

味し、悪魔  
また「悪魔  
生門の鬼退  
図柄は目立  
め「ウナ  
伝えられ  
て栄え  
約4

magazine



十  
蝶の由来

トガルとの貿易港  
方向、強弱を測  
して空にあげ

渡辺綱  
羅

SEPTEMBER & OCTOBER 2004  
MWR, FLEET ACTIVITIES, SASEBO, JAPAN



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Showcase Magazine

# SEPTEMBER & OCTOBER



Featuring  
Comedians  
Mimi  
Gonzalez  
&  
Peter  
Johansson

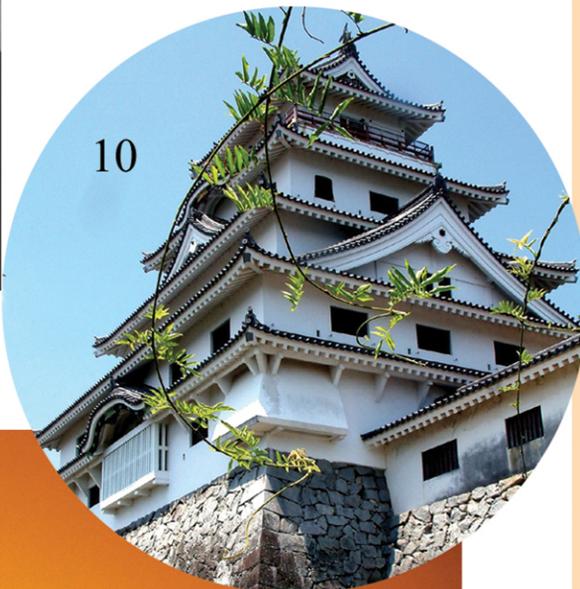
live comedy!

8 p.m.

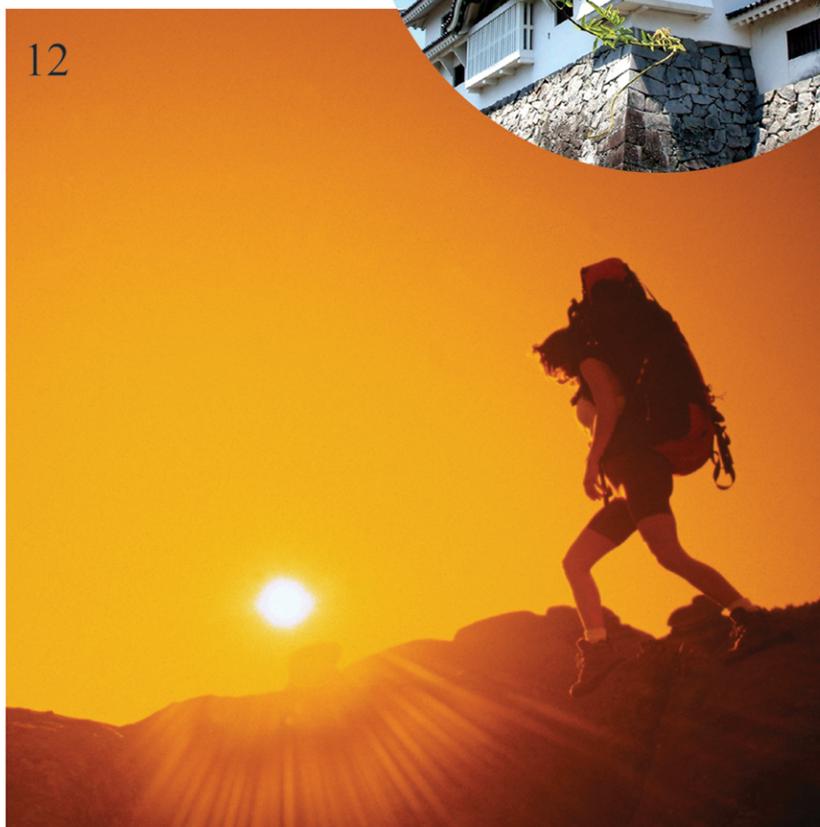
Tue., Sept. 21



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Your MWR team is committed to meeting your needs. This is where to turn with your feedback, suggestions and questions.

**SCOTT POLUHOWICH 252-3472**  
MWR Director

**LAURA KNUTSON 252-2985**  
Child Development Program Administrator  
**Lynne Holmes 252-8847 or 252-8843**  
Hario Village Child Development Director

**Isaiah Mincks 252-3588**  
Main Base Athletic Director  
Fleet Fitness Center, IM Sports,  
MB Swimming Pool, STRC Fitness &  
Exercise Rooms, Nimitz and Devil Dog Parks  
**Mark Haley 252-3588**  
Sports Director  
Fleet Fitness Center  
**Alec Culpepper 252-3588**  
Fitness & Aquatic Director  
**David Glazier 252-8845**  
Hario Village Athletic Director  
Hario Gym, Hario Swimming Pool, HV  
Multi-purpose Room, HV Waterfront Park  
& Pavilion

**DAVE WAGNER 252-3320**  
Community Activities Manager  
Library, Theaters, Sailing & Outdoor  
Adventure Center, Paws and Claws,  
Community Activities, Spare Time Rec  
Bowling Center  
**Wayne Newnam 252-3593**  
Library Manager  
**Keith Reynolds 252-3634**  
Bowling Center Manager  
**John Stemen 252-2988**  
Showboat & Village Theater Manager  
**Walter Birkenheier 252-3500**  
Sailing Center Manager

**EMIL MORAVEC 252-2934**  
Facilities Manager  
MWR Maintenance, Warehousing,  
Auto & Wood Hobby Shops

**DENNIS LEBLING 252-2928**  
Fleet Recreation Coordinator  
Fleet Recreation Support, Liberty Programs  
**Sean Ally 252-3756**  
Liberty Coordinator  
**Michael Rodrigues 252-3433**  
Travel & Tours Manager

**KEN TAYLOR 252-1802**  
Club Coordinator  
**Kevin Dugan 252-2952**  
Harbor View Club Manager  
**Charles Yost 252-2940**  
Harbor View Asst. Manager  
**Efrain Gracia 252-2965**  
Galaxies Manager  
**Seth Kloss 252-2985**  
Galaxies Asst. Manager

**MASUMI YOSHIDA 252-2917**  
Administrative Officer

**ALLISON FOO 252-3930**  
Marketing Director

new in the mwr spotlight

MWR dining & event information for Japanese readers

MWRのお食事・イベント案内

基地の外からのお電話は、  
直通で 0956-50- (各番号の  
下4桁) です。

**ハーバービュークラブ (252-3965)**  
朝食: 午前11時~午後2時 夕食: 午後5時~9時  
\*ランチスペシャル \$6.95 月~金 午前11時~午後2時  
(サラダバー1回とアイスティー又はコーヒー付き)  
アンダーは、シェフ自慢のつけあわせ入り。  
(9月)  
月曜: ショートトリブの蒸込みとマッシュポテト  
火曜: チキンヴェスヴィオとローストポテト  
水曜: リガトニバスタとガーリックトースト  
木曜: 牛肉のトルティニヤ巻き  
金曜: ニロサイズの海老フライ  
(10月)  
月曜: ローストチキン  
火曜: ミートローフとマッシュルームのソテー  
水曜: 自家製ラザニア  
木曜: ボークカツとバスマチのバター炒め  
金曜: グリルサーモンとほうれん草  
\*モンゴリアンバーベキュー: 毎週日曜 午後5時~9時  
\*サンデーブランチ: 毎週日曜 午前10時~午後2時  
\*ハーバーカフェ: コーヒー・紅茶・サンドイッチ  
(9月13日と10月4日はメンテナンスの為お休み予定です)

**ギャラクシーズ (252-2980)**  
\*ランチスペシャル \$5 月~金 午前11時から  
全メニューにソーダが付いています。  
(9月)  
月曜: ビーフ又はチキンと野菜の炒め物、豆  
メキシカンライス  
火曜: チキンフェトウチーニ、サラダ、スティックパン  
水曜: 焼き鳥、チャーハン、春巻  
木曜: バーベキューボック、ポテトサラダ、豆  
金曜: サロインステーキのペーコン巻き、パン  
マッシュポテト、ミックスベジタブル  
(10月)  
月曜: ビーフステーキ、メキシカンライス、豆  
火曜: トマトポーク、マッシュポテト  
水曜: ラザニア、サラダ、ガーリックスティック  
木曜: ラキンドイヴァン、サラダ、スティックパン  
金曜: スパイス入りオレンジミートボール  
チャーハン、春巻

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**ボウリングセンター (252-3634)**  
<トーナメント> 1人\$15、18歳以上  
\*9月3日(金)、10月1日(金) 午後6時~9時  
キートン&ドッグボウリングセンター  
(9ピンノックアウトを4ゲーム)  
\*9月6日(月) 正午  
労働祭9ピンノックアウトトーナメント  
\*9月11日(土)、9月25日(土)  
10月9日(土)、10月23日(土) 午後6時~9時  
3-6-9ボウリングトーナメント  
\*9月17日(金)、10月10日(金) 午後6時~9時  
ノックアウトスペシャルトーナメント

**11ブームスナックバー (ボウリング場内)**  
ランチスペシャル (ノーマル付) 月~金 午前11時~午後5時  
(9月)  
月曜: ハンバーグステーキ、フライドポテト \$4.50  
水曜: チキンステーキ、フライドポテト \$4.50  
木曜: ハワートンバーガー、フライドポテト \$4.50  
金曜: クラブサンドイッチ、フライドポテト \$4.50  
(10月)  
月曜: グランピングバーガー、フライドポテト \$4.50  
火曜: 焼き鳥、サラダ、スープ \$5.50  
水曜: サラダ、トルティーヤ、フライドポテト \$4.50  
木曜: ランチとチャーハン \$5.50  
金曜: ウェスタンバーコンバーガー、フライドポテト \$4.50

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**スポーツイベント (お問合せ・お申込み: フリートジム 252-3588)**  
9月12日(日) 午前8時30分: ミニトライアスロン。メインベースプールで水泳500m、自転車15キロ、基地内4キロ走。申込締切9月8日(水)。男女別上位3人を表彰します。  
9月17日(金) 午後5時30分: POW/MIA ホースシュートーナメント。二人1組。申込締切9月14日(火)。場所はニミッツパークです。上位2組を表彰します。  
9月25日(土) 午前9時: 平戸ハーブマラソン前哨戦10キロ走。ニミッツパークのUSO前を出発。申込締切9月22日(水)。当日申込みも受け付けます。男女別上位3人を表彰します。  
9月26日(日) 午後1時: 3人制ビーチバレー。場所はニミッツパークのビーチバレーコートです。申込締切9月23日(木)。上位2チームと攻撃・守備それぞれの最優秀選手を表彰します。  
10月11日(月) 午前11時30分: コロンブスデー5キロ発見ゲーム走。申込締切10月6日(木)。ボウリングセンター出発。コース中の各チェックポイントでヒントを受け取り、次の目的地を解説します。男女別で最初に「アメリカを発見」した人を表彰します。  
10月30日(土) 午前9時: 第三回一球勝負ソフトボールトーナメント。申込締切10月26日(火)。場所はニミッツパーク。1打席1球のみ。ヒットか、ストライクアウトか、ボールで歩くか...!

visit our website at: <http://www.cfas.navy.mil/Ogz/mwr/mwrhomepage.html>

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now on-line

<http://www.cfas.navy.mil/Ogz/mwr/mwrhomepage.html>

Visit our website and discover our Showcase Magazine right at your finger tips.

- On-line Employment Application
- Travel & Tours Itineraries
- Dining & Entertainment
- Recreation
- Child Services
- MWR Directory
- You can link on through the CFAS Homepage at: [www.cfas.navy.mil](http://www.cfas.navy.mil) (click on "Welcome Aboard" and then the )

• **Up-to-date Movie Schedule, MWR News, Special Events, Employment Opportunities and more are now just a click away!**  
[www.cfas.navy.mil](http://www.cfas.navy.mil), click on the latest CFAS Soundings Link

visit our website at: <http://www.cfas.navy.mil/Ogz/mwr/mwrhomepage.html>

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# dining & entertainment

252-3965



The Harbor View Club will be closed for maintenance on Monday, October 4. There will be no lunch or dinner service. Club will re-open at 5 p.m.



## MOCHA FREEZE

### Mocha Freeze \$2.75

An icy blend of espresso, chocolate and milk topped with whipped cream.

### White Mocha Freeze \$2.75

An icy blend of white chocolate, a shot of espresso and milk, topped with whipped cream.

### Caramel Mocha Freeze \$3.00

Caramel, chocolate, espresso and milk all blended together and topped with whipped cream.



## Prime Rib Special served 5-9 p.m.



Friday & Saturday Nights

10 oz. Cut \$15.95  
 BIG 14 oz. Cut \$18.95  
 The "Holy Cow" 18 oz. Cut \$21.95  
*Slow Roasted Tender USDA "Prime" Grade Beef Cut to Order. Includes a trip to the Harbor View's famous Salad Bar, Fresh Vegetables of the Day and your choice of a Baked Potato, Mashed Potatoes or French Fries. Limited End Cuts Available.*

# daily lunch specials

Served Monday - Friday, 11 a.m. - 2 p.m.

All lunch specials include one trip to the salad bar and your choice of iced tea or coffee.

# \$6.95

All entrees accompanied by chef's garniture.

### MONDAY

Braised Short Ribs With Garlic Mashed Potatoes

### TUESDAY

Chicken Vesuvius & Roasted Potatoes

### WEDNESDAY

Baked Rigatoni With Garlic Toast

### THURSDAY

Southwestern Beef Roll-Up

### FRIDAY

Deep-Fried Popcorn Shrimp

### MONDAY

Roast Chicken Oreganato

### TUESDAY

Meat Loaf With Sautéed Mushrooms

### WEDNESDAY

Homemade Lasagna

### THURSDAY

Pork Cutlet With Buttered Noodles

### FRIDAY

Grilled Salmon With Fresh Spinach

# Chef's Corner



## Pork Chops with Black Peppercorn Sauce

### Ingredients:

- 2 tablespoons vegetable oil
- 4 8 oz. pork loin chops
- 3 oz. water
- 2 cups chicken broth
- 2 cups beef broth
- 1 oz. red currant jelly
- ½ oz. red wine vinegar
- 2 teaspoons fresh cracked black peppercorns
- 1tsp. cornstarch dissolved in 2 tsp. water

### Preparations:

Season pork chops with salt and pepper. Heat vegetable oil over high heat. Add pork chops to skillet; cook until brown and just cooked through, about 4 minutes per side.

Remove pork chops, keep warm. Add water to skillet scraping up any browned bits. Simmer until liquid is almost evaporated (about 8 minutes).

Add 2 cups chicken broth. Simmer until liquid is reduced to ¼ cup.

Add 2 cups beef broth, jelly and vinegar. Simmer until sauce is reduced to 1 cup (about 10 minutes).

Strain into heavy small saucepan; discard solids. Add peppercorns.

Bring to simmer. Stir in cornstarch mixture. Simmer until sauce thickens.

Spoon sauce over pork chops. Serve with garlic mashed potatoes.

**WIRELESS INTERNET NOW AVAILABLE! (J-SPOT)**

**MORE THAN JUST COFFEE!**

- Specialty Coffees & Teas
- Specialty Drinks
- Cakes & Desserts
- Fresh Baked Cookies
- Sandwiches
- Bagels & Pastries
- Salads
- Wolfgang Puck's Retail Items
- Board Games, Books & Cards

### ■ HAPPY HOUR EVERY FRIDAY

CPO LOUNGE @ 5 P.M.

THE TAVERN @ 6 P.M.

### ■ FREE KARAOKE NIGHT EVERY FRIDAY

THE TAVERN @ 8 P.M.

### ■ HARBOR CAFE IS MORE THAN JUST COFFEE

SMOOTHIES / SPECIALTY DRINKS

SALADS & SANDWICHES

DESSERTS, PASTRIES & CAKES

WIRELESS INTERNET SERVICE



### SPECIALS \$5

(includes a soda)

Served Monday - Friday 11 a.m.  
(While Specials Last)

#### MONDAY

Beef or Chicken Fajitas  
With Refried Beans and  
Mexican Rice

#### TUESDAY

Chicken Fettuccini  
With Tossed Salad and  
2 Bread Sticks

#### WEDNESDAY

Chicken Yakitori  
With Fried Rice and Egg Roll

#### THURSDAY

BBQ Pork  
With Potato Salad and  
Baked Beans

#### FRIDAY

Bacon Wrapped Sirloin Steak  
With Garlic Mashed Potato  
and Mixed Vegetables and Roll

SEPTEMBER LUNCH SPECIALS



## LIVE REGGAE MUSIC!

## SATURDAY, SEPTEMBER 18

## 8 P.M.



### EARN EXTRA MONEY!

# HELP WANTED!

BARTENDERS, CASHIERS

DUTY MANAGERS



## JOIN THE MWR TEAM!

For more information, see manager on duty,  
call 252-2980 or contact our MWR  
Personnel Office at 252-3328.

# Monday Mayhem

SEPTEMBER 13 & 27  
OCTOBER 4 & 25  
8 P.M., FREE

- Dart Tournament
- Pool Tournament
- Free Pool
- Free Munchies

Rock n' Roll & Alternative Music

For more information, call 252-2980.

# Galaxies

**latin** NIGHT  
every 8 P.M.  
**THURSDAY**

**hip hop** NIGHT  
every 8 P.M.  
**FRIDAY**

**TOP 40** NIGHT  
every 8 P.M.  
**SATURDAY**

**COUNTRY NIGHT**  
WEDNESDAY,  
SEPTEMBER 15 & 29  
OCTOBER 6 & 27  
8 P.M.

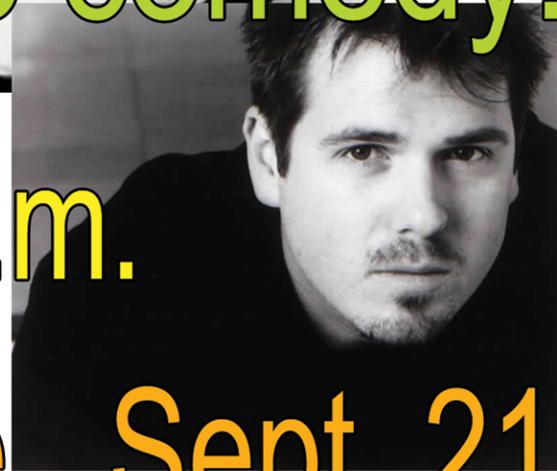


Featuring  
Comedians  
Mimi  
Gonzalez  
&  
Peter  
Johansson

live comedy!

8 p.m.

Tue., Sept. 21



**October Lunch Specials \$5** (includes a soda)  
Served Monday - Friday, 11 a.m. (While Specials Last)

**MONDAY**

**Beef Flautas**  
With Mexican Rice and Drunken Beans

**TUESDAY**

**Lemon Peppered Pork**  
With Mashed Potato and Cornbread Stuffing

**WEDNESDAY**

**Lasagna Al Pesto**  
With Side Salad and 2 Garlic Sticks

**THURSDAY**

**Chicken Divan**  
With Tossed Salad and 2 Bread Sticks

**FRIDAY**

**Spicy Orange Meatballs**  
With Fried Rice and Egg Roll



**Making Pottery in Arita**  
**Wednesday, September 1**  
 Adults only \$35

**Kurume & Yame Day Tour**  
**Saturday, September 4**  
 Adults \$20, 16 & under \$12

**MCAS Iwakuni Shopping**  
**Saturday, September 4**  
 All seats \$20

**Kumamoto Castle and City Tour**  
**Sunday, September 5**  
 Adults \$23, 6-15 years \$16,  
 5 & under \$10  
 Travel with us to the heart of Kumamoto. The eight-mile in circumference structure is nearly 400 years old and took approximately seven years to complete. You'll also be visiting the city's museums and temples.

**Dazaifu Antique Bazaar**  
**Saturday, September 11 &**  
**Sunday September 12**  
 All seats \$12



**Pro Baseball Night Game**  
**at The Fukuoka Dome**  
**Fukuoka Daiei Hawks vs.**  
**Osaka Kintetsu Buffaloes**  
**Saturday, September 11**  
 All seats \$30

Root, root, root for the home team – GO Hawks!! Visit the Fukuoka Dome, built in 1993. It is Japan's newest stadium and was the first with a retractable roof. Enjoyed by young and old alike, the arena goes beyond baseball and has been well received by many. Between innings visit one of the many restaurants or lounges and stop by the memorabilia shop.

**Juli Platz**  
**Indoor Water Park & Spa**  
**Sunday, September 12**  
 Adults \$19, 6-15 years \$10,  
 5 & under \$6

Enjoy swimming and fun in the water at the Juli Platz Indoor Water Park. Grab your swim suit and hit the water slides, spas, wave pools and hot spring baths. Out of the water, there's still plenty to do with souvenir shops, restaurants, a Japanese Theater and an amusement arcade so bring plenty of ¥en. There's something for the whole family.

**Karatsu City Day Tour**  
**Saturday, September 18**  
 Adults \$16, 4-14 years \$12,  
 3 & under \$6

Visit Karatsu, about 31 miles north of Sasebo. Famous for its pottery used in many traditional tea ceremonies, Karatsu is also home to the majestic Karatsu Castle. Artifacts and pieces of art witnessing the history of Karatsu are exhibited on each floor of the castle. The observation platform on the top floor commands a beautiful panoramic view of the Matsuura wetlands.

**Tenjin Underground Shopping Trip**  
**Saturday, September 18**  
 All seats \$12

**Nagasaki City Day Tour**  
**Sunday, September 19**  
 Adults \$20, 6-17 years \$14,  
 5 & under \$8

Nagasaki offers a wide range of shopping and sights. You'll visit attractions, which will include a tour of Peace Park and the A-Bomb Museum. Then enjoy beautiful scenery as you take the ropeway ride to the top of Mt. Inasa. You will also have the opportunity to visit a magnificent Chinese temple and learn about the city's role as a gateway to foreign culture.

**Pro Baseball Day Game**  
**at The Fukuoka Dome**  
**Fukuoka Daiei Hawks vs.**  
**Seibu Lions**  
**Sunday, September 19**  
 All seats \$30

**Kumagawa Boat Ride &**  
**Kyusendo Caves**  
**Saturday, September 25**  
 Adults \$40, 6-15 years \$25,  
 5 & under \$15

**Note:**

When traveling on a MWR sponsored tour, you must remain with the tour group and at the scheduled point(s) of destination only. Tours are not to be used for personal transportation purposes.

**Merihim Village**  
**Saturday, September 25**  
 Adults \$12, 3-15 years \$10,  
 2 & under \$5

**Mitsui Greenland**  
**Amusement Park**  
**Sunday, September 26**  
 Adults \$30 (over 120 cm),  
 3-15 years \$22 (120 cm & under),  
 2 & under \$14

**Papio Ice Skating &**  
**Hawks Town Mall Shopping Trip**  
**Sunday, September 26**  
 Adults \$24, 13-16 years \$20,  
 12 & under \$15

Brush up on your ice skating skills at the Papio ice skating rink in Fukuoka. Fun for all levels from beginners to experienced skaters. This is a great way to spend the day! Wear something warm and don't forget extra ¥en for the snack bar and amusement games.



**Kitty Land Amusement Park**  
**Saturday, October 2**  
 Adults \$30, 12-18 years \$20,  
 4-11 years \$18, 3 & under \$5

**Yanagawa Boat Ride & Ohana**  
**Garden Tour**  
**Sunday, October 3**  
 Adults \$25, 6-15 years \$16,  
 5 & under \$8

**Acorn Village**  
**Sunday, October 3**  
 Adults \$15, 12-18 years \$10,  
 4-11 years \$8, 3 & under \$4

**Tenjin Shopping Tour**  
**Saturday, October 9**  
 All seats \$12

**Space World Amusement Park**  
**Sunday, October 10**  
 Adults \$30, 4-11 years \$20,  
 3 & under \$5

**Yobuko & Chinzei Day Tour**  
**Monday, October 11**  
 Adults \$30, 6-11 years \$20,  
 3-5 years \$10, 2 & under \$5

**Yoshinogari Historic Restoration**  
**Site & Kurume Tour**  
**Monday, October 11**  
 Adults \$15, 6-15 years \$10,  
 5 & under \$5



### Dazaifu Antique Bazaar

**Saturday, October 16**  
All seats \$12

On this trip you'll visit Dazaifu Shrine, the Antique Bazaar, Dazaifu Exhibition Hall, Sugawar-Ko Historical Museum and the Canal City Mall. Bring plenty of ¥en for great bargains on Japanese antiques.

### MCAS Iwakuni Shopping Trip

**Sunday, October 16**  
All seats \$20

### Kumamoto Castle City Day Tour

**Sunday, October 17**  
Adults \$23, 6-15 years \$16,  
5 & under \$10

### Making Pottery in Arita

**Wednesday, October 20**  
Adults only \$35

### Nagasaki City Day Tour

**Saturday, October 23**  
Adults \$20, 6-17 years \$14,  
5 & under \$8

### Hiroshima & Miyajima Overnight Trip

**Sunday, October 24-Monday,  
October 25**

12 years and up \$120

Note: Children under 12 years of age not recommended for this trip.

### Mitsui Greenland Amusement Park

**Sunday, October 24**  
Adults \$30 (over 120 cm),  
3-15 years \$22 (120 cm & under),  
2 & under \$14

This amusement park has attractions for all ages. You can head down Dragon River and flow with the rapid swirling streams, climb aboard the 350 foot high Ferris wheel and swoosh down one of many roller coasters the park has to offer. Bring extra ¥en for the rides.

### Kumagawa Boat Ride & Kjusendo Caves

**Saturday, October 30**  
Adults \$40, 6-15 years \$25,  
5 & under \$15

### Marine World & Costco Wholesale, Torius Shopping Mall

**Sunday, October 31**  
Adults \$25, 6-14 years \$15,  
5 & under \$10

### Meriham Village

**Sunday, October 31**  
Adults \$12, 3-15 years \$10,  
2 & under \$5

# November At-A-Glance

**Friday, November 5 - Eagles Concert, LIVE in Fukuoka Dome**  
All seats \$115

**Saturday, November 6 & Sunday, November 7 - Saga Balloon Festival**  
All seats \$12

**Saturday, November 6 - Bio Park Interactive Zoo**  
Adults \$15, 12-17 years \$10, 4-11 years \$8, 3 & under \$4

**Sunday, November 7 - Kitty Land Amusement Park**  
Adults \$30, 12-18 years \$20, 4-11 years \$18, 3 & under \$5

**Wednesday, November 10-Saturday, November 13 - Kyoto 4 Days & 3 Nights**  
Adults \$85, 13-17 years \$65, 12 & under \$55

**Thursday, November 11 - Acorn Village**  
Adults \$15, 12-18 years \$10, 4-11 years \$8, 3 & under \$4

**Thursday, November 11 - Yoshinogari Historic Restoration & Kurume City Tour**  
Adults \$15, 6-15 years \$10, 5 & under \$5

**Saturday, November 13 - Hirado City Day Tour**  
Adults \$16, 6-17 \$10, 5 & under \$5

**Sunday, November 14 - Mt. Aso & Kurokawa Spa**  
Adults \$30, 12 & under \$20

**Sunday, November 14 - Space World Amusement Park**  
Adult \$30, 4-11 \$20, 3 & under \$5

**Wednesday, November 17 • Saturday, November 27 • Sunday, November 28**  
**Dazaifu Antique Bazaar**  
All seats \$12

**Wednesday, November 17 - Making Pottery in Arita**  
All seats \$35

**Friday, November 19**  
**PGA Dunlop Phoenix Golf Tournament in Miyazaki**  
All seats \$60

**Saturday, November 20 - Shimabara Unzen & Hot Spa**  
Adults \$30, 6-12 \$18, 5 & under \$13

**Saturday, November 20 - Hawks Town & Canal City Shopping Trip**  
All seats \$12

**Sunday, November 21 - MCAS Iwakuni Shopping Trip**  
All seats \$20

**Thursday, November 25 - Thanksgiving Day**  
**Costco Wholesale, Torius Shopping Trip**  
All seats \$12

**Thursday, November 25 - Thanksgiving Day**  
**Mitsui Greenland Amusement Park**  
Adults \$30 (over 120 cm), 3-15 years \$22 (120 cm & under), 2 & under \$14

**Saturday, November 27 - Marinoa Outlet Shopping & Asahi Beer Factory Tour**  
All seats \$15

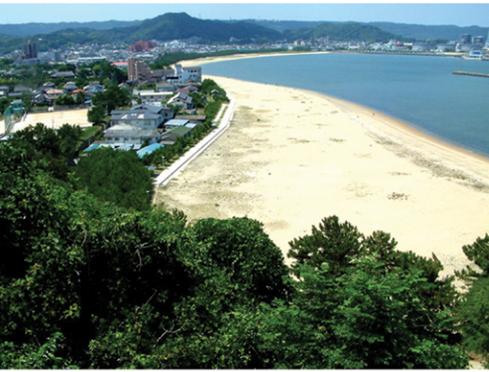
**Sunday, November 28 - Chelsea Premium Outlet Shopping Trip**  
All seats \$12

## UPCOMING OVERNIGHT TRIPS

**Sunday, October 24 - Monday, October 25 - Hiroshima & Miyajima**  
Adults/12 & older \$120  
*Sign-up now.*

**Wednesday, November 10 - Saturday, November 13 - Kyoto 4 Days & 3 Nights**  
Adults \$85, 13 - 17 \$65, 12 & under \$55  
*Sign-ups begin on September 13.*

# Karatsu



The name Karatsu comes from the Japanese term 'kara' (referring to China) and 'tsu' (port).

The area of Kyushu known as Karatsu, stretching along the rugged Higashi Matsu-ura-hanto Peninsula coastline of northwestern Saga, boasts some spectacular scenic sights you should experience during your tour in Japan. The name Karatsu comes from the Japanese term 'kara' (referring to China) and 'tsu' (port), which is appropriate since Karatsu once served as a bustling trading port with China. Many merchants also exchanged goods with Korea, hence the heavy Korea cultural influence found there. Today, thousands of tourists board sightseeing boats every summer to see the many spectacular high cliffs and explore a string of deep coastal caverns, (called Kaishokudo), created by years of erosion from raging waves of Genkai-Nada (Sea of Genkai). Some sightseeing boats actually go through some of these caves. Karatsu is also world famous for Karatsu pottery with many potteries open to the general public. True Karatsu pottery comes in a wide variety of glazes ranging from earthy buff tones to deep ocean blues.

Karatsu pottery is famous throughout Japan and the world with many collections located in major museums worldwide. Karatsu is also known as a 'castle town' and features numerous Edo period castles along the Matsuura River for visitors to explore. The city boasts of many other interesting places to see and things to do. Be sure to bring your camera for great photo ops. The Sasebo MWR

Travel & Tours Office frequently offers day trips to Karatsu (next one is scheduled for Saturday, September 18) at a cost of only \$16 for adults, \$12 for children 4 – 14 years old and \$6 for youngsters 3 & under. Call the Travel & Tours Office at 252-3433 for more information.



MWR IS NOT JUST A JOB...

**It's A**

**CAREER!**

**REGULAR FULL-TIME POSITIONS:**

**Child Development Center (HV), SSN Required**  
Education Aid (CDC), GSE-02, \$8.42 per hour,  
GSE-03, \$9.18 per hour, GSE-04, \$10.31 per hour.  
Until Filled.

**Library**

Library Aid, NF-01, \$6.00 per hour: Open until filled.

**Personnel Office**

Clerk-Typist, NF-01, \$7.00 per hour. Until filled.

**FLEXIBLE POSITIONS:**

**Child Development Center (HV/MB),**

SSN Required

Education Aid (CDC), GSE-02, \$8.42 per hour,  
GSE-03, \$9.18 per hour, GSE-04, \$10.31 per hour.

**Youth/Teen Center, SSN Required**

Recreation Aid, NF-01, \$8.42 per hour  
(Teen/Pre-Teen Programs and  
School Age Care Programs)

Recreation Aid (Summer), NF-01, \$6.50 per hour  
(Not to exceed 6 months)

**Bowling Center**

Service Counter Attendant (Food), NF-01, \$7.50 per hour

**Theater**

Motion Picture Projectionist, NA-05, \$9.12 per hour, (HV)  
Snack Bar Clerk, NF-01, \$6.00 per hour, (HV)  
Ticket Seller, NF-01, \$6.00 per hour, (MB)

**Sailing Center**

Recreation Asst (Sailing), NF-02, \$8.39 per hour  
Recreation Asst (Paintball), NF-02, \$8.39 per hour

**Fitness Center**

Recreation Assistant (Physical Fitness),  
NF-02, \$8.39 per hour (MB only)

**Galaxies**

Bar Assistant, NA-02, \$7.91 per hour  
Cashier, NF-01, \$7.50 per hour  
Club Operations Assistant (Duty Manager),  
NF-02, \$8.39 per hour  
Service Counter Attendant (Food), NF-01, \$7.50 per hour

**Harbor View Club**

Cook (Duty Location: CDC Main Base),  
NA-04, \$9.58 per hour.  
Club Operations Assistant (Duty Manager),  
NF-02, \$8.39 per hour  
Service Counter Attendant (Food), NF-01, \$7.50 per hour

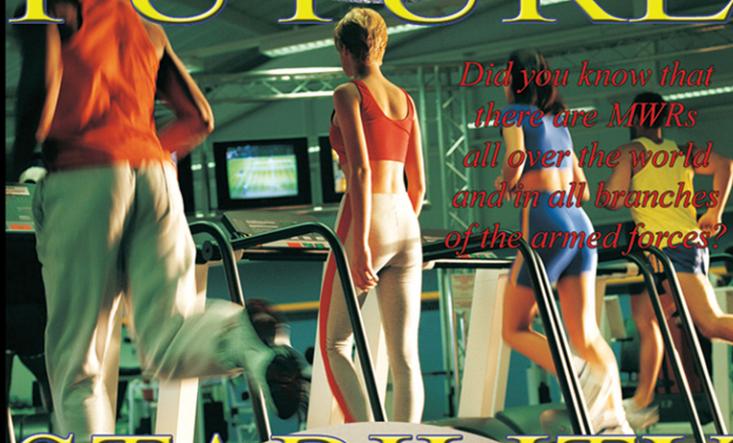
Job listings was current at time of publication.

**For more information, call MWR Personnel at 252-2904.**



*Did you know  
that MWR will train  
you and offer you the  
tools you need for a  
successful career?*

**FUTURE**



*Did you know that  
there are MWRs  
all over the world  
and in all branches  
of the armed forces?*

**STABILITY**



**ADVANCEMENT**



Interested family members of active duty military and DoD civilian personnel, and active duty enlisted military personnel who desire employment during off duty hours are encouraged to submit a MWR employment application or SF-171 (application for federal employment) to the MWR Personnel Office. For additional information please call 252-2904 or visit the MWR Personnel Office located on the 2nd floor of building 47, in front of the bowling center. All selected applicants are required to enroll in the MWR direct deposit program. Management reserves the right to cancel vacancy announcements at any time during the recruitment process.

The Department of the Navy is an equal employment opportunity employer. All qualified candidates will receive consideration without regard to race, color, religion, sex, national origin, age, disability, marital status, political affiliation, sexual orientation or any other non-merit factor.



## SEA KAYAKING CLASS

**\$35**

Saturday, September 4  
 Sunday, September 12  
 Friday, September 24  
 Saturday, October 9  
 Sunday, October 17  
 Friday, October 29  
 10 a.m.-4 p.m.



## Basic Sailing Class

**\$35**

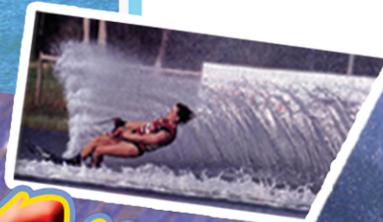
Sunday, September 5 & 26  
 Friday, September 10  
 Sunday, October 3  
 Friday, October 15  
 Saturday, October 23  
 10 a.m.-4 p.m.



## Waterskiing

**\$15**

Saturday, September 11  
 10 a.m.-2 p.m.



### POWERBOAT SAFETY CLASS • \$25

Monday, September 13, 20, 27, October 4, 11, 18, 25  
 4-6 p.m.

### RV CERTIFICATION • \$25

Thursday, September 2, 9, 16, 23, 30, October 7, 14, 21, 28  
 4-6 p.m.

## SASEBO WATER TOUR



**\$12**

Saturday, October 2  
 1-3 p.m.





## SEA KAYAKING CLASS

**\$35**

Saturday, September 4  
Sunday, September 12  
Friday, September 24  
Saturday, October 9  
Sunday, October 17  
Friday, October 29  
10 a.m.-4 p.m.



## Basic Sailing Class

**\$35**

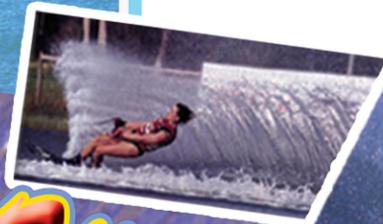
Sunday, September 5 & 26  
Friday, September 10  
Sunday, October 3  
Friday, October 15  
Saturday, October 23  
10 a.m.-4 p.m.



## Waterskiing

**\$15**

Saturday, September 11  
10 a.m.-2 p.m.



### POWERBOAT SAFETY CLASS • \$25

Monday, September 13, 20, 27, October 4, 11, 18, 25  
4-6 p.m.

### RV CERTIFICATION • \$25

Thursday, September 2, 9, 16, 23, 30, October 7, 14, 21, 28  
4-6 p.m.

## SASEBO WATER TOUR

**\$12**

Saturday, October 2  
1-3 p.m.





## Labor Day Weekend Softball Tournament

**Saturday, September 4, 8 a.m.**

Competition held at Nimitz Park. Rosters Due to the Fleet Center Office by Tuesday, August 31.

Tournament format is double elimination. Team trophies will be awarded to top 3 teams, with individual trophies presented for MVP, Best Defensive Player, Best Hitter and Sportsmanship.

## Pre-Hirado 5K

**Saturday, September 4, 9 a.m.**

Race begins in front of the USO in Nimitz Park. Snacks and drinks will be provided. Register at the Fleet Fitness Center by Wednesday, September 1 or late sign-ups will be accepted on race day at race site. Awards given to the top 3 runners in male and female divisions.

## Labor Day Golf Tournament

**Monday, September 6**

**First Tee Off 7:30 a.m.**

At Mikawachi Golf Course. Entries due by Wednesday, September 1 to the Fleet Fitness Center. Modified Stableford scoring will be used in this singles golfing tournament. Awards go to the top golfer in each handicap flight plus closest to pins, longest drives and gorillas. Sign up early to reserve a spot. \$5 entry fee plus course green fees. Contact Fleet Fitness Center for exact prices.



## FREE Late Night Madness Dive-In Movies

**Friday, September 10, 8 p.m.**

Main Base Swimming Pool. Sponsored by Liberty and MWR Sports & Fitness. Enjoy a "cool" movie while sitting in cool waters in an inner tube! Snacks and drinks will be provided. Prizes for various games such as: inner tube races, biggest splash, hula-hoop, best swimwear and many more!

Open to adults  
(18 & over and out of High School) only!

## Mini Triathlon

**Sunday, September 12, 8:30 a.m.**

Main Base Swimming Pool. Entries are due to the Fleet Fitness Center by Wednesday, September 8. Event will begin in the pool with a 500m swim followed by a 15K bike ride and a 4K jaunt across the base. Awards will be presented to the top 3 finishers in male and female divisions.

## Captain's Cup Team Tennis Tournament

**Monday, September 13, 5:30 p.m.**

Entries due to the Fleet Fitness Center by Wednesday, September 8 with a mandatory coaches meeting on Thursday, September 9, 5:30 p.m. Teams consist of 4 players, 2 singles and a doubles team. Tournament will be round robin followed by single elimination. Awards will be presented to the top three teams.



In Honor  
of Our  
Heroes

## POW/MIA Horseshoe Tournament

**Friday, September 17, 5:30 p.m.**

Nimitz Park is the place to be! Help us remember our POWs and MIAs by showing up to enjoy some "grub" and throw some "shoes". Teams consist of 2 people. Team entries due to the Fleet Fitness Center Office by Tuesday, September 14. Awards given to top 2 teams.

## POW/MIA Golf Tournament

**Saturday, September 18**

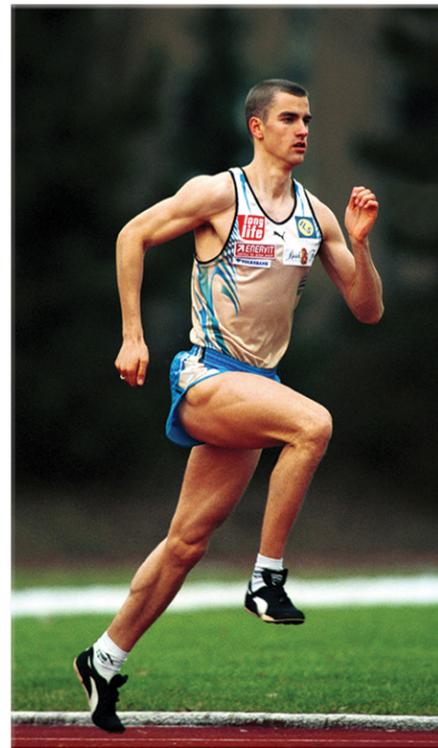
**First Tee Off 7:30 a.m.**

Tourney held at Tsukumo Golf Course. Entries due to the Fleet Fitness Center Office by Tuesday, September 14. Tournament format will be a Singles Handicap. Awards presented to top golfer in each handicap flight, plus closest to pins, longest drives and gorillas. Sign-up today at Fleet Fitness Center to reserve a spot.

\$5 entry fee per person plus green fees. Contact the Fleet Fitness Center for exact prices.

## Captain's Cup Inner Tube Water Polo

**Friday, September 24, 7:30 p.m.**  
Event held at Main Base Pool. Cool down and have some fun in this 7 person team sport! Team entries due to Fleet Fitness Center by Wednesday, September 22. Coaches meeting is Thursday, September 23, in the Fleet Fitness Center Office at 5:30 p.m. Awesome Captain's Cup Event. Make sure your Command is represented!



## Pre-Hirado 10K

**Saturday, September 25, 9 a.m.**  
Event held at USO in Nimitz Park. Race is the final event before the Hirado Half-Marathon in October. Register at Fleet Fitness Center by Wednesday, September 22. Late sign-ups will be accepted on race day at race site. Awards presented to the top 3 runners in male and female divisions.

## 3-on-3 Sand Volleyball

**Sunday, September 26, 1 p.m.**  
Nimitz Park Sand Volleyball Court. Entries Due to the Fleet Fitness Center by Thursday, September 23. Come and join us in catching the last few rays of sun before fall arrives. Awards go to the top two teams, plus best offensive player and best defensive player. Teams must consist of 3 people.



## Hirado Half Marathon Run Sunday, October 3, 10 a.m.

Run the Hirado Half Marathon!  
 Transportation to and from  
 Hirado is provided by MWR.  
 Departure: 8 a.m.

Fees: ¥3,000 Half Marathon, ¥2,000  
 for 5K and ¥1,000 for 10K walk.  
 Entries due to Fleet Fitness Center  
 by close of business on Friday,  
 September 10.

## Late Night Madness Floor Hockey Tournament

Friday, October 8, 8 p.m.-Midnight  
 At Fleet Fitness Center.  
 Sign-up at the Fleet Fitness Center  
 by Monday, October 4.

## Columbus Day 5K Discovery Run

Monday, October 11, 11:30 a.m.  
 Race starts at the Spare Time  
 Recreation Fitness Center.

Columbus found his way . . . now it's  
 your turn. Clues will be given at  
 checkpoints throughout the course  
 and you must decipher them to  
 determine your next stop. Awards  
 will go to the first to "Discover  
 America" in male and female  
 divisions. Register at the Fleet  
 Fitness center by Wednesday,  
 October 6. Good luck!

## Captain's Cup Indoor Soccer

Saturday, October 9, 9 a.m.  
 Held at Fleet Fitness Center.  
 Team entries due to Fleet Fitness  
 Center by Wednesday, October 6.  
 Four player teams. 2004 Captain's  
 Cup points will be awarded.

## Columbus Day Weekend Golf Tournament

Saturday, October 9.  
 7:30 a.m. Tee Off

Held at Tsukumo Golf Course.  
 Tournament format will be Singles  
 Handicap with a FUN twist! Each  
 player will receive 1 yard of string to  
 use throughout the day to better his  
 or her lies. Sign up early at the Fleet  
 Fitness Center to reserve a spot.  
 Awards will go to the top golfer in  
 each handicap flight plus closest to  
 pins, longest drives and gorillas. \$5  
 entry fee per person plus green fees.  
 Contact the Fleet Fitness  
 Center for exact prices.

## Domestic Violence Awareness 3K Run

Friday, October 22, 11:30 a.m.

Race starts at the Fleet & Family  
 Support Center. Come out and show  
 your support for Domestic Violence  
 Awareness Month. Register at Fleet  
 Fitness Center by Tuesday,  
 October 19. Late sign-ups will be  
 accepted. Awards presented to the  
 top 3 finishers in the male and  
 female divisions.

## Captain's Cup Team Racquetball Tournament

Monday, October 18, 5:30 p.m.

Tournament begins Monday, October  
 18. Entries due to the Fleet Fitness  
 Center by Wednesday, October 13.  
 Teams consist of 4 players (two  
 singles and a doubles team).  
 Tournament will be round robin  
 followed by single elimination.  
 Awards will be presented to the  
 top three teams.  
 Captain's Cup points awarded.



## Sasebo vs. Iwakuni "Home" Golf Tournament

Saturday, October 23.  
 7:30 a.m. Tee Off

Tournament held at Tsukumo Golf  
 Course. Help defend our home  
 course against MCAS Iwakuni!  
 Register early to guarantee a spot  
 (20 golfers max).  
 \$5 fee is required at time of  
 registration plus  
 green fees at the course.

## Running Scared 3K Walk

Thursday, October 28, 6:30 p.m.

Walk begins at the Fleet Fitness  
 Center. Come dressed in your best  
 Halloween Costume. This "Haunted  
 House" style walk is geared towards  
 parents and their children-but  
 everyone is welcome. Walk will be  
 full of scary monsters and  
 trick-or-treat candy stops.  
 Participants will be given a glow  
 stick to walk with. Awards  
 presented for most creative and  
 scariest costume in each division.

Divisions:

Infant (3 & under), Child (4-6),  
 Youth (7-12), Teen (13-17),  
 Adult (18-35) and  
 Masters (36 & over).

So come with a sweet tooth  
 and dress to impress.

Sign up 30 minutes prior to walk.



## 3rd Annual Hall-O-Scream One Pitch

Softball Tournament

Saturday, October 30, 9 a.m.

Held at Nimitz Park.

Entries due to the Fleet Fitness  
 Center Office by Tuesday,  
 October 26.

Each batter gets 1 pitch to either hit,  
 strike out or walk!

Tournament is double elimination.

## Sasebo vs. Iwakuni "Away" Golf Tournament

Travel: Friday, October 15, 5 p.m.

Play: Saturday, October 16

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

## SEPTEMBER

# 11<sup>th</sup> Frame SNACK BAR



All specials are served  
Monday- Friday 11 a.m. - 5 p.m.  
(Except on Maintenance Days)

TOURNAMENTS

### Cat & Dog Bowling Tournament Friday, September 3, 6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 4 games of 9-Pin No Tap Bowling, men vs. women. Highest total pinfall determines winner. Total number of participants determines prize money.

### Labor Day 9-Pin No Tap Tournament Monday, September 6, 12 p.m.

\$20 per person (18 years or older)

Tournament consists of 4 games of 9-Pin No Tap Bowling. Sign-up by Thursday, September 2 at the Spare Time Recreation Center. Door prizes and special tic-tac-toe game too!

### 3-6-9 Bowling Tournament Saturday, September 11, 6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike. Highest total pinfall determines winner. Total number of participants determines prize money.

### No Tap Special Tournament Friday, September 17, 6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 4 games as follows:

- Game 1: Scratch
- Game 2: 7-Pin No Tap
- Game 3: 8-Pin No Tap
- Game 4: 9-Pin No Tap

Highest total pinfall determines winner. Total number of participants determines prize money.

### 3-6-9 Bowling Tournament Saturday, September 25, 6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike. Highest total pinfall determines winner. Total number of participants determines prize money.

### Military in Uniform Bowl for Free!

Monday - Friday • 11 a.m. - 1 p.m.

Come on down to the Spare Time Recreation Center during your lunch time and have some fun with your friends. If you are in uniform, your games are free, all you have to do is rent your shoes.

### Red Pin Bowling Every Tuesday

1 p.m. - Closing

Roll a strike with a Red Head Pin and win that game free. Roll a second Red Head PinStrike in the same game and receive a free game coupon



Mondays
French Onion Burger, French Fries and Soda, \$4.50 6 oz. beef patty topped with grilled onions and Monterey Jack cheese. Served on an onion roll. Choose from regular or curly fries. May substitute fries with coleslaw or chips.
Tuesdays
Demon Burger, French Fries and Soda, \$4.50 6 oz. beef patty topped with grilled onions, Monterey Jack cheese and spicy Jalapenos. Choose from regular or curly fries. May substitute fries with coleslaw or chips.
Wednesdays
Taco Burger, French Fries and Soda, \$4.50 6 oz. beef patty topped with lettuce, American cheese and salsa. Choose from regular or curly fries. May substitute fries with coleslaw or chips.
Thursdays
Hawaiian Burger, French Fries and Soda, \$4.50 6 oz. beef patty topped with pineapple, green pepper, slice of ham, and Monterey Jack cheese. Choose from regular or curly fries. May substitute fries with coleslaw or chips.
Fridays
Club Sandwich, French Fries and Soda, \$4.50 Not two but THREE slices of bread layered with turkey, lettuce, tomatoes, onions, Swiss cheese and American cheese. Choose from regular or curly fries. May substitute fries with coleslaw or chips.

# 11<sup>th</sup> Frame

## SNACK BAR

# Spare Time Recreation Center

252-3634

# OCTOBER

daily specials

All specials are served  
Monday - Friday 11 a.m. - 5 p.m.  
(Except on Maintenance Day)

MON

### Grand Prix Burger, French Fries and Soda, \$4.50

6 oz. beef patty topped with mushrooms, garlic, butter sautéed onions and two slices of American cheese.

Choose from regular or curly fries.  
May substitute fries with coleslaw or chips.

TUE

### Yaki Chicken Salad, Soup of the Day and Soda, \$5.50

Fresh bed of crisp lettuce adorned with flavorful grilled yaki chicken, tomatoes and green peppers topped with fried Chow Mien noodles.

WED

### Patty Melt Burger, French Fries and Soda, \$4.50

6 oz. beef patty topped with grilled onions and sharp Swiss cheese. Served on Rye bread. Choose from regular or curly fries.  
May substitute fries with coleslaw or chips.

THU

### Lumpia with Fried Rice and Soda, \$5.50

Deep fried lumpia made with ground beef, carrots, onions and green peppers. Served with fried rice and tangy sweet and sour sauce.

FRI

### Western Bacon Burger, French Fries and Soda, \$4.50

6 oz. beef patty topped with cheese, grilled onions, green peppers, bacon strips and tangy BBQ sauce.

Choose from regular or curly fries.

May substitute fries with coleslaw or chips.

SPECIAL

### Couples Nite Every Thursday 4 p.m. - Closing

Couples bowl for \$2 per game and 75¢ for shoes.

### Family Day Every Sunday 11 a.m. - 4 p.m.

Children 12 years & under bowl free when parent(s) bowl at regular open rates.

# tournaments



### Cat & Dog Bowling Tournament Friday, October 1

6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 4 games of 9-Pin No Tap bowling, men vs. women.

Highest total pinfall determines winner.

Total number of participants determines prize money.

### 3-6-9 Bowling Tournament Saturday, October 9

6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

Highest total pinfall determines the winner.

Total number of participants determines prize money.

### No Tap Special Tournament Friday, October 15

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 4 games as follows:

Game 1: Scratch

Game 2: 7-Pin No Tap

Game 3: 8-Pin No Tap

Game 4: 9-Pin No Tap

Highest total pinfall determines winner.

Total number of participants determines prize money.

### 3-6-9 Bowling Tournament Saturday, October 23

6:30 p.m.

\$15 per person (18 years or older)

Tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

Highest total pinfall determines winner.

Total number of participants determines prize money.

### Kidz Monster Bash 9-Pin No Tap Tournament Friday, October 29

6 p.m.

\$10 per person

Tournament consists of 3 games of 9-Pin No Tap bowling.

Prizes will be presented to winners in each age group.

Age groups: 5 & under, 6-10, 11-12 and 13-18.

Lucky drawings and special Tic-Tac-Toe game.

Bowl in costume and receive a free prize!

**Everybody's a winner!**



BRING IN YOUR  
LAPTOP AND  
SURF THE WEB!

WIRELESS  
INTERNET NOW  
AVAILABLE  
AT THE  
LIBERTY CENTER.

**Hiroshima & Miyajima  
Overnight  
Saturday & Sunday,  
September 4-5  
8 a.m.**

**\$35**

*Return Sunday,  
September 5 at 9 p.m.  
Includes transportation, hotel and  
all entrance fees.  
Bring Yen for food and souvenirs.*

**Shimabara Day Tour  
Saturday, September 11  
9:30 a.m.- 5 p.m.**

**\$15**

*Includes transportation,  
trolley ticket,  
Earthquake ride and castle.  
Bring Yen for food and souvenirs.*

**Hirado Day Tour and  
Haiyafujin Festival  
Sunday, September 19  
10 a.m.-6 p.m.**

**\$10**

*Includes transportation, entrance  
to castle, and Saikyoji Temple.  
Bring Yen for food and souvenirs*

**Free Movie Night  
Thursday, September 23  
7 p.m.**

*Enjoy watching a Liberty  
premiere movie with  
complimentary popcorn and  
beverages.*

**Karatsu Cave Exploration  
Sunday, September 26  
10 a.m.-4 p.m.**

**\$10**

*Includes transportation and  
helmet with a light.  
Bring Yen for food.*



**FREE Pool  
Tournament**

**Monday,  
September 13  
& September 27  
7 p.m.**

**Compete for  
prizes at  
Galaxies.**

**Daiei Hawks vs. Osaka Kintetsu  
Buffaloes Professional Baseball Game  
Fukuoka Dome  
Sunday, September 12  
10 a.m.-7 p.m.**

**\$25**

*Includes transportation and ticket.  
Bring Yen for food and souvenirs.  
LIMIT 10 TICKETS*

**Big Air Fukuoka Indoor Snowboarding  
Saturday, September 18  
10 a.m.-3 p.m.**

**\$40**

*Includes transportation, entrance fees and rental of  
equipment. Bring Yen for food and souvenirs.*



**Kumamoto Castle  
& City Tour  
Saturday, September 25  
9 a.m.-6 p.m.**

**\$10**

*Includes transportation and  
entrance fees.  
Bring Yen for food and  
souvenirs.*

## Ubuyama Ranch Mountain Biking Saturday, October 2 • 9:30 a.m.-5:30 p.m

**\$15** Includes transportation, mountain bike and BBQ.  
Bring Yen for other activities at the Ranch.

## Sunset Jazz Festival in Huis Ten Bosch October 10 • Noon-8:30 p.m.

**\$35** Includes transportation and entrance to Jazz Festival.  
Bring Yen for food.

## Nagasaki Day Tour Saturday, October 16 • 9 a.m.-8 p.m.

**\$15** Includes transportation and entrance fees.  
Bring Yen for food and souvenirs.

## Mt. Aso Tour Saturday, October 23 • 9 a.m.-6 p.m.

**\$15** Includes transportation and trolley ticket.  
Bring Yen for food and souvenirs.

## Omura Circuit Go-Cart Racing Sunday, October 24 • 10 a.m.-5 p.m.

**\$30** Includes transportation and 14 laps.  
Bring Yen for more laps and food.



## Space World Amusement Park Saturday, October 9 9 a.m.-7 p.m.

**\$25**  
Includes transportation and entrance fees.  
Bring Yen for food and souvenirs

## Horseback Riding

### in Hirado

Sunday, October 3  
9 a.m.-2 p.m.

**\$40**

Includes transportation and riding fees. Bring Yen for food.



Halloween  
Haunted  
House  
in Hario  
Saturday,  
October 30

Exciting details  
to follow.



## Chinese Style Kick Boxing Sunday, October 17

In Nagasaki

**\$5**

Time to be determined.  
Includes transportation and ticket.  
Bring Yen for food and souvenirs

# Youth Sports



252-8963

Register at Fleet or Hario Fitness Centers.

Builds Self-esteem  
Sportsmanship  
Teamwork  
Increased Fitness  
Builds Self-esteem  
Sportsmanship  
Teamwork  
Increased Fitness  
Builds Self-esteem  
Sportsmanship  
Teamwork  
Increased Fitness  
Builds Self-esteem

## FLAG FOOTBALL & CHEERLEADING

Registration Begins: September 20  
Registration Ends: October 15  
Season Runs November 6-December 18

## BASKETBALL & CHEERLEADING

Registration Begins: November 22  
Registration Ends: December 17  
Season Runs January 15-March 19

**REGISTRATION INFORMATION:**  
\$30 without PAYS membership  
\$25 with PAYS membership  
**LATE REGISTRATION:**  
\$55 without PAYS membership  
\$50 with PAYS membership

PAYS Web Address:  
<http://paysonline.nays.org>  
Chapter: AP-CFASJapan  
Code: 1135

Participation in Youth Sports is encouraged for all eligible youth in our Sasebo community.  
**VOLUNTEERS MAKE PROGRAMS WORK!**  
We encourage all adult community members to "make a difference" in the quality of life of our youth.

*Coming this Spring... Swimming & Baseball Leagues.*



Not Just Child's Play





BOYS & GIRLS CLUBS  
OF SASEBO



Ages 5 - 9 years of age

252-2989/252-8866

Boys & Girls  
Clubs of Sasebo

# Youth Center

## Juli Platz Indoor Water Park

**Saturday, September 25**  
9 a.m.-4:30 p.m.

¥600 entrance fee  
\$6 transportation fee

Register by Wednesday,  
September 22

- Bring 2 snacks and a lunch.

Let's all have fun at Juli Platz and cool off!  
Enjoy various water activities, water slides and hot baths.

Don't forget to bring extra ¥en for souvenirs.  
Need 10 sign-ups to avoid cancellation.



## Bio Park Interactive Zoo

**Saturday, October 9**  
9 a.m.-4 p.m.

¥700 entrance fee  
\$5 transportation fee

Register by Wednesday,  
October 6

- Pack a sack lunch and 2 snacks.
- Bring extra ¥en to buy food for the monkeys and souvenirs.

*Come and discover  
animals from all around  
the world.*



Photo by: Mike DeMauro

Visit the Tropical Dome, see hippopotamus', lemurs, giraffes, wallabies and much more.

Need 10 sign-ups to avoid cancellation.



Photo by: Mike DeMauro



## Harvest Social

**Saturday, October 30**  
5:30 p.m.-8:30 p.m.

@ the Hario Youth Center  
\$2 fee

Register by Wednesday,  
October 27

Join your friends for an evening of thrilling suspense. Enjoy games, food and beverages.

There will be prizes for the best costume!



### Lock-In Party

**Friday, September 3**  
**@ 8 p.m. 'til 8 a.m. on**  
**Saturday, September 4**  
Main Base and Hario  
Pre-Teen Centers  
\$3

Register by Wednesday,  
September 1

Let's play the night away!

Tag along and have fun with us 'til the wee hours of the morning. Play your favorite games and groove to the latest tunes.

Snacks and breakfast provided.  
15 pre-teens needed to avoid cancellation.



### Papio Ice Skating

**Saturday, October 16**  
9 a.m.-5 p.m.  
Main Base and Hario  
Pre-Teen Centers  
¥1130 entrance fee  
(Skate rental included)  
\$5 transportation fee

Register by Wednesday, October 13  
Come and have fun on the ice.  
Brush up on your ice skating skills with your friends.

Don't forget to bring extra ¥en for food and souvenirs.  
10 pre-teens needed to avoid cancellation.



### Birthday Bash

**Saturday, September 25 & October 30**  
5-7 p.m.

Main Base and Hario  
Pre-Teen Centers  
Free!

If you're a September or October Birthday guy or gal... come join the celebration with us! Bring yourself and your friends for free cake and ice cream.



### Freaky Friday Dance

**Fridays, September 17 & October 8**  
5-8 p.m.

Main Base and Hario  
Pre-Teen Centers  
\$3

Come and join us for this exciting event. Show your new dance moves with friends and dance 'til ya' drop. We have lots of food, games and prizes.

15 pre-teens needed to avoid cancellation.



### Movie Night

#### FREE Movie Night

**Friday, September 10 & October 2**  
5-8 p.m.

Main Base and Hario  
Pre-Teen Centers

Spend an enjoyable evening watching your favorite movie with your friends.

Special requests accepted prior to viewing day.  
(Rated G, & PG only)



### Pool Tournament

**Friday, September 24 & Saturday, October 23**  
5-7 p.m.

Main Base & Hario  
Pre-Teen Centers  
Register by Wednesday,  
September 22 &  
Thursday, October 21  
\$1

Come show off your billiard skills! Try your luck in the 8 and 9 ball tournaments and win some cool prizes.  
10 pre-teens needed to avoid cancellation.



### Space World Amusement Park

**Saturday, September 11**  
7:30 a.m.-6:30 p.m.

Main Base and Hario  
Pre-Teen Centers  
¥2800 entrance fee  
\$7 transportation fee  
Sign-up by Wednesday,  
September 8

Enjoy local amusement park fun with great attractions such as; roller coasters like Titans, Venus and so much more. Bring extra ¥en for food and souvenirs.

15 pre-teens needed to avoid cancellation.



## HALLOWEEN COSTUME CONTEST

**Friday, October 29,**  
5-8 p.m.

at the Hario Community Center  
\$3

Register by Wednesday, October 27

Are you ready to have a wickedly good time? Come in your best ghoulish costume.

*Most creative costume wins a prize.*

10 pre-teens needed to avoid cancellation.



**Karaoke Night • Free!**  
Thursdays, September 9 & October 7  
5-8 p.m.

Main Base & Hario  
If you have a desire to sing, bring a friend and perform your favorite tunes.

**Movie Night**  
Fridays, September 17 & October 15  
7-11 p.m.  
\$1

Main Base & Hario  
Come and unwind with friends by watching your favorite movies.  
Requests may be made prior to viewing (PG and PG-13 ratings only).

**Video Challenge**  
Mondays, September 6 & October 11  
5-7 p.m.  
\$1

Main Base & Hario  
Register by Wednesday, August 30 and Wednesday, October 6.  
Put your fingers to great fun while participating in the video challenge.  
Game of choice: Supermash Brothers.  
Prizes will be given away for this event.  
Minimum of 6 participants needed to avoid cancellation.

**Birthday Bash • Free!**  
Saturday, September 25 & Saturday, October 30  
7-11 p.m.

Main Base & Hario  
If you're a September or October birthday guy or gal, then join the Teen Centers to celebrate with free cake and ice cream. Certificates, birthday pins and coupons will be given to the birthday teens.

**Mitsui Greenland Amusement Park**  
Saturday, October  
7:30 a.m.-6:30 p.m.

¥3900 entrance fee (admission & one day pass), \$12 transportation fee.  
Registration deadline is Wednesday, September 29.  
Come and have lots of fun with your friends. Mitsui Greenland has many attractions to entertain you such as a 350 ft. Ferris Wheel, bumper cars, haunted house and so much more.  
Minimum of 10 participants needed to avoid cancellation.

**Costume Party**  
Friday, October 29  
9-11 p.m.  
\$3

Hario Community Center  
Register by Wednesday, October 26.  
Join us for an exciting night of spooky games and a variety of dances to celebrate Halloween. There will be food and beverages for all and great prizes too!  
Minimum of 20 participants needed to avoid cancellation.



**Big Air Fukuoka Indoor Snowboarding Trip**  
Saturday, September 18  
9 a.m.-5:30 p.m.

¥1500 entrance fee  
¥1800 for equipment rental (1.5 Hour-Snowboard),  
\$8 transportation fee  
Register by Wednesday, September 15

Here's a trip that you have been waiting for . . . Indoor snowboarding. Come and have outrageous fun with your friends!  
Minimum of 20 participants needed to avoid cancellation.

# Hey Kids, 10 Cool Ways to Honor Your Hero!

1

Send cards or letters celebrating occasions you may not normally celebrate like St. Patrick's Day, First Day of Summer, April Fool's Day or capture the first day of school for your special hero.

2

Develop a secret code that you and your hero can use to write letters to each other. This makes writing fun and different.

3

Make a list of questions or things to ask your hero when he/she calls from overseas.

4

Mail a monthly "goodie" box to your hero filled with home-made cookies, magazines, bubbles, pictures you have made, games, etc.

5

Swap jokes with your hero and ask them to collect jokes or funny stories for you to share with your friends.

6

Record audio or video tapes to record messages or even read your favorite story to your hero. They will hear your voice or see your face and that is sure to bring a smile to their face. Ask your hero to use tapes and send messages back to you too!

7

Send your hero clippings from local papers and magazines. This keeps them informed and they will not feel so far away.

8

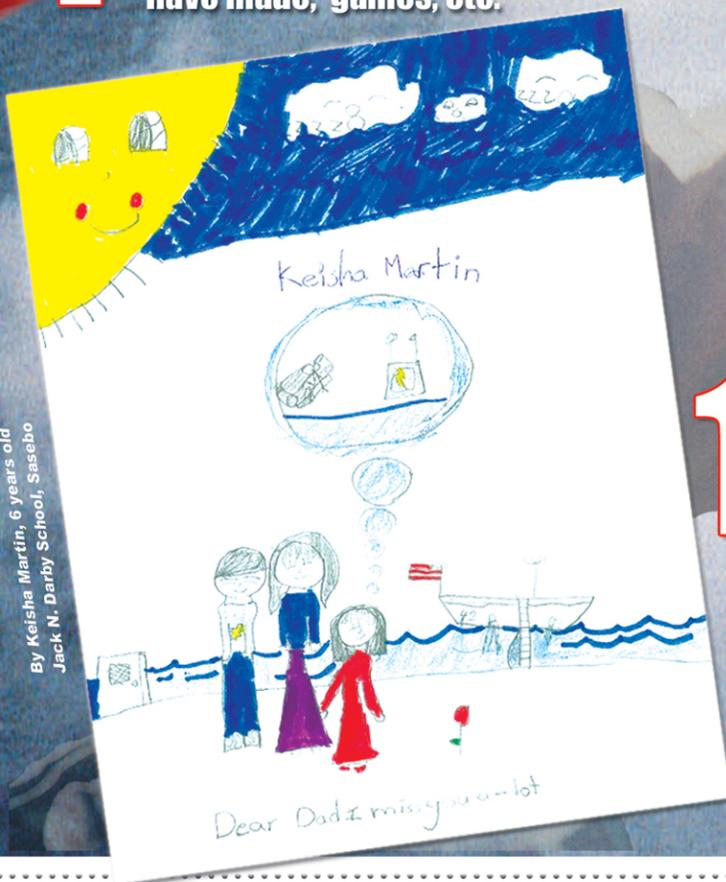
Create a crossword puzzle or word search page using a list of things you miss about your hero.

9

Keep your hero up-to-date on sports scores, new movies, new video games, music and more.....

10

Start making plans for homecoming early. Ask your hero what special things he/she would like to do when they get home.



By Keisha Martin, 6 years old  
Jack N. Darby School, Sasebo



## Shiroinji Kempo Karate

Every Saturday

9-11a.m.

5-15 years, \$21

16 & up, \$30

## Benton Karate

Monday & Thursday

5:30 p.m., White Belts

6 p.m., Kids

7 p.m., Adults

\$30 registration fee and

\$30 per month.

## FREE 3-on-3 Basketball Tourney

Saturday & Sunday,

October 16-17, 3-6 p.m.

Rosters due October 8

## Adult Golf Clinic

Tuesday, Wednesday & Thursday,

October 19-21, 10-11 a.m.

\$2

Learn the basics of putting,  
swinging with irons and woods.

## Massage Service With Junko Miyazaki

Call for appointment.

\$25-\$45 per appointment.

Offering Swedish,

Aromatherapy and

Reflexology services.

**FREE!**  
**Group Exercise**  
Mondays, Wednesdays & Fridays  
Instructor: Beth Dugan  
3:30-4:30 p.m.

## Iron Kids Duathlon

Monday, September 6  
9 years & under, 8 a.m.

50m swim, .5K run,

10-12 years, 8:45 a.m.

100m swim, 1K run

13-15 years, 9:30 a.m.

150m swim, 1.5 K run

16 years & up, 10:15 a.m.

200m swim, 2K run

## Youth Basketball Scrimmage

Friday, September 24

7-9 years 4 p.m.

10-12 years 5 p.m.



# Hario Community Center

## SWAP MEET

Saturday,  
October 9  
9-10 a.m.

\$2 per table for sellers.

Set-up begins at 8 a.m.

No early birds please.

Reserve your table at the Hario  
Community Recreation Office.



## Metabolism Booster Clinic

Wednesday, September 22, 6 p.m.

Learn basic strength, cardio training techniques  
and overall nutrition.

## Adult Tennis Tourney

Friday, October 1-Saturday, October 30

Round robin format. Entries due by September 27.

## Columbus Day 3K

Monday, October 11, 8 a.m.

Awards will be presented to the winner in  
Men's, Women's and Youth Divisions.

**HOURS OF OPERATION:**

**Monday & Tuesday: Closed**  
**Wednesday - Friday: 3 - 8 p.m.**  
**Saturday & Sunday: 12 - 6 p.m.**

**Stall** (includes workbench)  
 Hour .....\$3

**High Lift**  
 Hour .....\$5

**Low Lift**  
 Hour .....\$4

**Daily Pass** (Stall & Workbench)  
 Day .....\$10

**Monthly Pass**  
 (Stall & Workbench)  
 Month .....\$60

**Body Work Stall**  
 Hour .....\$2  
 Daily .....\$10  
 Weekly .....\$25

**Spray Paint Booth**  
 Hour .....\$2  
 Daily .....\$10  
 Weekly .....\$25

**Welding/Arc**  
 Hour .....\$2.50

**Car Wash Stall**  
 Hour .....\$2

**Vehicle Storage** (Outdoor)  
 Day .....\$2

**Vehicle Storage** (Indoor)  
 Day .....\$3

**Engine Stand**  
 (Engines only, sorry no parts storage)  
 Day .....50¢

**Engine Analyzer**  
 30 minutes .....\$2

**Cabinet Abrasive Blast System**  
 30 minutes .....\$5

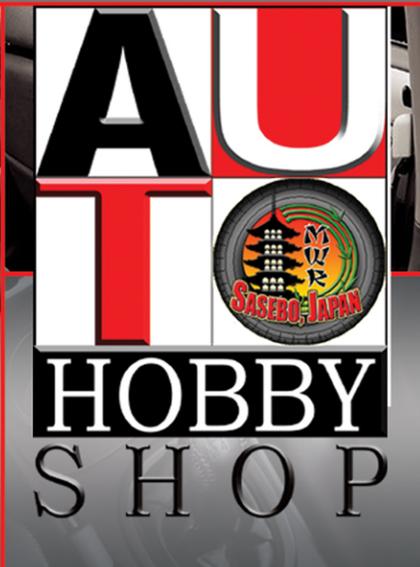
**Tire Change & Balance**  
 \$5 per wheel

**Battery Charger**  
 \$3 per battery

**Flat Repair**  
 \$5 per tire

**Stem Repair**  
 \$2 per tire

**Pressure Washer**  
 15 minutes .....\$3



For more information, call 252-2934.



# Fall Sales

- September 1-12, Furniture
- September 8-12, Fall Fashions
- September 15-19, Fall Specials
- September 15-26, Furniture
- September 15-26, Sight & Sound
- September 22-26, NEX Sale
- September 29-October 3, NEX Sale
- September 29-October 10, Furniture
- October 6-11, NEX Sale
- October 9-11, Columbus 3 Day Special
- October 13-17, Navy Birthday Savings
- October 13-24, Furniture Sale
- October 20-24, NEX Sale
- October 27-31, NEX Sale

## Toyland Grand Opening! November 1 at Four Seasons.

### OPERATIONAL HOURS

#### Vodafone

Sunday-Tuesday, 10 a.m.-6 p.m.

#### Hario Eatery

Sunday-Thursday, 11 a.m.-7 p.m.

Friday & Saturday, 11 a.m.-8 p.m.

#### Seattle's Best Coffee

7 Days a Week, 6:30 a.m.-7 p.m.

#### Hario Home Store

Monday-Friday, 11 a.m.-7 p.m.

Saturday & Sunday, 9 a.m.-8 p.m.

#### Hario Gas Station

Monday-Friday, 1-7 p.m.

Saturday, Sunday & Holidays, 8 a.m.-3:30 p.m.

#### Uniform Center/Tailor Shop

Monday-Saturday, 10 a.m.-6 p.m.



## Did You Know Your Navy Exchange Offers....

- FREE Hemming Program •
- Full Typhoon Supply Center •
- Full Seasonal Auto Maintenance at Autoport •
- Employment Opportunities •

## September Birthstone: Sapphire October Birthstone: Opal

NEX FINE JEWELRY DEPARTMENT OFFERS A FULL SELECTION OF ALL BIRTHSTONES WITH ONE-OF-A-KIND SETTINGS.

## September Flower: Snapdragon October Flower: Gerbera Daisy

Flower Shop now offers a broader selection at affordable prices. See the daily bouquets at the Autoport, Mini-mart or Personalized Services in the Fleet Exchange. Special order bouquets are also available to fit your budget and occasion. Don't forget to adorn your next flower arrangement with one of our specialty balloons.



The  
Fleet & Family Support  
Center



Meeting Your Needs at Home and at Sea

#### Financial Classes

For more information, contact Maria McCalister, 252-3121.

#### New Parent Support Classes

For more information, contact LaDonna Kolman, 252-3107.

#### Life Skills Development Classes

For more information, contact Natsuno Jinguji, 252-3100.

#### Relocation Assistance Program

For more information, contact Charles Howard, 252-3101.

#### Transition Assistance Management Program

For more information, contact William Years, 252-3114.

#### Cultural Classes

For more information, or sign up contact Eriko Kawahara, 252-3102.

# SATO

## Leisure Travel

Personal checks accepted 45 days prior to departure.  
Credit cards accepted. Last minute bookings okay.  
Taxes are included in prices. Subject to availability.  
Prices vary depending on departure date.  
Cash payments accepted only in \$US.

Hours of Operation  
Monday - Friday 9 a.m. - 5 p.m.  
Saturday, Sunday & Holidays Closed  
Phone number: 252-3488/252-3432  
Located in the Housing Welcome Center Bldg. 154

**September Special  
Fukuoka to Seoul Korea**  
Starting from ¥25500

**Tour Special  
Shanghai, China**  
October 2-5

**Pusan Hydrofoil &  
Hotel Package**  
Starting from \$178

### Roundtrip Airfare Specials

Manila starting from ¥43500  
Hong Kong starting from ¥47000  
Bangkok starting from ¥51000  
Seattle starting from ¥62500

### Upcoming Tour Attractions

Ho Chi Minh and Phan Tiet, October 16-21  
Auckland, November 21-28  
Hong Kong and Macau, November 25-28  
Hong Kong, December 18-28  
Sapporo Festival, February 4-7





**ハーバービュークラブ (252-3965)**

昼食：午前11時~午後2時 夕食：午後5時~9時

\*ランチスペシャル \$6.95 月~金 午前11時~午後2時  
(サラダバー1回とアイスティー又はコーヒー付き)  
アントレーは、シェフ自慢のつけあわせ入り。

(9月)

月曜：ショートトリブの煮込みとマッシュポテト  
火曜：チキンヴェスヴィオとローストポテト  
水曜：リガトーニパスタとガーリックトースト  
木曜：牛肉のトルティーヤ巻き  
金曜：一口サイズの海老フライ

(10月)

月曜：ローストチキン  
火曜：ミートローフとマッシュルームのソテー  
水曜：自家製ラザニア  
木曜：ポークカツとパスタのバター炒め  
金曜：グリルサーモンとほうれん草

\*モンゴリアンバーベキュー： 毎週木曜 午後5時~9時

\*サンデーランチ： 毎週日曜 午前10時~午後2時

\*ハーバーカフェ： コーヒー・紅茶・サンドイッチ

(9月13日と10月4日はメンテナンスの為お休みの予定です。)

**ギャラクシーズ (252-2980)**

\*ランチスペシャル \$5 月~金 午前11時から  
全メニューにソーダが付いています。

(9月)

月曜：ビーフ又はチキンと野菜の炒め物、豆  
メキシカンライス  
火曜：チキンフェトウチーニ、サラダ、スティックパン  
水曜：焼き鳥、チャーハン、春巻  
木曜：バーベキューポーク、ポテトサラダ、豆  
金曜：サーロインステーキのベーコン巻き、パン  
マッシュポテト、ミックスベジタブル

(10月)

月曜：ビーフフロタス、メキシカンライス、豆  
火曜：レモンポーク、マッシュポテト  
コーンブレッド  
水曜：ラザニア、サラダ、ガーリックスティック  
木曜：チキンディヴァン、サラダ、スティックパン  
金曜：スパイス入りオレンジミートボール  
チャーハン、春巻

**ボウリングセンター (252-3634)**

<トーナメント> 1人\$15、18歳以上

\*9月3日(金)、10月1日(金) 午後6時30分  
キャット&ドッグボウリングトーナメント  
(9-ピンノータップを4ゲーム)

\*9月6日(月) 正午  
労働祭9-ピンノータップトーナメント

\*9月11日(土)、9月25日(土)  
10月9日(土)、10月23日(土) 午後6時30分  
3-6-9ボウリングトーナメント

\*9月17日(金)、10月10日(金) 午後6時30分  
ノータップスペシャルトーナメント

**11 フレームスナックバー (ボウリング場内)**

ランチスペシャル(ソーダ付) 月~金 午前11時~午後5時

(9月)

月曜：フレンチオニオンバーガー、フライドポテト \$4.50  
火曜：激辛バーガー、フライドポテト \$4.50  
水曜：タコスバーガー、フライドポテト \$4.50  
木曜：ハワイアンバーガー、フライドポテト \$4.50  
金曜：クラブサンドイッチ、フライドポテト \$4.50

(10月)

月曜：グランプリバーガー、フライドポテト \$4.50  
火曜：焼き鳥サラダ、スープ \$5.50  
水曜：パティメルトバーガー、フライドポテト \$4.50  
木曜：ランピアとチャーハン \$5.50  
金曜：ウエスタンバーコンバーガー、フライドポテト \$4.50

**スポーツイベント (お問合せ・お申込み： フリートジム 252-3588)**

9月12日(日) 午前8時30分：ミニトライアスロン。メインベースプールで水泳500m、自転車15キロ、基地内4キロ走。申込締切9月8日(水)。男女別上位3人を表彰します。

9月17日(金) 午後5時30分：POW/MIA ホースシュートーナメント。二人1組。申込締切9月14日(火)。場所はニミッツパークです。上位2組を表彰します。

9月25日(土) 午前9時：平戸ハーフマラソン前哨戦10キロ走。ニミッツパークのUSO前を出発。申込締切9月22日(水)。当日申込みも受け付けます。男女別上位3人を表彰します。

9月26日(日) 午後1時：3人制ビーチバレー。場所はニミッツパークのビーチバレーコートです。申込締切9月23日(木)。上位2チームと攻撃・守備それぞれの最優秀選手を表彰します。

10月11日(月) 午前11時30分：コロンズスデー5キロ発見ゲーム走。申込締切10月6日(水)。ボウリングセンター出発。コース中の各チェックポイントでヒントを受け取り、次の目的地を解読します。男女別で最初に「アメリカを発見」した人を表彰します。

10月30日(土) 午前9時：第三回一球勝負ソフトボールトーナメント。申込締切10月26日(火)。場所はニミッツパーク。1打席1球のみ。ヒットか、ストライクアウトか、ボールで歩くか...!

# MWR Directory

## Main Base

**Administration** X3472

**Auto Hobby Shop** X3977

Mon & Fri: 12 Noon - 8 p.m.  
Wed & Thu: 4 - 8 p.m.  
Sat & Sun: 11 a.m. - 6:30 p.m.

**Bowling Center** X3634

Daily 11 a.m. - 10 p.m.  
Secured second Tuesday of each month until 5 p.m.  
**11th Frame Snack Bar** X3636

**Child Development Center** X2985

Mon - Fri: 6:30 a.m. - 5:30 p.m.  
Closed Federal Holidays.  
(Special openings by pre-arrangement)

**Fleet Fitness Center** X3588

Gear Issue X3595

**Spare Time Recreation Fitness Center**

Open 24 hours daily

**Galaxies Club** X2980/2981

Sun - Thurs: 6 p.m. - 12 a.m.  
Fri & Sat: 6 p.m. - 2 a.m.

**Launch Pad (2nd Deck)**

**TAKE-OUT** X2977/2978

*Market Street Grill, Parcheezi's & Cactus Cantina*

Sun - Thu: 11 a.m. - 11 p.m.,  
Fri & Sat: 11 - 1 a.m.  
2<sup>nd</sup> Floor Lounge opens 11 a.m. daily

**Harbor View Club** X3965/3966

Breakfast: Mon - Fri: 6:30 - 9 a.m.,  
Sat: 6:30 - 10:30 a.m.  
Lunch: Mon - Sat: 11 a.m. - 2 p.m.  
Dinner: Mon - Sun: 5 - 9 p.m.  
Sunday Brunch: 10 a.m. - 2 p.m.

Game Room Daily: 9:30 a.m. - 11:30 p.m.

Cove Tavern:

Daily: 4:30 p.m. - 11 p.m.

John Meyer (CPO) Club:

Daily: 11 a.m. - 11 p.m.

**Liberty** X3756

**Single & Unaccompanied Program**

Located on the second floor above the

Fleet Fitness Center

Sun - Thu: 11 a.m. - 11 p.m.

Fri & Sat: 11 - 1 a.m.

Holidays: 11 - 1 a.m.

**Library** X3593

Mon - Sat: 9 a.m. - 10 p.m.

Sun & Holidays: 10 a.m. - 5 p.m.

**Marketing** X3930

**Paws & Claws** X2905

Mon, Tues, Thurs & Friday:

8 a.m. - 12 Noon & 1 - 5 p.m.

Wed: 9 a.m. - 12 Noon & 1 - 5 p.m.

Holidays Hours: 9 a.m. - 3 p.m.

Weekends: 8 a.m. - 4 p.m.

**Personnel Office** X3328

Mon - Fri: 8 a.m. - 4:30 p.m.

**Pre-Teen Center** X2908

Mon - Thu: 3 - 6 p.m.

Fri & Sat: 3 - 8 p.m.

Sun & Federal Holidays: Closed

**Sailing & Outdoor Adventure Ctr.** X3500

Mon, Thu, Fri: 11 a.m. - 6 p.m.

Secured Tuesday and Wednesday

Saturday & Sunday: 8 a.m. - 6 p.m.

**Sato Leisure Travel** X3488

Mon - Fri: 9 a.m. - 5 p.m.

(located in the CFAS Welcome Center)

**Showboat Theater** X3822

Showtimes published weekly in "Sasebo Soundings"

**Teen Center** X3797

Mon - Thur: 3 - 8 p.m.

Fri & Sat: 3 - 11 p.m.

Sun & Federal Holidays: Closed

**Travel & Tours** X3433/2916

Mon - Sat: 10 a.m. - 6 p.m.

**Veterinary Services** X3585

Mon, Tue, & Fri: 8 a.m. - 4 p.m.

Wed: 8 a.m. - 3 p.m.

Thur: 1 - 3:30 p.m.

Sat, Sun, & Holidays: Secured

**Wood Shop** X3954

Tuesday & Thursday: 5-9 p.m.

Sat: 11 a.m. - 5 p.m.

**Youth Center** X3797

Mon- Fri: Before School 6:30 - 8 a.m.

After School: 2:45 - 5:30 p.m.

Sun & Federal Holidays: Closed

## Hario Village

**Child Development Center** X8842

Mon - Fri: 6:30 a.m. - 6 p.m.

Closed Federal Holidays

(Special openings by pre-arrangement)

**Community Recreation Office** X8860/8861

Mon - Fri: 8 a.m. - 5 p.m.,

Sat: 10 a.m. - 2 p.m.

**Fitness Center** X8960/61

Mon - Fri: 6 a.m. - 10 p.m.

Sat, Sun & Holidays: 8 a.m. - 10 p.m.

**Hario Pub** X8857

Thu - Sat: 5 p.m. - 12 a.m.

Secured Sunday through Wednesday

**Pre-Teen Center** X8968

Mon - Thu: 3 - 6 p.m.

Fri & Sat: 3 - 8 p.m.

Sun & Federal Holidays: Closed

**Teen Center** X8966

Mon - Thu: 4 - 8 p.m., Fri: 4 - 11 p.m.

Sat: 3 - 11 p.m., Sun: 12 - 5 p.m.

Sun & Federal Holidays: Closed

**Village Theater** X8753

Showtimes published in the weekly in the "Sasebo Soundings".

**Youth Center** X8866

Mon- Fri: Before School 6:30 - 8 a.m.

After School: 2:30 - 6 p.m.

Sun & Federal Holidays: Closed

**Youth Sports** X8963

Tony Benton

COMMANDER,  
FLEET ACTIVITIES, SASEBO  
Captain Michael L. James

CHIEF STAFF OFFICER  
CDR Bernard P. Wang

MWR DIRECTOR  
Robert S. Poluhowich

GENERAL MANAGER  
NEX  
Sandra Franklin

FFSC DIRECTOR  
Elaine Horrell, Acting

MWR MARKETING  
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Olya Covington & Jen Martin



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10  
A.M.  
-  
2  
P.M.

BEST SUNDAY  
BRUNCH ON  
KYUSHU!

10 A.M.  
- 2 P.M.



Adults  
**\$11.95**

Children  
5 - 10  
**\$5.95**

*Children 4  
& under are free.*



FOR MORE INFORMATION,  
CALL 252-3965.

MWR presents the 2004

# FEAR factory



Saturday, October 30  
Hario Gymnasium  
6 - 10 p.m.

**\$3**

Price includes:  
One Haunted Tour  
& Refreshments to  
help your fears  
subside.

For more information,  
call 252-2980.

## WARNING!

THIS HAUNTED HOUSE IS **NOT** RECOMMENDED FOR  
CHILDREN UNDER THE AGE OF 10.

THIS HAUNTED HOUSE IS **NOT** RECOMMENDED FOR  
THOSE WHO:  
- Are Pregnant

- Have health problems such as: Back Pains,  
Heart Conditions, Asthma or other medical conditions.

**ABSOLUTELY NO SCAREDY CATS!**

