brain that control mood, motivation and fear.

Stress response working overtime. The stress-response system is self-regulating. It decreases hormone levels and enables your body to return to normal once a crisis has passed. As levels of the hormones in your bloodstream decline, your heart rate and blood pressure return to normal, and other systems resume their regular activities.

But physical threats aren't the only events that trigger the stress response. Psychological "threats" – such as the stress associated with work, interpersonal relationships, major life changes, illness or the death of a loved one – can set off the same alarm system. The less control you have over these potentially stress-inducing events and the more uncertainty they create, the more likely you are to feel stressed. Even the typical day-to-day demands of living can contribute to your body's stress response.

Also, many of our modern stressful circumstances, unlike most physical threats, tend to be prolonged. Consequently, you may be running on the fight-or-flight reaction longer than it's intended to operate. What's good for your body in a short-term crisis can be very harmful over long periods.

The long-term activation of the stress-response system and the subsequent overexposure to cortisol and other stress hormones can disrupt almost all your body's processes, increasing your risk of obesity, insomnia, digestive problems, heart disease, depression, memory impairment, physical illnesses and other complications.

The digestive system. It's common to have a stomachache or diarrhea when you're stressed. This happens because stress hormones slow the release of stomach acid and the emptying of the stomach. The same hormones also stimulate the colon, which speeds the passage of its contents. Chronic hormone-induced changes can increase your appetite and put you at risk of weight gain.

The immune system. Your immune system is a complex balancing act between

components that operate as an all-purpose emergency crew and more specialized components that deal with specific disease agents. The immune system, like the hormone system, evolved so that it could quickly deal with physical threats. Indeed, cortisol is one factor that prompts the system to reprioritize its tasks.

These shifting priorities are essential for priming the immune system to respond quickly to injuries, like creating inflammation around a bite or puncture wound, but these changes are not beneficial in the long run. When you experience chronic stress, some features of your immune system may remain suppressed, making you susceptible to infections. Other features of the immune system may be permitted to run unchecked, increasing your risk of autoimmune diseases, in which your immune system attacks your body's own healthy cells.

Stress may also worsen the symptoms of an autoimmune disease. For example, stress can trigger lupus flare-ups.

The nervous system. Certain byproducts of cortisol act as sedatives, which can contribute to an overall feeling of depression. If your fight-or-flight response never shuts off, the stress hormones may contribute to persistent and severe depression, as well as feelings of anxiety, helplessness and impending doom.

Such stress-induced depression often results in sleep disturbances, loss of sex drive and loss of appetite. It also may make you more vulnerable to developing certain personality or behavioral disorders.

Studies also suggest that chronic activation of stress hormones may alter the operation and structure of brain cells that are critical for memory formation and function.

Cardiovascular system. Chronic activation of stress hormones can raise your heart rate and increase your blood pressure and blood lipid (cholesterol and triglyceride) levels. These are risk factors

for both heart disease and stroke.

Cortisol levels also appear to play a role in the accumulation of abdominal fat, which gives some people an "apple" shape. People with apple body shapes have a higher risk of heart disease and diabetes than do people with "pear" body shapes, in which weight is more concentrated in the hips.

Other systems. Stress worsens many skin conditions – such as psoriasis, eczema, hives and acne – and can trigger asthma attacks.

Individual reactions to stress. Your reaction to a potentially stressful event is different from anyone else's. Some people are naturally laid-back about almost everything, while others react strongly at the slightest hint of stress – but most fall somewhere between those extremes.

Genetic variations may partly explain the differences. The genes that control the stress response keep most people on a fairly even keel, only occasionally priming the body for fight or flight. Overactive or underactive stress responses may stem from slight differences in these genes.

Life experiences may increase your sensitivity to stress as well. Strong stress reactions sometimes can be traced to early environmental factors. People who were exposed to extremely stressful events as children, such as neglect or abuse, tend to be particularly vulnerable to stress as adults.

Managing stress. Stressful events are a fact of life, but you can take steps to manage the impact these events have on you. You can learn to identify what stresses you out, how to take control of some stress-inducing circumstances, and how to take care of yourself physically and emotionally when you face events you can't control.

These strategies can include exercise, relaxation techniques, healthy nutritional choices, social support networks and professional psychotherapy. The payoff of managing stress is peace of mind and – perhaps – a longer, healthier life.

Helping children stay active, encourage healthy eating habits

By Lt. Col. Karen E. Hawkins, DeCA Dietitian

We can work together to help our children live healthy, active lives in our communities, our schools and our homes. Nearly 20 percent of children and teens in Department of Defense families are considered obese, and across the nation the numbers are even greater as one child in three is overweight. These numbers go beyond expanding waistlines: Overweight children and adolescents are more likely to have risk factors associated with heart disease, high blood pressure, high cholesterol and Type 2 diabetes.

The Defense Commissary Agency has joined TRICARE, Military OneSource, the Army and Air Force Exchange Service and Health and Human Services (HHS) to ask the military community to "take the pledge" to help address the chronic issue of childhood overweight and obesity by doing the following:

- Be a role model by making healthy choices.
- Help children be physically active through everyday play and participation in sports.
- Help support children's healthy eating habits.

To get started, choose fresh fruit for snacks and desert. Keep a bowl of fruit on the counter for on-the-go snacks.

Use portion control when eating meals. If the serving is bigger than your fist, then it's probably too much, unless it's a vegetable salad. If you want seconds at a meal, go for the vegetables or salad.

Choose lean meats, chicken and turkey. Grill, bake and broil instead of frying.

Be physically active every day. Playing ball, cycling, skating, swimming and walking are just some of the activities you can share with your children to help build healthy habits that can last a lifetime.

NAVSUP announces 2008 holiday season mailing dates

By Naval Supply Systems Command
Office of Corporate Communications

According to the Naval Supply Systems Command's (NAVSUP) Postal Policy Division, which just announced holiday mailing dates, it is not too early to start planning the mailing of the 2008 season's cards and packages.

To ensure delivery by Dec. 25, holiday items should be mailed by the following dates.

For military mail addressed to APO/FPO AE zip codes 090-098 (except 093); AA zip code 340; and AP zip codes 962-966:

- Express Mail: Dec. 18
- First-Class Mail (letters/cards and priority mail): Dec. 11

- Parcel Airlift Mail: Dec. 4
- Parcel Post: Nov. 13

For military mail addressed to APO/FPO AE zip code 093:

- Express mail Military Service: N/A
- First-Class Letters/Cards/Priority Mail: Dec. 4
- Parcel Airlift Mail: Dec. 1
- Space Available Mail: Nov. 21
- Parcel Post: Nov. 13

Express Mail Military Service: Dec. 18
• First-Class Mail (Letters/cards, priority mail): Dec. 11

- Parcel Airlift Mail: Dec. 4
- Space Available Mail: Nov. 27

Express Mail Military Service is available from selected military post offices. If mailing to an APO/FPO address, check with the local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a space-available basis. It is available for parcel post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space-Available mail refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space-available basis. The maximum weight and size limit are 70

pounds and 130 inches in length and girth combined.

Customers should check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms. Additionally, customers should know certain mail restrictions apply and some items (including switchblade knives, pornography and explosives) cannot be mailed. Sailors should check with their local post offices if they are unsure what can and cannot be mailed.

Packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

NAVSUP's primary mission is to provide U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a worldwide workforce of more than 24,000 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance. NAVSUP is responsible for quality-of-life issues for naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

Yokosuka holds first naturalization training seminar

Story and photo by Fumiyo Sato, CFAY Public Affairs

The U.S. Citizenship and Immigration Service (USCIS) recently conducted a naturalization seminar at Commander Fleet Activities (CFAY) Chapel of Hope.

This is the first time The U.S. Naval Legal Service Office (NLSO) Pacific Yokosuka has held this seminar in the hope of being able to inform active duty personnel and their family members about naturalizations and its process.

The seminar focused on military naturalization, which is different from regular naturalization.

"Today's seminar is basically to educate legal offices and the general public on some of the new laws that now allows us to naturalize not only the military members overseas but some of the spouses and children," said USCIS Korea Office Field Director Kenneth Sharman. "We want to give everybody the latest knowledge about military naturalization." The USCIS Korea Office has jurisdiction over immigration benefits for both Korea and Japan.

After President George W. Bush signed the National Defense Authorization Act in 2003, USCIS started offering military naturalization ceremonies overseas the following year. Countries which have held naturalization ceremonies include Iraq, Afghanistan, Kuwait, Italy, Korea and Japan. Approximately 200 people become U.S. citizen in Yokosuka every year, according to Sharman.

To apply for the U.S. citizenship, people must have permanent resident status. "You don't get immigration status by joining the military, but if you already have permanent resident status and join the military, you can decrease the amount of time it takes to become a citizen. Most people wait for five years to become citizen, but if you join the military you can do it in one to two years," Sharman said.

In addition to military members' naturalization process, Sharman talked about how to apply for the U.S. citizenship for military spouses and children while they temporarily reside in Japan.

USCIS overseas offices work on an ongoing basis with their military point of contacts and directly with service members when appropriate to schedule interviews and swearing in ceremonies. Once individuals are determined to be eligible, they will have to take an interview and pass the U.S. government history and English reading and writing tests. While an interview is necessary in every case (unless the military member was interviewed in the U.S. prior to being deployed) the taking of the oath may be done as part of a more formal swearing in ceremony or more informally immediately following the interview.

The naturalization training seminar allowed participants to speak to USCIS officials

and ask questions during the break. Hospital Corpsman 2nd Class Michael C. Ramos attended the seminar with his wife and three-year old son. Although Ramos, originally from the Philippines, became a U.S. citizen last year, he was not sure if his wife Laami and his son who was born in Yokosuka would be qualified to apply for the U.S. citizenship. They said the seminar was very helpful and informative.



USCIS Korea Office Field Director Kenneth Sharman talks about military naturalizations and its process to a group attending the first naturalization seminar held onboard CFAY at the Chapel of Hope.

Military naturalization gives more benefits for military personnel and their family members, according to Sharman. "I want everybody to know that these are the people that have already had immigration status," Sharman said. "They joined the military usually for other reasons to serve the new country they are immigrated to, and they are already serving the country not being yet naturalized. We just want to give them extra protection in the benefits of citizenship. USCIS is very proud of being part of the program and we are proud of all the candidates."

Sullivans School says "Olé!" to Hispanic Heritage Month

The Sullivans School in Yokosuka, Japan, celebrated the close of Hispanic Heritage Month with a lively performance by the Merry Maids "Latin American" dancers in the school's gym Oct. 15. The event was organized by Laurie Moreno, Marisa Pandiella and Patrice Noma, Foreign Language Elementary School (FLES) teachers at Sullivans. Moreno, Pandiella and Noma teach Spanish classes 90 minutes a week to kindergarten through third-grade students at Sullivans as part of the Department of Defense Education Activity (DoDEA) initiative to build capacity in foreign languages. Sullivans is one of eight pilot schools in DoDEA Pacific offering the FLES program.

The members of Merry Maids of Zushi and Yokosuka; Chieko Kaneko, Sumiko Seki, Yuko Isiwata, Kyoko Suzuki, Mutumi Kisida, Katue Kato, Katuko Muto, Kazuko Akiyama, Michiko Saito, Miwako Hijioka, and Kazuko Ayabe, entertained kindergarten through third-grade students by performing traditional dances from a variety of Latin American countries. The Merry Maids were dressed in Mexican-influenced brightly colored outfits. Later in the program local Yokosuka Zumba instructor, Andrea Symak, performed several zumba dances to the beat of salsa and meringue music. The Sullivans School celebrated Hispanic Heritage Month, Sept. 15 to Oct. 15, by studying famous people of Latin American or Spanish backgrounds. Artwork and projects commemorating Hispanic people and events adorned the hallways and primary classrooms of Sullivans.

Photo by Patrice Noma



Safety: Number one priority of Ship Repair Facility

Story and photo by Keiichi Adachi,
CFAY Public Affairs

In general, Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) personnel are extremely busy in accomplishing their daily ship repair tasks. Ship repair tasks are often dangerous, making safety a top priority. The goal of SRF-JRMC is to complete the mission while keeping our employees as safe as possible.

To reach that goal, members of the SRF-JRMC Safety Office are busy implementing ship repair safety programs, providing training, and patrolling the worksites in order to prevent any mishaps from occurring. To help guide and remind all employees of the dangers in the day-to-day ship repair business, the Safety Office has developed, published and distributed the SRF-JRMC Safety Handbook.

Ryosuke Shinpo, a safety program administrator from the Safety Office said, that during a brainstorming session members of the Safety Office came up with the idea of publishing the handbook. They thought that if the handbook were available, it could be useful and convenient for supervisors and his or her workers to review before starting their tasks at the worksite. This becomes extremely important when the employees feel uneasy about the safety aspects of the job. Before starting the work, employees can review the handbook to make sure they have the right personal protective equipment required to accomplish the work in a safe manner.

According to Shinpo, the main purpose of the handbook is to provide a manual that all workers can carry to help prevent them from getting injured by accidents and to provide required knowledge to establish agreeable safe worksites. "The handbook also mentions the actions supervisors need to take when an accident happens. And all of our workers are required to be in compliance with

specific items in the handbook," said Shinpo.

Needless to say, the handbook is designed for all employees at SRF-JRMC. The handbook is printed in both English and Japanese versions and the handbook is five and a quarter inches in height and three and a quarter inches wide, small enough to fit in a shirt pocket. The safety office has printed and distributed 2,300 Japanese and 400 English versions of the safety handbook for SRF-

chose the contents. Then the members in charge of individual items planned a final draft and determined the final font size for the actual size of the handbook.

The Safety Office revises the handbook about every three years.

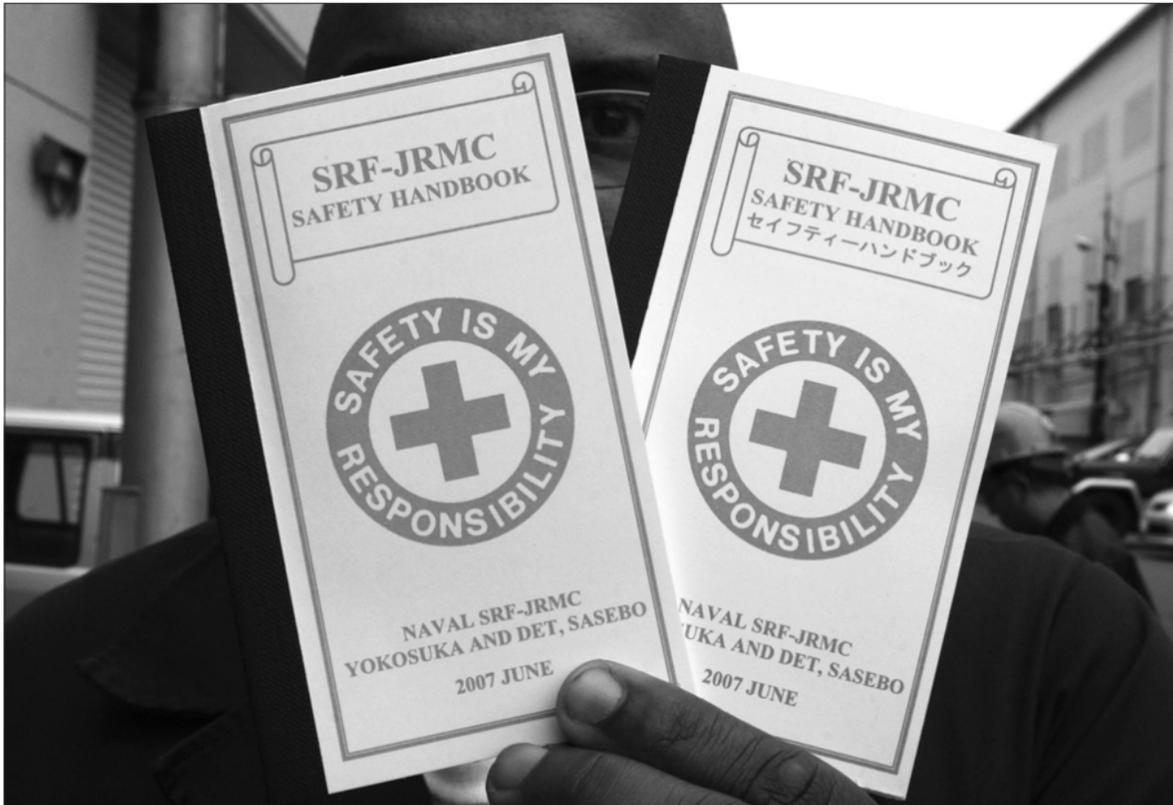
In June 2007, the Safety Office revised the second version of the handbook. A few items in the handbook were changed to coincide with changes in U.S. Navy safety rules,

safety policies of SRF-JRMC and work process changes. When these types of changes occur, the Safety Office immediately puts out the information onto the notice board and distributes the information through command' computer network and they revise the handbook. "This time, there were action changes for back injury prevention, fall protection guidelines and emergency fire situations," said Shinpo.

Shinpo says that the Safety Office wants all workers at SRF-JRMC to carry the handbook with him or her and to take a close look at the handbook in order to ensure what the safety rules and policies are for various types of work and recommends everybody utilize the handbook to make sure they are prepared for whatever emergency occurs.

The Safety Office vigorously encourages workers at SRF-JRMC to recognize and eliminate hazards in the workplace, because hazards can be found everywhere. Some are quite apparent. Others are so small or seemingly ordinary that they can be easily overlooked and every worker may be at risk.

Shinpo stated that each of worker must have the mindset to set a high standard of workplace safety. "As part of this, he or she should look around the work place and ask themselves questions about the environment before starting any task. Who comes into the workplace and how would they be at risk? Are precautions already in place?" Mitigating any potential risks is paramount to keeping our people safe," said Shinpo.



SRF-JRMC safety handbook is small, portable and bilingual.
SRF-JRMCのセーフティーハンドブックは小さく携帯でき日本語と英語版がある。

JRMC Yokosuka and its Sasebo detachment employees.

Eighteen members of the Safety Office at SRF-JRMC and five members at SRF-JRMC Sasebo detachment made the handbook which consist of 11 items; SRF-JRMC general rules, hard hat required operations/locations, eye protection required operations, hearing protection required operations, periodical check required equipment, respiratory protection required operations, hand protection required operations, fall protection guidelines, gas free engineering guidelines, lockout/tag-out guidelines and how to take care of injured persons.

The Safety Office made the very first draft handbook in 2004 when they decided the size of the handbook and

SRF-JRMCセーフティーハンドブック、小さいが大事

文・写真：安達慶一、CFAY広報課

艦船修理廠及び日本地区造修統括本部（SER-JRMC）の安全室の従業員は、艦船修理に関する安全プログラムの実施、訓練の提供、職場の巡回など多忙だ。SRF-JRMCで働く従業員の為にセーフティーハンドブック（以下ハンドブック）を作成した。

安全室でプログラム管理を担当する新保良介さんによると、監督者や従業員が作業前、作業中に安全に対して不安を感じたり、作業に必要な保護具を確認する場合、現場にいてもすぐに確認できるものがあれば便利では、と言う安全室の数人の従業員によるアイデアが発端であると語る。

新保さんはこう続けた。SRF-JRMC従業員全員が事故による負傷を防止し、一人一人が安全意識をもち、互いに快適な安全職場を形成するために、必要な知識を提供する手引きである。また、監督者が事故発生時にとるべき行動についても記されている。「従業員はこれらの項目を遵守しなければならない」と真剣な眼差しで語る。

言うに及ばず、ハンドブックは日本語と英語の二種類に印刷されSRF-JRMCで働く全ての従業員向けである。ハンドブックは縦13センチ、横8センチほどの大きさで携帯できる。安全室ではSRF-JRMC横須賀と佐世保分所を含めて、2,300部の日本語版と400部の英語版のハンドブックを作成した。

SRF-JRMC横須賀の18名と佐世保支所の5名の安全室の従業員が一丸となり、11項目からなるハンドブックを作成した。その項目には、SRF-JRMCの安全規則、ヘルメットの着用を必要とする作業、目の保護具を必要とする作業、聴力保護具を必要とする作業、定

期検査を必要とする設備・機器、マスクの着用を必要とする作業、手袋の着用を必要とする作業、転落・墜落防止の為に保護具着用に関して、ガス検査に関して、危険札に関してと災害発生時の措置が記されている。

安全室は2004年に初版を作成した。最初に作成した時は、ハンドブックのサイズを決定し、記載する項目を選択し、それぞれの担当者に作成してもらいました。ドラフトを実際のハンドブックのサイズに縮小し文字の大きさを決定した。

「安全室は3年毎にハンドブックを更新する予定ですが、我われの業務の状況によって、明確な日付は特定できません」と笑みを浮かべて新保さん。

今年6月に、安全室はハンドブック第二版を発行した。ハンドブックの内容や項目は、米海軍の規則やSRF-JRMC部隊内方針の変更、作業手順の変更により改訂された。ひとたび変更があると、安全室は即時にノータイスボードに変更があった情報を掲載、部隊内のLANにも掲載する。次回のハンドブック作成でその情報を反映させる。「腰痛防止、転落/墜落防止、災害発生時の措置において、今回変更がありました」と新

保さん。

新保さんはまたこう続ける。安全室としては、SRF-JRMCの全従業員にハンドブックを携帯し、そして作業においてどのような規定があるか、どの保護具が必要かを確認するためによくハンドブックに目を通してもらいたい。安全室は緊急時の手順の確認にハンドブックを活用してもらいたい。

安全室はSRF-JRMCの従業員に職場での危険要素の認識と排除を待ち望んでいる。それは職場には危険要素が何処にでも発見されるからだ。危険要素の幾つかはとて明らかである。その他の危険要素は、非常にささやかなモノもしくは、平凡なモノに思われるので、いとも容易に見落とされる。だから何らかのかたちでどの従業員も危険にさらされている。

新保さんは従業員に一人一人が職場の安全に高い基準を置く心構えを持つべきだと語る。「この心構えの一部として、男性でも女性でも職場を見回し、そして職場環境について自問すべきです。だれが職場に来て、その人たちがどのような危険にあるのか。すでに予防対策はとれているのか」と新保さんは言葉を締めくくった。

As part of the mindset, the employees should look around the work place and ask themselves questions about the environment before starting any task. Who comes into the workplace and how would they be at risk? Are precautions already in place?"

「この心構えの一部として、従業員は職場を見回し、そして職場環境について自問すべきです。だれが職場に来て、その人たちがどのような危険にあるのか。すでに予防対策はとれているのか」

Head's Up Yokosuka! Community Announcements

Base Theater Closure – The Benny Decker and Fleet Theaters will be closed for the installation of new projectors on the following dates:

- Oct. 20-24 – Benny Decker Theater (AOB moves to Fleet Theater)
- Oct. 27-31 – Fleet Theater

Contact Gregg Hooper at 243-5406 for more information.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Oct. 25. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

Disastersafe.redcross.org – When disaster strikes, your American Red Cross is there. Family and friends affected by disaster can register at disastersafe.redcross.org to let loved ones know of their well-being. Concerned family and friends can search the list of those who have registered themselves as "safe and well." Contact the American Red Cross at 243-7490 for more information.

Compass Program Class – The next available class will be held Oct. 29 through 31 at the Chapel of Hope in classroom 4 from 9 a.m. to 1 p.m. each day. Compass is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Contact Shelle at 264-7270 or Marina at 246-7766 for more information or to register for the class.

Commissary Kids Halloween Costume Contest – The Yokosuka Commissary will hold their Kids Halloween Costume contest at 3:30 p.m., Oct. 31 in front of the commissary. There will be one winner and two consolation prizes for each of the following age groups: 1 to 4-year-olds, 5 to 8-year-olds and 9 to 13-year-olds. Judging will begin at 4 p.m. Halloween candy will be given to all participants.

Donations for Local Orphanage – Commander U.S. Naval Forces Japan First Class Petty Officer Association is sponsoring the Shunko Gakuen Orphanage in Yokosuka. The association is asking for generous contributions of toys, clothes and/or school supplies for the orphanage. Drop-off boxes are located at the Navy Exchange and Commissary entrances from now through Nov. 24. The contributions will be presented to the orphanage children Nov. 27. Your participation in this effort to support our local community is greatly appreciated. Contact QM1 Mihaylovski or QM1 Randle at 243-7650 for more information.

Housing Multi-purpose Room Policy Change – All Military Family Housing residents may make reservations 60 days in advance. Smoking and the consumption of alcoholic beverages are prohibited. The use of barbeque and/or the cooking of foods on any other open flame devices are prohibited. Pets are not authorized. Contact the Housing Facilities Office at 243-9067 for more information.

Military Family Housing Satisfaction Survey – A Military Family Housing (MFH) Resident Satisfaction Survey will be hand delivered to your residence soon. Each survey will include a web link located at the top giving you the option of completing the survey online. Participation from all MFH residents is critical. Your cooperation and candid responses allows the MFH Office to continue to improve services to all residents. The survey only takes approximately 10 minutes to complete. Your thoughts and opinions really matter. If you lose or misplace your survey, send an e-mail and provide your mailing address to donfhsurvey@celassociates.com. You will receive a survey code which will allow you to complete the survey online. The survey needs to be completed and submitted no later than Nov. 7.

A determined destiny

By Chaplain William M. Stewart

It was his fate...that's just the way things were meant to be...it's her destiny...these sayings and many more like them are so common within most all cultures, including our own. There are various reasons for their use, but they are most likely used to somehow make sense out of the many things that happen in life we cannot explain. Maybe we pretend or even prefer not to understand, choosing rather to euphemistically deal with what we feel we have no control over. One way or another, the concept of one's destiny has both intrigued and baffled mankind throughout the ages.

What I find most interesting about the topic of destiny is how people actually perceive it. Some people see destiny as some force out there that determines the outcome of events and life, never yielding any control to the people it impacts. A fatalistic view, if you will. Others however, see destiny also as an end result, but far from a hopeless state of events. That, while we do not always control many of the events that transpire in the world and in our personal lives, we are nevertheless still very active participants in the course leading towards our destiny. We are not hopelessly drifting along in unknown waters without a paddle or rudder. We are at the helm of our lives and the course we chart not only impacts our own lives, but those around us, our society, country and the entire world.

It makes one wonder, how would the world be different if the individuals who voted for Abraham Lincoln and Franklin D. Roosevelt had decided they had no control in destiny. Where would we be today if the early astronauts had not believed in their ability to guide their destinies and thus impacting so many who enjoy the marvels of technology today? Where would you and I be today if we did not truly believe we play the most crucial role in choosing the paths we are to walk down in the journey of life? Our destiny is indeed determined, but we must realize that it is we ourselves more than anyone or anything else that shapes it, guides it, and determines it.

How it ultimately works is probably very different than anything we will ever fathom and the destiny of mankind as a whole will always entail much more than we can ever imagine. But what we can know for sure is that of God's intended destiny for each and every one of us here on this earth. It is not a physical journey that he is so concerned with; not where we go, how we get there, or even who we go with, nearly as much as it is simply a desired condition for our hearts. Our most important destiny in the eyes of God is simply to be more and more like his Son Jesus Christ; to love him and everyone whom we are granted the incredible opportunity to coexist with here in this world. It's noble goal . . . a challenging goal . . . and a determined destiny. May God bless each of you as you chart your course.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

– Romans 8:28-30

Pet of the Week



This week's Pet of the Week is Pouncival. Pouncival is a 6 month-old orange tiger male. He is one of the most loving kittens you will ever meet. His favorite past time is giving hugs and will not hesitate to sit on your lap for hours and snuggle. Pouncival is also very playful and gets along well with other cats. He would be a wonderful family cat. To find out more about Pouncival or any animal at P.A.W.S., contact them at 243-9996, by e-mail to usskittytalk@hotmail.com or visit our Web site at www.petsareworthsaving-yokosuka.org.

Photo by P.A.W.S.

MWR Positions

Come join the MWR team! Are you a customer service and team oriented individual who possesses the qualifications for any of the positions listed here? Then come visit us in the MWR Building, room 225, or call 243-1246.

Lead Cook – NL-08, \$13.56/hr. CPO Club (1 RFT).
Night Operations Manager – NF-03, \$10.54-\$15/hr. Club Alliance (1 RFT).
Admin Assistant – NF-03, \$10.54 - \$15/hr. Club Alliance (1 RFT). Closing date: 10-29-08.
Bartender – NA-05, \$10.35/hr. Club Alliance (1 RFT/1 Flex).
Cook – NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (2 RFT), Food Court (1 RFT).
Material Handler – NA-05, \$10.35/hr. Food Court (1 Flex).
Food Service Worker – NA-03, \$8.96/hr. Club Alliance (1 Flex), Food Court (2 RFT/1 Flex), Club Takemiya (1 RFT).
Waiter/Waitress – NA-03, \$8.96/hr. O' Club (1 RFT/5 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT/2 Flex), Club Alliance (1 Flex).
Lead Cashier – NF-02, \$8.93 - \$10.50/hr. Club Takemiya (1 RFT).
Club Operations Assistant – NF-02, \$8.39/hr. CPO Club (1 RFT/2 Flex), Club Takemiya (1 Flex), O' Club (3 Flex), Club Alliance (2 Flex), Negishi (1 Flex).
Cashier – NF-01, \$7.50 - \$9.50/hr. CPO Club (1 RFT), O' Club (1 Flex).
ID Checker/Security – NF-01, \$7/hr. Club Alliance (6 Flex).
Program Assistant – CY-02, \$9.18/hr. Main CDC (1 RFT/5 Flex), Ikego (5 Flex), Hourly (3 Flex).
Recreation Assistant – NF-02, \$9.18/hr. Youth Center (4 Flex), Teen Center (1 Flex).
Food Service Worker – NA-03, \$8.96/hr. Bowling Center (1 RFT).
Recreation Assistant – NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports – Ikego (2 Flex), Community Center (1 Flex).
Lead Cashier – NF-02, \$8.93/hr. Bowling Center (1 RFT).
Cashier – NF-01, \$6.55/hr. Bowling Center Snack Bar (1 Flex).
Recreation Aide – NF-01, \$7.29/hr. Bowling Center (1 RFT/2 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Outdoor Recreation – Customer Service (1 RFT), Special Events (1 RFT).
Paintball Attendant – NF-01, \$7/hr. Ikego Campground (1 Flex).
Recreation Aide – NF-01, \$7/hr. Single Sailor Center (1 Flex).
Field Maintenance Worker – NA-05, \$10.35/hr. Athletics – Yokosuka (1 Flex).
Duty Manager – NF-02, \$8.39/hr. Athletics (2 Flex).
Clerk Typist – NF-01, \$7.50/hr. Athletics (1 PPT).
Gear Issue Attendant – NF-01, \$6.55/hr. Athletics (1 RFT/7 Flex).
Swim Instructor – NF-02, \$10/hr. Aquatics (1 RFT/10 Flex).
Lead Lifeguard – NF-02, \$8.39/hr. Aquatics (1 Flex).
Lifeguard – NF-01, \$6.65/hr. Aquatics (5 Flex).

*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out www.cfay.navy.mil/mwr

HRO USCS Positions

The following local/Japan-wide announcements are available at the Human Resources Office, Yokosuka customer service desk, bldg. 1472, from 8 a.m.-4 p.m., Monday-Friday, and at <http://hro.cnfj.navy.mil>.

Applicants for worldwide vacancies must follow the procedure in the "Job Opportunities" page of the www.donhr.navy.mil Internet site. Applications and forms for local/Japan-wide vacancies must be received at the HRO, Yokosuka customer service desk, or through the mail at HRO, PSC 473 Box 22, FPO AP 96349-0022 by 4 p.m. on the closing/cutoff date of the announcement. Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop by close of business (4 p.m.) of the closing/cut-off date of the announcement.

Postmark dated, faxed or e-mailed applications will not be accepted.

New

Management Technician – YB-0344-02, NH-143-08. Open: 10-21-08, Close: 10-27-08.

Continuing

Education and Training Technician – YB-1702-1, CFAY-129-08. Open: 9-8-08 Close: 12-30-08 (Cutoffs may be established as vacancies occur).

NEX Positions

All positions are open until filled. Applications are accepted Monday-Friday, 8 a.m. to 5 p.m., at the Navy Exchange Human Resources Office, Bldg. 3316, Room 217. Contact NEX at 243-4418/5150.

To see job vacancies online, go to www.navy-nex.com, click on work for us, go to bottom of page, overseas. Find Japan and click go. Click on the base you want and then click on the job that interests you to learn how to apply.

Food Delivery Operator. NA-2 – Food Services. \$8.28-\$9.66/hr. (1 Flex)
Food Service Supervisor. NS-2 – Food Services. \$10.74-\$12.56/hr. (1 RFT)
Food Sales Supervisor. NF-3 – Food Services. *\$24,621-\$31,298/yr. (1 RFT)
Food Service Workers. NA-2 – Food Services. \$8.28-\$9.66/hr. (14 Flex)
Night Auditor Desk Clerk. NF-1 – Navy Lodge. *\$9.50 plus differential (1 Flex)
Room Attendant (Housekeeping). NA-2 – Navy Lodge. \$7.95-\$8.63/hr. (6 Flex)
Automotive Mechanic. NA-10 – Autoport. \$13.63-\$15.91/hr. (1 RFT)
Sales Clerk. NF-1 – Fleet Rec Center. \$6.55-\$8/hr. (1 RPT)
Supervisory Sales Clerk. NF-2 – Uniform Fleet Center. *\$8.39-\$11/hr. (1 RFT)
Cashier Checker. NF-1 – MiniMart. *\$7-\$8.25/hr. (1 Flex)
Department Manager. NF-3 – Main Store. *\$31,620-\$48,844 yr. (2 RFT)
Customer Service Clerk. NF-1 – Main Store. *\$8.25-\$9/hr. (2 Flex)
Security Guard. NF-1 – Visual Merchandise (Main Store). \$7.50-\$9/hr. (1 Flex)
Sales Clerk. NF-1 – Main Store. *\$6.55-\$8/hr. (1 RFT, 4 Flex)
Specialty Sales Clerk. NF-1 – Main Store. *\$7-\$9/hr. (1 RFT, 3 Flex)
Supervisory Sales Clerk. NF-2 – Main Store. *\$8.39-\$11/hr. (4 RFT)
Supervisory Customer Service Clerk. NF-2 – Main Store. *\$8.39-\$11/hr. (1 RFT)
Store Worker. NA-2 – Main Store. \$8.28-\$9.66/hr. (2 RFT, 2 Flex)
General Clerk. NF-1 – Inventory Control. *\$7.50-\$9/hr. (1 RFT)
Inventory Technician. NF-2 – Inventory Control. *\$8.39-\$17.25/hr. (1 RFT)
Personalized Service Clerk. NF-1 – Personalized Services. *\$7.25-\$8/hr. (2 Flex)
Personalized Service Clerk. NF-1 – Fleet Rec.. *\$7.25-\$8/hr. (1 Flex)
Equipment Rental Clerk. NF-1 – Rental Center. *\$7-\$8/hr. (1 RFT, 1 Flex)
Service Operations Clerk. NF-2 – Services. *\$8.28-\$11/hr. (1 RFT)
Hair Stylist. NA-7 – Beauty Salon. Commission (2 RFT, 1 Flex)
Inventory Supply Clerk. NF-2 – Distribution Center. *\$8.39-\$11/hr. (1 RFT)
Warehouse Worker. NA-4 – Distribution Center. \$9.66-\$11.27/hr. (5 RFT, 1 Flex)
Warehouse Operations Clerk. NF-2 – Distribution Center. *\$11-\$12/hr. (1 RFT)
Visual Merchandiser. NF-2 – Visual Merchandise. *\$8.50-\$10/hr. (2 RFT)
Laborer. NA-2 – Visual Merchandise. \$8.28-9.66/hr. (1 Flex)
Manicurist (Nail Tech). NA-5 – Ikego. Commission (1 Flex)
Food Service Worker. NA-2 – Negishi. School Lunch (1 Flex)
Hair Stylist. NA-7 – Negishi. Commission (1 Flex)

*Salary based on experience

CHAPEL OF HOPE invites you to

HALLELUJAH HARVEST FESTIVAL

What: HALLELUJAH HARVEST FESTIVAL

When: Friday, Oct. 31, 5:30 TO 7:30 p.m.

Where: Kinnick High School Gym

Who: Open to all kids!

VOLUNTEERS NEEDED!!!

Call: Cora Bulseco at 243-7321 or

e-mail to: Maria.Bulseco.RP.ctr@fe.navy.mil



Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Confession	1600
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1730
THU	Choir Practice, Main Chapel	1700
THU	Women's Bible Study	1730
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1500
SAT	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

NOTE: Mass is held each day at 1200 in the Blessed Sacrament Chapel except for Wednesday (1200 in the Naval Hospital Chapel).

General Protestant

SUN	Worship Service, Main Chapel	0930
THU	Choir Practice, Main Chapel	1830

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
-----	------------------------------------	------

Contemporary Christian

SUN	Worship, Main Chapel	1700
THU	Praise Team Rehearsal, Choir Room	1600

Gospel Praise Service

SUN	Worship service, Main Chapel	1230
TUE	Women's Bible Study, Classroom 10	1800
WED	Choir practice, Main Chapel	1830

Filipino Christian

SUN	Worship Service, Kinnick Little Theatre	1230
WED	Prayer Meeting, room 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, rooms 2, 3 and 5	1800

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	1300
SUN	Sunday School	1420
SUN	Priesthood/Relief Society	1510

Location: Across from the City of Yokosuka Post Office (Off base)

Jewish Faith Community

FRI	Shabbat and Kiddush, Jewish Chapel (Chapel of Hope)	1800
-----	---	------

Soka Gakkai International (Buddhist)
2nd AND 4th THU Classroom 10 1800

Specialized Ministries

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

TUE	Fellowship Hall/Classrooms	1615
-----	----------------------------	------

Yokosuka Student Ministries (Middle School and High School)*

WED	Middle School – Quest	1600
	High School – One Way	1830

Protestant Women of the Chapel*

TUE	Bible Study, Classroom 10	0900
TUE	Bible Study	1800
3 rd MON	Fellowship Program	1700

Japanese Women's Bible Study*

TUE	Main Chapel/Fellowship Hall, Classrooms	0900
-----	---	------

COMPASS Spouse Support Group

WED, THU, FRI	(Last week of month), Room 5	0900
---------------	------------------------------	------

Men's Christian Fellowship

TUE	Study Group (Fleet Rec 3 rd Deck)	1130
3 rd SAT	Breakfast (Location varies)	

*Runs from September to June

Negishi: Chapel of the Rising Sun
• 242-4183

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Confession	1700
SUN	Bible Study	1730
THU	CCD, classrooms	0900

Protestant

SUN	Worship Service, Main Chapel	1030
-----	------------------------------	------

IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT	Vigil Mass	1900
-----	------------	------

Pentecostal

SUN	Worship Service	1000
-----	-----------------	------

Adult Bible Study

WED	Nikko Tower Party Room	1800
-----	------------------------	------

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED	Ikego Elementary School	1630
-----	-------------------------	------

Yokosuka Student Ministries (Middle School and High School)*

THU	Middle School/High School – Q2 Kyoto Tower Party Room	1830
-----	---	------

Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center

Congratulations on the birth of your baby!

Edwin Guiao and Aileen Guiao are the proud parents of **AIZZY O. GUIAO** born, Oct. 8, 2008 at 6:39 a.m., weighing 8 pounds.

Matthew Secrest and Yohanna Secrest are the proud parents of **SAMUEL THOMAS SECREST** born, Oct. 9, 2008 at 8:44 p.m., weighing 6 pounds 12 ounces.

Marco Coll-Dimayo and Chihiro Coll-Dimayo are the proud parents of **ENRIQUE MANUEL COLL-DIMAYO** born, Oct. 15, 2008 at 12:09 a.m., weighing 8 pounds 13 ounces.

If you'd like to see your baby announcement published in the Fleet and Family Support Center's section of the Seahawk-Umitaka, stop by our New Parent Support office in Bldg. 1558.

Classes This Week

Please call us at 243-FFSC (3372) to sign up today!

Monday, Oct. 27

Career Options and Navy Skills Evaluation Program (CONSEP) 7:30 a.m.-4 p.m. (4 days): CONSEP is a four-day seminar for mid-career sailors with 8-12 years of service. The seminar will focus on excellence, personal and professional development, career planning, and financial management. CONSEP assists participants in individual skills assessment identification, developing a detailed individualized career plan, identifying resources to achieve future goals, emphasizing individual excellence, and ultimately increasing their individual marketability.
CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This workshop is designed to help you build skills in these four important areas of your life!
English as a Second Language (ESL) 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice basic English skills and learn about American culture. Special attention is given to speaking English in an everyday setting.

Tuesday, Oct. 28

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **Oct. 28-31, this class will be held at the Benny Decker Theater.** Welcome to the Land of the Rising Sun, *kanji*, *yen* and *bowing*. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.
Your Japanese Home 8 a.m. (4 hrs.): *Tatami* got you down, or mildew taking over? Come learn from our local resident expert how to make your new *uchi* a comfortable home. We'll take you on a field trip to a local store to point out products that can solve your household cleaning problems. We'll also discuss temperature control without thermostats, using your *ofuro*, and taking out the trash Japanese style.

Wednesday, Oct. 29

Yokosuka – Widows Support Group 11 a.m. (3.5 hrs.): Widows of U.S. Military personnel are encouraged to attend this interactive support group to learn about your rights and entitlements as the widow of a U.S. military member.
Youth Enrichment Class – Decision Making (High School Students) 3 p.m. (1.5 hrs.): Decision, decisions, decisions – seems like you always have to make them. We can teach you effective ways of solving everyday problems as well as making appropriate decisions. The training is for ages 15-18 (18 or over if student is still in high school). Must meet four times for 1-hour session to obtain a certificate of completion.

Thursday, Oct. 30

No Classes

Friday, Oct. 31

No Classes

Upcoming Classes

- Nov. 3** Enjoying Japanese Food; Developing Your Spending Plan
Elements of Successful Parenting (ESP); Accelerated Transition Assistance (ATAP)
- Nov. 4** Boot Camp for New Dads; Saving and Investing
Employment Overview – Yokosuka
- Nov. 5** The Basics of Retirement Planning; Elements of Successful Parenting (ESP)
Japanese Spouse Group; Ikego – Kamakura Tour
Negishi – Employment Overview; Negishi – Sponsor Training
Negishi – Thrift Savings Plan; Negishi – Getting Started Teaching English
- Nov. 6** Ikego – Play Morning; Car Buying Strategies
NMCRS' Budget 4 Baby
- Nov. 7** Holiday Spending; Ikego – Ukulele Lessons
Negishi – Kid's Craft Class; Yokosuka – Play Morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit our Web site: www.cfay.navy.mil/ffsc/index.htm

Automobiles

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **Angel Motors October Cars!** 1. Beautiful '97 U.S.A. BMW 528i sedan and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$12,900! 2. Fast, custom 1996 Mazda RX-7 (RHD), 75K KM, MT in red for U.S. \$6,500! (car now at Yokosuka base!) Visit us: www.angelmotorsjapan.com. Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com.

BMW Military Sales – Factory discount pricing. Pre-purchase plan available for future purchase. Also available quality used European and Japanese cars. Int'l. Auto Emporium Office: (045)787-4335. Mobile: (090) 8485-4701. E-mail: LTM@viola.ocn.ne.jp.

Sale! Sale! Sale! Car Summer Discount Sale. AA MOTORS – The name you've known for many years. Can you trust buying a non-maintained car from somebody leaving? If not, then AA Motors is there for you with quality cars at unbelievable prices. We can also do all the paperwork, base inspection and LTO Run so just sit back and relax. Check it out: '96 Odyssey, \$1,800. '97 Skyline, \$1,900. '93 Bighorn, \$2,200. '98 Honda Capa, \$2,100. '96 Stepwagon \$2,550. '98 Dingo, \$2,250. '97 March, \$1,600. '97 Primera, \$1,500. '97 Grand Cherokee, \$4,500. '95 RVR, \$1,300 and many more. Call 080-5462-0735, or e-mail us at: tttgroupjapan@yahoo.com.

U.S. Spec Cars!! Available in Yokosuka. You can ship the car to the states. We are located at the Yokosuka entrance #7 on Yoko Yoko. 15 minutes from the base. Come and check our stock. English Spoken. 93-2 Yamanaka, Yokosuka. E-mail: auto@casper.co.jp. Web site: www.casper.co.jp. Call (046) 853-2110.

Bigwave Car Sales. Web: www.Big-wave.jp. Phone: 080-5497-1787. We guarantee all our cars. Don't take a chance with your hard earned money American owned call for free. Pick up just take at this weeks stock. 1. Toyota Crown 4-dr Sedan, pearl white, 48K km, \$1,800. 2. '99 Subaru Legacy 4-dr Wagon, silver leather int., double sunroof, really nice car 4WD \$3,325, 48K miles. 3. '00 Mazda Demio, blue, 5-speed, 43K km, \$2,200. 4. '95 Volkswagen Golf Convertible, red, 63K km, \$2,150. 5. '95 BMW 320i, silver one owner M3 body kit, very nice, must see, super low kilo. 24,000 km, very clean, only \$3,600. 6. '99 Caravan Elgrand, silver leather int. very clean, great family minivan, \$3,200. 7. '97 Honda Odyssey, white 68K km, new tires, \$2,100. '95 Honda Odyssey, wine, 69K km sunroof, \$1,850. 8. '97 Mazda MPV, white, clean car, 58K km, one owner, \$2,200. 9. '97 Skyline 4-dr GTS 2.5, silver aerokit, very nice car, \$1,950. 10. '00 Cube, silver, 50K km, 4-dr clean int. \$2,100. 11. '99 Honda SMX, 50K miles, white, \$2,200. 12. '99 Honda Accord Wagon, white, must see, new tires, tinted windows, really nice wheels. 13. '98 Mark II 4-dr Sedan, 74K km, \$2,400. 14. Honda Integra, very clean car, 2-dr sporty, \$1,950. 15. '00 Mercedes Benz E 240, black U.S. spec, left hand drive, 19 inch Carlson rims, sunroof, call now. \$5,500. 16. '95 Mercedes Benz S600, charcoal gray, every option imaginable, leather 19 inch AMG rims, HID lights, call for price www.Big-wave.jp, 080-5497-1787.

Services

2 BZ 2 Clean? House cleaning service can be scheduled to meet your routine needs. On or off base. Please leave a message and call-back number. Call 080-3489-7657.

Birthday cakes and things is back open for business. For my most recent retirement birthday, baby shower and cupcake cakes, please check out www.myspace.com/tinanh27, or birthdaycakesandthings.com

BW Audio for all your car stereo needs. Full custom shop, whatever you need we can make it or install it. Call 080-5497-1787.

Computer and Networking Services. We offer low cost computer repair and home/business networking services. We can set up "Secure" wireless and LAN networks. We also, install software, install hardware, contain viruses, and recover "precious" data. Vonage set up and trouble shootings available. We will respond within 24 hours. Please contact: CJ, 080-6603-2336/chaunceylharris@ezweb.ne.jp. Travis, 080-6616-5634.

Computer Services by Edwin – a 12 yr. Computer veteran is here to assist you with your PC/MAC. From virus infected computers to hardware and LCD replacement. Call 246-7628 or 080-6797-2531 to schedule and at home evaluation. Serving Yokosuka/Ikego areas. Hablamos español.

Driver's Education Class. Next class begins Nov. 10, 2008. Open to SOFA personnel. High school students must be 16 years old. For more info, go to www.yokosukadriversed.com. Cost ¥31,000. Class size limited.

Education Administrator. Do you work outside the home or just desire a quality home school education for your child? Then I have a solution to meet your needs. I can administer an accredited homeschool program, School of Tomorrow (A.C.E.) for your child. Grades 1-12 accepted. Open enrollment. Please contact me for more information at 241-3116 or 080-3526-0172.

English Class? YUCK! If you have heard your student say this, keep reading. If English is not your student's best subject, and he/she needs help/motivation with reading; understanding/analyzing novels, poems, plays, short stories; writing various types of essays and prose; developing vocabulary; identifying and understanding literary terms; help with English projects; etc... I am here to help! I am a CERTIFIED English teacher with 11 years of experience. I am licensed in VA to teach 7th-12th grade English classes and credentialed in CA to teach K-adult English classes including ESL. Please contact Lisa via e-mail at: Eng_Esl_magister@hotmail.com, or call 241-4393.

G's Salon – Waxing (B.B and all kinds), Manicure, Facials. "Straight from Manhattan" personalized service to bring out the beautiful you! Please call 241-2474 or 080-5677-6532 for appointment.

Hair salon in Yokohama hair expert for foreign Women and Men. Worked in London, NYC and Beverly Hills. U.S. certified. Master colorist. Foil Highlights and Low light. Specialize in thermal straightening and hair extensions. We also provide nail services. (045) 311-0139 ask for Yoshiko. info@afrodita.jp, www.afrodita.jp.

KRush Photography. Specializing in babies, milestones, maternity, and family portraits. We're also great for senior portraits, special events, and all of your other photography needs! Visit krushphotography.com, or e-mail: Cindy@krushphotography.com.

Learn Hawaiian and hula. Traditional Ai ha'a style from a Hawaiian kumu. Men, women and children welcome. Contact Auntie Kimi, 246-5700, or e-mail: pelesown@yahoo.com.

LTO Runs and Free Junking (could junk in a couple of hours). New registration, Japanese inspection, renewal, change address, transfer title, deregistration, road tax, T-plates. Call Elvie at 090-4585-8329.

LTO and Free Junking. Need to junk it now? Don't wait days. JCI inspection, title transfers, road tax, deregistration, T-plate. 12 years in Japan. Negishi, Ikego, any transmission OK. Call Derrick, 241-4415 or 090-3592-8809.

LTO Runs and Junking Services. Japanese inspection, new registration, transfer registration, deregistration, change of address, road tax, temporary plates, could junk and deregister your car in a day or less, on base or off base OK. Eight years experience. Call Fe, 241-4954 or 090-9317-8259.

LTO Runs and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, change of address. Road tax, temporary plates. 日本語もOK。 Call Cherry, 080-5046-0689.

Free Junking Service in 1 hr. or less. Also free LTO service included. One call will do it. Don't worry. Negishi, Ikego no problem. Call Derrick, 090-3592-8809, home 241-4415.

LTO Runs and Free Junking. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko McCulough, 241-3100/080-5497-2600 or e-mail: reikoltruns@yahoo.com. 日本語もOKです!

LTO runs and Junking Services. Runs from Yokosuka and Ikego. New registration, deregistration, Japanese inspection, transfer. Also do mini-car registration. Please call Roselle at 090-4222-7435, e-mail: always_roselle@hotmail.com.

LTO Run and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Jackie, 080-6657-9716 and 080-3394-5445.

LTO Runs and Free Junking. New registration, Japanese inspections, temporary plates, transfer registration, minicars, change address, road tax, deregistration, base inspection, JCI renewal. Please call Theresa, 241-3427 or 080-3392-4384.

LTO Runs and Free Junking Service. New registration, JCI inspection, title transfer, de-registration. For a quick LTO Run, call Gino, 080-5405-3788 or 241-3788.

MAGICIAN. Birthday Parties. Book your command's Christmas party now! Complimentary birthday gift. (イベントや、お誕生日会などにマジック・マイクを呼びませんか?) Call "Magic Mike", 090-6199-4993, (046) 827-4639, magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.

MorsePhotoStudio.com. Senior graduation, weddings, birth of a child, and family get together are precious times in a persons life especially overseas. Rely on a photographer with experience. View our photo gallery online. For appointments, please call Sherry Morse at 080-6736-4961.

Nail Care by Cecile. Specializes in all types. Home phone, 246-8421. 642-F Ikego Hills. Cell phone, 080-5679-5545.

Need makeup artist on your special day? Experienced makeup and hair artist will work on location. For more detail, call 090-4167-0724 (if no answer, leave message), or e-mail: makeupbytakako@hotmail.com. Artist info: www.makeupbytakako.com.

Piano Tuning Service – Autumn Campaign 2008 (September–October). Upright pianos, ¥11,000 ¥10,000. Grand Pianos, ¥14,000 ¥12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel./Fax), 080-5441-1802, efukushima2@hotmail.com, efpiano442@ezweb.ne.jp.

Professional Resume Writing. Military-to-Civilian Resumes. Federal, KSA, Resumes-from-scratch. Veteran owned and operated. Any resume consulting. www.anyresume.com, anyresume@gmail.com.

Positions

Building Maintenance Engineer. *Over 3-year on-the-job experience for building maintenance. *Conversational level English and Japanese. *Proper valid work visa. *Workplace: Tokyo area. *Pay: up to ¥330,000/month for engineer, ¥400,000/month and above for manager level. *Transportation cost paid (Max. ¥40,000/month). *Paid vacation and holiday. *Retirement age: 65 years old. E-mail: Ms. Watanabe for details or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd. (03-5722-4680).

Clerk. *Native level Japanese (speak, write, read) and business level English. *Computer literacy. *College graduate. *Work place: Metropolitan area. *Pay: ¥220,000/month. *Transportation paid up to ¥40,000/month. *Paid vacation and holiday. *E-mail Ms. Watanabe for details or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Business Co., Ltd. (TEL: 03-5722-4680).

ENCS is looking for a self-motivated Office Manager. Salaried position with SOFA available. Training is provided. Skills required are basic accounting, computer and typing. Ability to speak Japanese on a business level and native English. Superior organizational skills a must! Customer service experience preferred. Please e-mail: szimber@militarycars.com, or call 090-3120-1875.

Wanted

Drivers wanted for on-base taxi service. Will train. Make some extra cash during your off hours (2 hours minimum)...pretty good tips. Morning shift is available from 5:30 a.m. Contact 243-4511 or 090-3205-3472. Supervisory and Management training positions available.

オンベースタクシーの運転手 (パート) 募集. MLC及びIHAでベース内で働いている方々、出勤前及び業務終了後の数時間働いてみませんか? 月曜 - 金曜 (GWが入港中) 4 a.m. - 8 a.m. は(2時間でもOK) 運転好きな方、チップも入るし結構稼げますよ (普通免許でOK.)。243-4511か090-3205-3472まで電話ください。

English Teacher for Children. Part/Full-time positions are available in Yokosuka, Zushi and Yokohama area. Training is provided. For more information, please call (046) 865-8717, Monday-Friday, 10 a.m.-6 p.m.

Looking for an English teacher to teach in your Negishi base home. Kids/adults students on weekdays/weekends. Must have college degree. Have fun and make Japanese friends! Contact Yuka: 090-4006-8414.

Looking for a part-time English instructors. You can set your own lesson fee, teaching schedule and location. Please e-mail your resume at: support@lily-ec.jp and get more information.

Looking for sales assistant for au cell phones at Yokosuka NB. Please contact Yoshi at 090-9780-1784 for more information.

Personals

Give the Home Front Some Real Christmas Cheer This Year!! They're already proud of you, now make them laugh out loud in three different books!! "A Texan's Guide to Elucidating in Japanese", full of multi-cultural mumbblings and jaw-busting bursts of babble! U.S. \$15, or "Homely Homilies on Life", 173 pages of laffs and gaffes on a 50-year journey into and out of a Sailor's life, U.S. \$25 or "Navel Thinking Plus", 170 pages of sea stories and deckplate views about the adventures and misadventures of Sailors, U.S. \$25. No embarrassment just a steady stream of laughs in all three!!!! Send U.S. cash, NFCU check or I.P.M.O. to J.V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken, Japan.

To Live or Not Live in Japan, Where Is the Info? Right here in "Retiring in Japan, the What, How and When of It". More factual info than a house has dust!! The whole nine yards on what you need to know and do to make it in Japan!! The cost? U.S. \$20 or ¥2,200 via cash, NFCU check or I.P.M.O. to J.V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken, Japan.

Lost and Found

Lost a diamond anniversary ring, white gold and with 8 diamonds. Location was NEX Main store or MWR building, sometime Saturday, Sept. 20 or Monday, Sept. 22, 2008. I will offer reasonable cash reward for whoever has a good heart to return it. This ring is part of my 17 years of marriage. Call 243-1233 or 080-6679-6580 if you are the person who found it. God bless.

Announcements

Buyers Market in fabulous Las Vegas. House prices are at all time low. Time to buy your dream home or for investment. I specialize in representing you, the buyer. No cost to you, seller pays. Let me find the right house for you and negotiate the best deal for you. E-mail: realtorchriscoobb@gmail.com. Web site: <http://christophercoobb.las.mlxchange.com>. Cell phone: (702) 630-0790.

Christian Ministries Far East. A church on the move and in the will of God! Located outside the back gate after you pass the 7-eleven on your left on the corner. Ecumenical Sunday Worship Service 11 a.m. and Wednesday Christian Studies 6:30 p.m. Business@cmfeinc.com, (046) 827-2289. Come and fellowship with us.

DoD Civilians and Contractors – Get out of that small Hotel Room! House available very close to base. Furnished, internet, Cable, the works! E-mail: yamasmit@jcom.home.ne.jp. Phone: 080-5436-8408.

Furnished house for rent. 7LDK with – ocean and hillside view. 10-minute walk from main gate. Share with friends. Excellent condition. Barbeque garden. 080-1081-7254, Mika. ¥160,000/month.

Looking for an apartment or house? Ocean view! Mountain View! Spacious balcony! American style bathroom! *Tatami* room! Let us find your dream apartment or house. We have several houses and condominiums for sale. Also start your real estate business in Japan today! Our friendly staff will work hard to get you the best deal possible. Call us, (046) 825-0245 10 a.m.-6 p.m. Contact at: chintai@heisei-yokosuka.co.jp. Address: 1-18 Wakamatsu, Yokosuka Heisei Housing Co., Ltd. Our Company is in front of Coco's curry shop near Yokosuka chuo station.

Shinjuku World Friends Halloween International Party, Nov. 1, Saturday, 6:30-8:50 p.m., Shinjuku Tokyo Loose. The full-scale international party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free snacks with sandwiches. Male, ¥3,500. Female, ¥3,000. <http://www.world-friend.com>. Call 080-2001-0512, party@goover.co.jp.

The Symbol of Purity and Aristocracy. Only Bayleaf presents ethnic and authentic Indian cuisine in Yokosuka. For reservation, call 080-3015-1749. We use best ingredient in the dishes. Visit the Web site. <http://www.yokosukaindian.com/> and <http://www.indiancurry-bayleaf.jp/> Parking, party, take out, reservation OK. Monday closed. Tel. (046) 821-1922.

Unable to locate jobs on military bases? Here is an excellent opportunity for spouses as distributors! Our products are for men and women! Our products are PROVEN to reduce wrinkles, sagging skin, bags under the eyes, lines on the forehead, unwanted flab, hair rejuvenation and increased antioxidant absorption. And our products are scientifically based and one-of-a-kind! Scientifically Proven Anti-Aging Treatment with Galvanic Spa – Look 10 years younger in just 10 minutes. Taking vitamins? Try LifePak Nano – Best on the market and results confirmed. Call Rick at (042) 542-2977/080-3394-4647, or via e-mail at: anderson@nsedreams.com, or visit my Web site at: <http://anderson.nsedreams.com>.

Please join the ladies of: Alpha Kappa Alpha Sorority Inc. PBO Chapter, Tokyo, Japan for a Breast Cancer Awareness walk/run. Oct. 25, 2008 at 10 a.m. Pavilion 1. BBQ to follow for participants! Contact Traci Polidor, 080-6719-1908.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$300/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

Yokosuka Baptist Church. Independent, fundamental, Baptist church with a military heart. Choumi Building, 27-6 Ogawacho (Across from Mikasa Park). For more information, call (046) 823-4654 or cell 080-3179-9516. www.ybcjapan.org.

Adoption

Thinking about adopting a child? Yes – It can be done while living overseas! We can make it happen! Contact: www.Adopt-Abroad.com.

Asahi Advertising, Inc. is located next to CFAY Public Affairs in Bldg. 3154, Room 213. Visit our office or call us at 243-3100/ (046) 816-3100 or e-mail to: seahawk yokosuka@ys020407.americablejapan.com to place an ad or for more information. Business hours are 10 a.m. to 4 p.m., Monday-Friday. deadline for classified ads is 4 p.m., Friday prior to publication date (one week in advance).



(Left) Culinary Specialist 1st Class Petty Officers Patrick Cooper, Resty Villacorta and Jimmy Carrol from CFAY Supply Department prepare savory barbeque chicken and ribs during CFAY's Command Picnic at the Berkey Field Complex Oct. 17. Photo by Yuji Kawabe



Marines from 3rd Fleet Anti-terrorist Security Team, 6th Platoon march with approximately 50 pounds of gear, in addition to their issued weapons, in a six-mile hike onboard CFAY Oct. 3. The hike is part of the unit's conditioning program which is an inspection requirement by the inspector general of the Marine Corps. Photo by Mark Elrod



(Left) American Red Cross (ARC) Station Manager Alphonsa Oliver receives a check in the amount of \$6,834.16 on behalf of the ARC "Georgia Conflict" relief effort from CFAY Commanding Officer Capt. Daniel Weed and Chapel of Hope Chaplain Derek Ross Oct. 15. The funds were raised through charitable donations by CFAY's Chapel of Hope to support the ARC's humanitarian relief efforts in assisting those affected by the conflict between the countries of Georgia and Russia. Photo by Yuji Kawabe



Line handlers assist the submarine *USS Ohio* (SSGN 726) as it moors piarside at Commander Fleet Activities Yokosuka for a scheduled port visit Oct.16. *Ohio* is currently on a one year deployment to the U.S. 7th Fleet area of responsibility. Photo by Yuji Kawabe



CFAY Port Operations Dockmaster BM1 Corey Masterson helps bring *USS Ohio* (SSGN 726) into berth 12. Photo by Yuji Kawabe

Where is your hometown? Berhalto, Ill.
 How long have you been in Japan? Eight years.
 What is your favorite food? Beef bowl.
 Life goal? To live an exciting, adventurous life after retirement.



USS Shiloh (CG 67) Commanding Officer Capt. Alan J. Abramson presents a check in the amount of \$20,000 to sales officer Ensign William E. Morrison for the ship's recreation fund acquired from the ship's store profits during *Shiloh's* at-sea Navy birthday celebration on the mess decks Oct. 13. U.S. Navy photo by Ensign Julie Holland