Sasebo SOUNDINGS
April 23, 2005 Online at www.cfas.navy.mil Vol. 55 No. 16

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8- Sports

Brief Notes

USO Notes

The **Sasebo Stitching group** meets at 6:30 p.m., the second and fourth Friday of the month at Nimitz Park.

Movie night is held at the Fleet Landing USO every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. Call 252-3866 for more information.

New Nimitz Park USO hours
Sun.-Thurs. 10 a.m.-6 p.m.
Fri.-Sat. 10 a.m.-9 p.m.

USO Fleet Landing is looking for volunteers from 10 a.m.-10 p.m. daily.

USONET hours at Fleet Landing Tues.-Sat. 9:30 a.m.-5:30 p.m.

For info on these or any other **USO programs** or services, call Bridgett at 252-3866.

University of Phoenix

Get your Masters of Management with the University of Phoenix. Contact Kim Arthur at 252-3044, Monday-Friday, 7:30 a.m.-4 p.m. Classes begin April 27!

Reality Check

Religious Ministries is sponsoring "Reality Check," a program designed for CFAS single Sailors. Meetings will be held weekly and refreshments will be served. "Reality Check" is a new way for single Sailors to meet new people and express their thoughts and opinions on today's world issues.

The casual environment also features movies and books to tie in with today's current affairs. The group meets every Friday at 7 p.m. at the Community and Education Center.

For more information on "Reality Check," contact Lt. j.g. Sunny Mitchell at CFAS Religious Ministries at 252-3507.

Uniform Change

A reminder that the uniform change to summer whites is Monday, May 9. A uniform inspection will take place at the Command Building (Bldg. 80) Friday, May 6.

DUI Counter:
2 days as of April 19.

Kids Fest features family fun

Clockwise from top left: A child poses with superhero Spiderman,A boy holds a fire hose as he runs through an obstacle course provided by the CNFJ Regional Fire Department, The festival featured a giant inflatable sliding board, A Builder Second Class (SCW) applies combat makeup on a young festival-gper, the Child Development Center (CDC) singers perform on stage and a child climbs through an inflatable jungle gym. (Official U.S. Navy Photos by JOSN Jeff Johnstone)

JOSN Jeff Johnstone
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) community members enjoyed a fun-filled afternoon with their families Saturday, April 16 at the Kids Fest & Egg Hunt at Nimitz Park. Morale, Welfare and Recreation (MWR) and the Fleet & Family Support Center (FFSC), put together an event offering a wide variety of fun activities, and various organizations pitched in to make it a fun day for everyone.

Branch Health Clinic Sasebo sold ice cream and the CFAS First Class Association manned the grills and kept festival goers' appetites in check. Seabees painted children's faces in combat makeup, the Child Development Center Singers put on a performance, and the Girl Scouts

Please see **Festival**, *pg. 3*

An 'amazing' effort

The *Soundings* would like to take this opportunity to acknowledge the hard work of the ARG Return Committee, members of CFAS Security, ACU-5, Branch Health Clinic, USO and TPD for helping to coordinate the 'Amazing Race.'
See the list of volunteers on **pg. 6**

Off-duty behavior has real-world implications

JOC (SW) Rick Chernitzer
U.S. Seventh Fleet Public Affairs

Every action a Sailor takes off duty, no matter how minor it may appear to them, can have a lasting impact for U.S. relations in many countries, according to the admiral commanding the world's largest forward-deployed naval force.

Vice Adm. Jonathan Greenert, commander of the U.S. Seventh Fleet, told a group of officers and chief petty officers aboard USS Kitty Hawk (CV 63) on April 12 that several recent incidents in around the Seventh Fleet area of responsibility have raised concerns about Sailors' behavior and what it could mean for relations with countries visited by the Forward Deployed Naval Forces.

All Sailors must understand that their role as goodwill ambassadors is more than just fancy, diplomatic lingo, he said, noting that, "We can have a liberty incident, and it can look like a one-time event, but it can cascade and turn into something much broader than the incident itself."

As an example, Greenert said the Special Action Committee on Okinawa, a U.S.-Japan group looking into the future of U.S. military presence on the island, is tied directly to the rape of an Okinawan girl in 1995 by two Marines and a Sailor.

"It became the tipping point into an issue, which kicked into a debate – then eventually a national debate – on the presence of U.S. service members in their country," he said. "We don't want to get to a tipping point here. We don't want to get a preponderance of events that will lead to where civil authorities or the government say 'your footprint here is becoming problematic. Let's talk about it.'"

The Commander, U.S. Seventh Fleet, addresses officers and chief petty officers aboard USS Kitty Hawk Tuesday, April 12. (Released by U.S. Seventh Fleet Public Affairs)

The bottom line for leaders, Greenert said, is make sure the Sailors under them comprehend their role and see how their actions might influence others.

"(Kitty Hawk Strike Group Commander Rear) Adm. (James) Kelly and I need to have a good feeling that it's getting down to that level. I need to know you're looking into your Sailors' eyes and they understand that," he said.

Greenert added that the leadership Sailors need today starts with the Chief's Mess and the Wardroom.

"I need your help to make this happen," he said.

The chiefs and officers said they got the point.

"Too much is at stake to let personal accountability slip when people are on liberty. And the best way to keep that level of accountability up there is for leadership to get involved. Chiefs need to know where their people are and what they plan to do," said Chief Yeoman (SW) William Dutcher of Commander, Carrier Strike Group 5.

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Deadline for regular submission is Tuesday at 2 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

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PSC 476 Box 93
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Smart Web Move: The future of personal property moves

The future of Personal Property moves is here.

NAVSUP has developed a very user-friendly online system called Smart Web Move (SWM). No longer is there a need to wait for a personal property appointment.

When you can logon to this system from the comforts of your home, office, USO and in most cases at sea. Any place there is a computer with web access, you are just a point and click away from making your moving arrangement online. Go to *<www.smartwebmove.navsup.navy.mil.>* SWM works best on a system with at least a 486mhz processor running Netscape Navigator 4.75 or Internet Explorer 5.5 or above. SWM will work on other configurations, but is not optimized. We designed to the highest industry security standards. A DoD PKI-certified server encrypts your data. A system-generated User ID and personal password protect access.

Smart Web Move system is available to all DOD and DOT branches of service with shipments within or to CONUS, however SWM is only available to Navy members who are shipping goods going to OCONUS locations. At the beginning of August, SMART Web Move has been expanded to include Marine, Air Force and Coast Guard members located in the National Capital Region. Army users were given access to the system in July 2002.

SWM can be used to place or release goods stored in Government long-term storage otherwise known as Non-Temp-Storage (NTS), as well as ship

Please see **SMART**, *Pg. 4*

Commodore, Amphibious Squadron ELEVEN thanks CFAS

Dear CFAS Community,

On behalf of the Sailors and Marines of ESSEX ARG, I want to send my most heartfelt thank you for the very warm welcome that you provided when we returned home on April 6. I've had many homecomings in my Navy career, but never have I been given a red carpet treatment the likes of which CFAS provided. The block party was fantastic, and I could not have imagined a more fitting ending to a very successful deployment!

At risk of neglecting some contributors, I'm going to single out some of the many organizations who made the event so memorable:

The Navy League of the United States Sasebo Council for donating lots of food and ice cream and 250 taxi-cab vouchers.

The CFAS Fleet and Family Support Center for coordinating the potluck and for operating several information and activity booths, both pierside and on California Drive.

CFAS Morale, Welfare and Recreation (MWR) for setting up tents and tables, providing serving dishes and ice chests and operating an ITT information booth.

The E.J. King High School Band for providing music on the pier for the arrival of all three ships.

The E.J. King High School NJROTC for dishing out food, running errands and otherwise just making things happen during the block party.

The Sasebo Chief Petty Officers Association for cooking up and serving 420 racks of baby back ribs.

The Sasebo First Class Petty OfficersAssociation for managing the baggage tent to ensure the Sailors bags were secure while they enjoyed the block party.

The Sasebo Philippine-American Club for cooking up and serving lumpia, corn dogs, chicken wings and turkey breasts.

CFAS Security for working the food booths and providing general assistance to the overall operation.

The CFAS Fire Department for providing the Welcome Home streams of water in red, white and blue as the ships entered India Basin.

CFAS Public Works for ensuring all the tent areas and food booths had electric power and for setting up the tent at India 1 for Juneau's return.

Sasebo USO for handing out phone cards and refreshments.

JENS for handing out phone cards; and finally, all the volunteers not otherwise mentioned – those who prepared food for the potluck or were just there to say welcome home to the returning heroes!

I arrived in Sasebo immediately before the ships departed on deployment, so our return was my first opportunity to witness the warmth and friendliness of the Sasebo community. I am impressed. CFAS is clearly a very special community and the Sailors and Marines of the ESSEX ARG are so fortunate to be able to call Sasebo home!

Warmest regards,

Captain Mark Donahue
Commodore, Amphibious Squadron ELEVEN

Navy releases latest selective reenlistment bonus award levels

Lt. Kyle Raines
Chief of Naval Personnel Public Affairs

The Navy had good news for Sailors as it released the latest Selective Reenlistment Bonus (SRB) award levels in a naval message, effective April 15 for eligible Sailors reenlisting in zones A, B or C.

This means more money in the pockets of Sailors with vital skills that the Navy needs to retain.

"Using current market analysis allows us to be more responsive to fleet requirements and trends in near real time," said Lt. Cmdr. Rich Obregon, head of enlisted bonus programs for the Chief of Naval Personnel in Arlington, Va. "As a result, we can update the SRB award levels more quickly and provide valuable incentives for our critical Sailors to stay Navy."

The multiples for 21 ratings in one or more zones increased over the previously published levels. Only conventional submarine Electronics Technicians with specialties in communication and navigation dropped from the previous SRB message; affected Sailors have a 30-day grace period to reenlist at the old, higher rate. The decreases go into effect May 16.

There are seven ratings that now have an SRB in certain zones where previously none existed: Aerographer's Mate (AG) zone A; Boatswain's Mate (BM) zones A and B; Disbursing Clerk (DK) zones A, B and C; Dental Technician's (DT) holding Naval Enlisted Classification (NEC) code 8752, dental laboratory technician, in zones B and C; Electrician's Mate (EM) zone A; Interior Communications Electrician (IC) zone A; and Torpedoman's Mate (TM) zones A, B and C.

Also announced in this message is the elevation of the ceiling limit on zone A nuclear ratings, as well as Cryptologic Technician's Interpretive (CTI) holding the 9211, basic Mandarin Chinese linguist, or 9216, basic Arabic linguist, NEC from $45,000 to $60,000.

This message updates the SRB multiples the Navy released in February in naval administrative message (NAVADMIN) 020/05.

For more information, contact your command career counselor, or view NAVADMIN 070/05 online at *<www.npc.navy.mil/ReferenceLibrary/Messages/NAVADMINs/>*.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at *<www.news.navy.mil/local/cnp>*.

Festival, *From Pg. 1*

A Builder 2nd Class (SCW) gets a thumbs up from another satisfied trainee at "Kids Fest" at Nimitz Park. (Official U.S. Navy photo by PH1 (SW) Paul J. Phelps)

sold cookies. Various games, including a bean bag toss and fishing games were on tap as well.

"It's a wonderful time," said Laura Yehl as she watched her two-and-a-half year-old son Cooper slide down a sliding board attached to a giant inflatable jungle-gym. "We want to try the rock climbing wall and run the Fire Department's obstacle course."

Some of the festival's hot spots included the aforementioned rock climbing wall and the Commander, Naval Forces Japan (CNFJ) Fire Department's obstacle course.

"The Fire Department obstacle course gives kids a fun activity and a chance to be interactive with the fire fighters," said Gerald Clark, CNFJ Fire Department, Sasebo Fire Chief. "They (kids) get to do a physical activity. They run, crawl through a smoke tunnel, carry a hose, carry a bucket across a balance beam and fight an imaginary fire. It gives them something fun to do," said Clark.

"I was glad to see that they helped him carry the bucket," said Denise Morin, referring to her son Ian, who ran the course. "That was really sweet. This has been fun, and I'm happy there was such a great turnout today," said Morin.

A host of mascots, including the DARE lion and the Easter Bunny, were on hand to mingle with the kids, some passing out candy. Even Spiderman stopped by for the festivities and took pictures with the kids.

The sounds of laughter filled the park the entire afternoon. The Kids Fest was truly a success, and kids will surely be clamoring for another one.

Kids rush to get a load of eggs during the Easter Egg Hunt at "Kids Fest" at Nimitz Park. (Official U.S. Navy photo by Photographer's Mate First Class (SW) Paul J. Phelps)

Seaman to Admiral program currently accepting applications

Journalist Chief Bruce Moody
Naval Service Training Command

The Seaman to Admiral (STA-21) commissioning program, which provides a pathway for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2006.

Deadline for applications is July 1, 2004. The selection board will meet during September 2005 and the names of selectees will be announced via message traffic in October 2005.

Program coordinators stress that age requirements are significantly different this year.

For a complete list of requirements and more information on STA-21, see OPNAVINST 1420.1A, NAVADMIN 063/05, or visit the STA-21 website at *<https://www.sta-21.navy.mil>*. Sailors should consult with their command career counselor and chain of command for submission requirements and recommendations.

STA-21 is a full-time undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings who meet eligibility requirements. STA-21 is designed to improve support for Sailors interested in earning a baccalaureate degree and a commission as a Naval officer. Selectees are authorized a maximum 36 months of full-time, year-round study to complete a baccalaureate degree, however, preferential consideration will be given to those applicants requiring 24 months or less of full time study.

Participants in the STA-21 program remain on active duty while attending college and benefit from an education voucher valued at up to $10,000 per year to cover tuition, fees and book costs. STA-21 participants will become members of and drill with a local NROTC unit. Upon graduation, STA-21 participants will be commissioned as ensigns and return to active duty in the fleet.

In addition to the $10,000 per year voucher, Sailors receive their basic pay and basic allowance for housing, are eligible for advancement and many will be eligible for fleet housing units as well.

Candidates may apply for either the STA-21 Core Option of the STA-21 Target Option programs. The STA-21 Core Option allows officer community assignment to an unrestricted line designator during the final year of college based on the needs of the Navy, individual qualifications, aptitude, experience and preferences.

A limited number of STA-21 Target Option billets are available for those interested in joining the following communities upon entry to STA-21: Nuclear (Surface or Submarine), Aviation (Pilot), Aviation (Naval Flight Officer (NFO)), Surface Warfare (SWO), Special Operations (SPECOPS), Special Warfare (SPECWAR), Nurse Corps (NC), Supply Corps (SC), Special Duty Officer (Intelligence), Special Duty Officer (Information Warfare), and Civil Engineer Corps (CEC).

Those not selected for these Target Options will, if desired, be considered for the STA-21 Core Option. With the exception of Special Warfare and Submarine options, STA-21 designators are open to both genders.

All STA-21 officer candidates will attend the Naval Science Institute (NSI) course at Officer Training Command, Newport, R.I., prior to beginning college studies at an NROTC-affiliated college or university. NSI is an eight-week course of intense officer preparation and indoctrination.

Course enrollment is timed to allow college entrance during fall, spring or summer semesters/quarters.

A limited number of selectees will be chosen to attend a three or six month individualized program of study at BOOST (Broadened Opportunity for Officer Selection and Training) School in Newport to assist in the transition to college.

Following completion of BOOST, selectees will attend NSI en route to their university assignment.

For more information on STA-21, contact the Fleet Activities Sasebo (CFAS) Command Career Counselor, at 252-3396.

SMART, *From Pg. 2*

Applications completed online using SMART Web Move should be submitted 30 days prior to your requested pack and pick up date. Requesting dates for pickup within the 30 days after submission of your application in all probability can not be arranged because of the heavy workload the movers are experiencing. It is requested you select a move date and no less than two alternate dates for the transportation agents to work with when booking your move with a commercial carrier.

Once logged on to the SWM system it will ask you seven questions. Once past this stage the SWM system will make a Login ID and asked for a password. The system will ask for an agent name, (someone other than the member). Pickup address must be a Japanese address, otherwise the system will think you are shipping from California. In most cases you will not be requesting NTS. All shipments will receive short-term storage at destination.

If a second shipment is needed, click on Additional Shipment.

Once the application is completed, click on SUBMIT, then type the word SUBMIT. Without both steps, you application will not flow to the Personal Property Office.

As a reminder, a copy of your PCS orders and other supporting documents must be provided to the shipping office within three days of submitting your application online. Fax to 252-3704 or bring your orders to the Personal Property Office, Bldg 154.2.

With your help we can all get through this summer season of heavy moves.

Congratulations, graduates...

An Operations Specialist First Class (SW) (foreground) stands at attention with fellow Sailors during their Auxillary Security Force (ASF) training graduation Thursday, April 14. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Advancement opportunity to master chief remains constant

Lt. Kyle Raines
Chief of Naval Personnel Public Affairs

Sailors eligible to advance to the grade of master chief petty officer will have nearly the same opportunity this year, (13.37 percent), as was available last year, (13.57 percent), a difference of 0.20 percentage points.

The number of Sailors competing for paygrade E-9 decreased by ten this year, while quotas fell only by eight from 465 to 457.

Advancement opportunity improved or stayed the same in 42 ratings. Thirty-two ratings saw declining advancement opportunity, but 12 of those will still enjoy advancement opportunity above the Navy average.

"Holding advancement opportunity essentially steady, while the size of the total force is reduced, represents our commitment to the growth and development of our top enlisted leaders, a key component of the Navy's Human Capital Strategy," said Vice Adm. Gerry Hoewing, Chief of Naval Personnel. "Given the incredible talent at our more senior enlisted ranks, I am very pleased to be able to offer them the same opportunity for promotion as last year."

> "Given the incredible talent at our more senior enlisted ranks, I am very pleased to be able to offer them (Sailors) the same opportunity for promotion as last year."
> -**Vice Adm. Gerry Hoewing**
> *Chief of Naval Personnel*

Hospital corpsmen (HM) and dental technicians (DT) will face a combined selection board this year for advancement to E-9. Eligible DTs will compete with eligible HMs for selection to HMCM (master chief hospital corpsman). This will allow the board to select the best executive leadership for the enlisted medical community. Their ratings have an 11.30 percent opportunity for advancement this cycle.

Postal clerks showed the best overall advancement opportunity at 100 percent.

Other ratings with improved advancement opportunity include fire control technician, which grew from 16 percent in the previous cycle to 34.62 percent this cycle, and quartermaster, which experienced a jump of 13 points from 16.67 percent to 29.63.

Ratings that saw some decline in advancement opportunity include hull technician (HT), down 23.05 points to 9.09 percent this cycle from 34.14 percent last year, and information systems technician (IT), which fell to 19.19 percent from 31.37 percent last year.

A full list of E9 advancement quotas will soon be available at *<www.npc.navy.mil/Boards/ActiveDutyEnlisted/MCPO+Selection+Boards.htm>*.

Harpers Ferry frocks new master chief...

The USS Harpers Ferry (LSD-49)Command Master Chief (SW/SS) pins new anchors on a brand new Master Chief Information Systems Technician (SW) during a frocking ceremony on the flight deck of the amphibuous dock landing ship Monday. Harpers Ferry recently returned to her forward deployed port after a nearly eight month deployment to the Persian Gulf. (Official U.S. Navy Photo by Journalist 2nd Class (SW) Brian P. Biller)

MWR NEWS

SpongeBob SquarePants Fun Time!
Youngsters of all ages are invited to visit the Sasebo Library on Saturday, April 23 from 2 to 4 p.m. for a special free SpongeBob SquarePants event. You'll be treated to some SpongeBob SquarePants television episodes while you read some SpongeBob SquarePants books and color their pictures. Snacks and drinks will be provided. For more information, call 252-3593.

3-6-9 Bowling Tournament
The next 3-6-9 Bowling Tournament is scheduled for Saturday, April 23 at the Spare Time Recreation Center. Cost is $15 per bowler. You must be 18 years or older to participate. The three game tournament will get underway at 6:30 p.m. Every third, sixth and ninth frame will be automatically scored as a strike. Highest total pinfall determines the winner. For more information, call 252-3634.

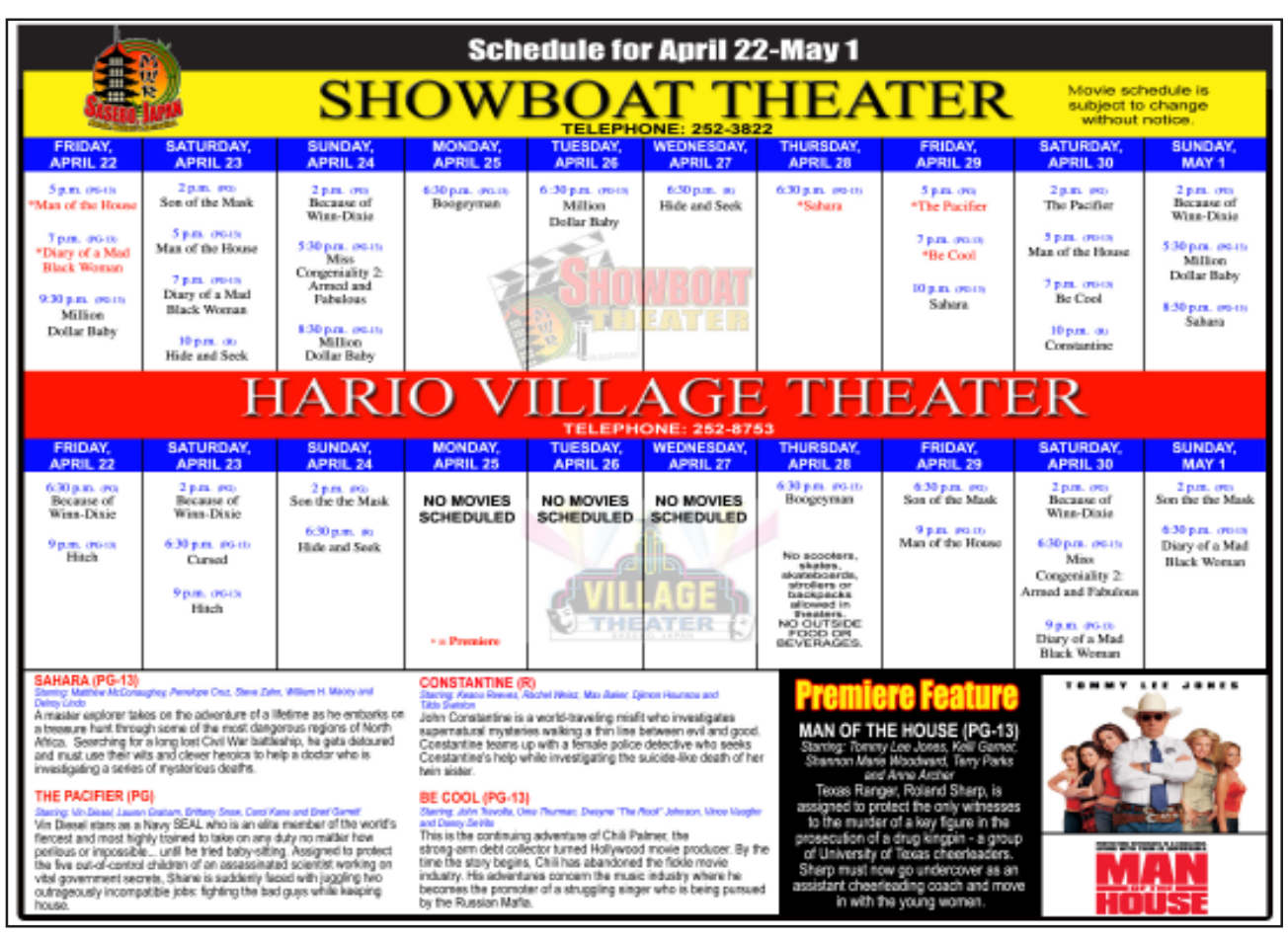
Enjoy A Titanic Dinner at Harbor View Club
The Harbor View Club proudly presents a spectacular Titanic Dinner experience on Saturday, April 23, featuring the same menu served on the final night of the famous Titanic voyage into history. Enjoy an elegant and romantic dinner and watch the award-winning movie on the big screen. Doors open at 5:30 p.m. with dinner served promptly at 6 p.m. Cost is $29.95 per person. For more information, call 252-3965.

Kanashige Island Overnight Camping Trip
Enjoy a great weekend camping in the wild with your family and friends on beautiful Kanashige Island. The trip is scheduled to begin on Saturday, April 23 at Noon and is expected to return to Main Base at Noon on Sunday, April 24. Cost is $40 per person, and that includes dinner and breakfast prepared by members of the Sailing & Outdoor Recreation staff. For more information, call 252-3500.

Take a Trip to Space World
Sign-up now for the Space World Amusement Park trip, scheduled for Sunday, April 24. Space World is the only "Space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, including the Space Coaster and the Titan, a monster ride that zooms down from a height of 200 feet at a blazing 70 mph. There are many other great adult rides to enjoy as well. For the little ones there is Lucky Land, filled with many fun rides and costumed characters from 'outer space' to enjoy. There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only $30 for adults, $20 for children 4-11 and $5 for youngsters three and under. The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

Singles Handball Tournament
If you're interested in participating in the next Singles Handball Tournament at the Fleet Fitness Center Racquetball Courts on Tuesday, April 26 not to worry. You don't have to register in advance. Just show up before 5:30 p.m., ready to play in this free event. For more information, call 252-3588.

BET Comedy All Stars at Galaxies
Comedy comes to Galaxies, Big Time on Tuesday, April 26. The free show, scheduled to kick off at 8 p.m., features comedy greats Spike Davis, Jay Lamont, Redbone and Dennis Gaxiola. Davis, a native of Louisville, Kentucky, is well known for performances with such film stars as Jamie Foxx, Chris Tucker, Steve Harvey and others. He has appeared on HBO, BET and A&E productions and was selected to participate in the Annual Fuzzy Zoeller Wolf Challenge Celebrity Golf Tournament recently. Lamont, an accomplished comedian, also does a remarkable and highly entertaining sampling of R&B artists such as Marvin Gaye, Al Green, Aretha Franklin, Ron Isley, Keith Sweat and many others. Mike "Redbone" Alcott describes his material as a mixture of marriage, church, nightclubs and differences between blacks and whites. He has appeared on BET since 1999 on the popular "Comic View" and "Comedy Central" shows. Gaxiola is a rising young Latino comic from Berkeley, CA. For more information about the free performances, call 252-2980.



Betcha didn't know about: The Brave Sailor

Phil Eakins
Base Historian

Japan has quite a number of patriotic songs that, like many other countries, were usually inspired by real life events. Actions that occurred during the Sino-Japanese War, for example, were celebrated in songs such as "Teki wa ikuman" (The Enemy is Many Tens of Thousands); "Gaisen" (Triumphal Return); and "Yuki no shingun" (The Snow March). One particular patriotic song, titled "Yukan naru suihei" (Brave Sailor), has close ties to Sasebo.

Torajiro Miura left his home in Saga Prefecture in 1892 to enlist in the Imperial Navy at Sasebo Naval Station. On September 17, 1894 Miura, a 19-year old seaman third class stationed aboard the protected cruiser Matsushima, would find himself in the midst of the largest naval engagement of the Sino-Japanese War.

The Battle of the Yellow Sea (also known as the Battle of Yalu) began as the Japanese Fleet attempted to disrupt the landing of Chinese troops on the Korean peninsula. At approximately 3 p.m. a 30-cm projectile from one of the Chinese warships slammed into one of Matsushima's forward gun turrets, killing or wounding more than 90 officers and men.

As Vice Commander Shinkichi Mukoyama walked past the damaged turret, he noticed Seaman Miura lying on the deck mortally wounded. Although in great pain, Miura called out with ragged breath, "Vice Commander, has the enemy vessel sunk yet?" Moved by the sailor's concern for the battle despite his grave injuries, Mukoyama replied, "Miura, don't worry. The enemy vessel has been knocked out of the battle." Upon hearing the news, Miura passed away with a smile on his lips.

After the battle a description of this incident was printed in a Tokyo newspaper, inspiring a young poet named Nobutsuna Sasaki to write a poem about the brave sailor. The poem was eventually set to music and became famous throughout Japan as the "Brave Sailor" song.

Torajiro Miura now rests in Sasebo's Higashiyama Park, the former Imperial Navy cemetery. A second tomb for Miura is located at Eizo-ji (temple) in his hometown of Higashiyoga.

Navy Admiral Saburo Hyakutake, who had lived in the village near Muira's hometown and also was aboard Matsushima during the battle, erected a monument to honor his fallen shipmate. Carved upon the monument is the first stanza of "Brave Sailor":

No smoke, no clouds, no wind, no waves
The sky over the mirror-like Yellow Sea became overcast as time passed.

Don't touch that dial; April 25-May 1 is TV-Turnoff Week

Amy Brennan
E. J. King High School Correspondent

April 25 through May 1 is National TV-Turnoff Week, a week devoted to encouraging people to finding alternatives to television. This year marks the eleventh annual TV-Turnoff Week celebration, and the second celebration in Sasebo schools. In 2004, an estimated 7.6 million American children and adults participated in over 19,000 organized TV Turnoff celebrations.

So why turn off the TV? On average, American children will spend more time in front of the television (1,023 hours) than in school this year (900 hours). Forty percent of Americans frequently or always watch television during dinner, which cuts into quality family time.

Excessive television viewing also harms a child's ability to succeed in school, and contributes to unhealthy lifestyles, such as obesity. As U.S. Surgeon General Dr. David Satcher said at the 2001kick-off of TV-Turnoff Week, "We are raising the most overweight generation of youngsters in American history. This week is about saving lives."

Since it began in 1995, millions of people all over the world have participated in TV-Turnoff Week.

Turning off the television gives people the chance to create, read, think, and play. It gives us the time to connect with our families and engage in our communities.

TV-Turnoff Week is supported by over 70 national organizations, including the American Medical Association, American Academy of Pediatrics, National Education Association, and President's Council on Physical Fitness and Sports. Statistically, during previous TV-Turnoff Weeks, participants didn't see 213 acts of violence, including 17 murders, didn't see 384 commercials during the week, didn't see ads for junk food during Saturday morning cartoons.

They didn't postpone going to bed in order to watch TV, had conversations with their families over dinner, increased their levels of physical activity.

On average, they had an additional 19 hours and 40 minutes in the week to play, read, exercise, and spend time with family and friends.

They spent three more hours doing homework, three more hours reading for fun, three more hours exercising, six more hours with family, three more hours with friends and still had 100 minutes left over!

Even if you can't commit 100 percent, being aware of the amount of time we spend in front of the TV, or turning the television off during dinnertime can make a big difference.

For more information, visit *<www.tvturnoff.org>*, or contact E. J. King at 252-3059.

Learning a craft...

A third grade teacher at Sasebo Elementary School gives knitting instruction to members of the after school knitting club. The teacher has been knitting since she was nine-years-old started the club this year. Knitting is a relaxing hobby as well as a great way to improve eye/hand coordination,multistep processing and concentration. Seated in the photo are third-grader students at Sasebo Elementary School. (Photo by Beth Martin)

DoDEA participating in Teacher of the Year program

Amy Brennan
E.J. King Correspondent

The Department of Defense Education Activity (DoDEA) is participating in the annual National Teacher of the Year program. The mission of the National Teacher of the Year program is to recognize and honor contributions of American classroom teachers and to focus attention on excellence in teaching. This program is an opportunity for DoDEA to highlight the significant role our teachers play in the lives of students.

Fellow teachers, administrators, parents, and students may nominate a teacher by writing a letter to the teacher's principal explaining why that teacher should be *Teacher of the Year*.

If nominated, the teacher completes an application which must be submitted on or before May 9, 2005. Nomination forms and applications are available from every school's principal.

Each district in DoDEA may select one teacher to be considered for Teacher of the Year. A panel then selects from district nominees the DoDEA Teacher of the Year. The Teacher of the Year will represent the "state" of DoDEA in the national competition.

Recognizing 'amazing' effort; a thanks to 'Amazing Race' volunteers

The following is a complete list of planners/volunteers who made the CFAS 'Amazing Race' on Friday, April 14, a success. Thanks to everyone for their hard work!

ACU-5
GSM2 Bryan Stevens
QM1 Joseph Owens
GSM2 Brian Hightower
ET2 David Bell
HT1 Roy Hardy
ET1 Gregory Guier
HT1 Kenneth Sykes
GSE1 Roland Mager
ET1 Jeffrey Whittington

CFAS Security
MACS Robert Ford
MA1 Kevin Davis
MA2 Sarah Edwards
MA2 Dan Fuentes

TPD
SH2 Rick Abuan
BMSN Bobby Givens
SH1 Jose Tacan

Branch Health Clinic
HM2 Patricia Hart
HN Brandon Lopez
HM2 Winnette Cox

USO
Bridgette Ford

MWR/Liberty
Shaun Ally

Logistics
CS1 Raul Pasana

Beach Group
CWO3 Ron Herb

(Civilian) Megumi Davis

Safety Corner: General summer safety concerns for pets, beach

Charles Carr
CFAS Safety Department

Hot weather can make anyone feel uncomfortable, especially your dog. Here are some safety concerns for responsible dog owners:

Never leave your dog unattended in direct sunlight or in a closed vehicle. Heatstroke can occur and lead to brain damage or death. Signs of heatstroke are panting, drooling, rapid pulse and fever. Immediately immerse the dog in cool water and seek emergency veterinary assistance.

Although the American Kennel Club advises against it, if you absolutely must leave your dog in the car, make sure your car windows are slightly ajar so he can get air, and leave some fresh water for him.

Always make sure your dog has access to fresh water. All dogs should have proper identification at all times. The AKC suggests a collar with an ID tag, a tattoo or microchip. Keep your dog on a leash when he is outdoors to prevent accidents and injuries. Try to avoid strenuous exercise with your dog on extremely hot days and refrain from physical activity when the sun's heat is most intense.

Beach Tips

Taking your dog to the beach can be a great way to spend a beautiful summer day. However, as a responsible dog owner there are certain precautions you should take:

Dogs can get sunburn, especially shorthaired dogs and dogs with pink skin and white hair. When the sun is strong apply sun block to his ears and nose 30 minutes before going outside. Check with a lifeguard for daily water conditions - dogs are easy targets for jellyfish and sea lice. If your dog is out of shape, don't encourage him to run on the sand. Running on a beach is strenuous exercise and a dog that is out of shape can easily pull a tendon or ligament.

Cool ocean water is tempting to your dog. Do not allow him to drink too much seawater. Salt in the water will make him sick.

Salt and other minerals found in the ocean can damage your dog's coat. So, when you are ready to leave for the day, rinse him off.

Not all beaches permit dogs. Make sure you are informed before you begin your excursion to the beach.

CLASSIFIEDS

VEHICLES

(Exp. May 16) **1992 Toyota Estima Van**. Diesel, dark blue. 4 Captain's chairs, JCI '06. Power windows, A/C, heat. Runs great. Great family van. $3,000, OBO. Call 252-8664 or 090-7465-4534.

(Exp. May 6) **1996 Nissan Infiniti G20**. Excellent condition. Tires less than a year old, recent oil change and inspection. CD player and remote, Air conditioner, nice interior. Less than 78,000 kilometers. JCI '07. $5,000. Call Alex at 080-5209-2189.

(Exp. Apr. 29) **1994 Honda Integra**. Four door, silver. 111,000 km. A/C and heat, radio, CD, stereo. Looks and runs great. JCI '05. $2,000 (OBO) Call 252-8626 or 090-7537-8926.

(Exp. Apr. 29) **1994 Estima Van**, JCI '06. Power windows, 6 disc CD changer, dual sunroof. Hide-away navigation and TV system. Great family van, $4000 (OBO). Call 252-8257 or 080-5241-6753.

MISCELLANEOUS

(Exp. May 6) SkyPerfect Satellite dish, $70. Call 252-8489.

(Exp. May 6) Phone rights for sale, $275. Call 080-5209-8154 or 080-5209-2189.

(Exp. Apr. 29) SkyPerfect satellite system for sale, $20. Call 252-8257 or 080-5241-9753.

(Exp. Apr. 29) Giving away some usable items. PCSing soon. 6x9 mint green braided carpet, boys bike, Kenwood speakers (2), used tires (four), a six ft. artificial Christmas tree, satellite dish, golf clubs, stand fan, chest of drawers, etc. Call 252-8105/evenings ok.

HOME BUSINESS

IMPORTANT INFORMATION

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

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

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

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

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

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

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

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

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

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at *<pacificpixels.com>*. Taking care of all your portrait needs... *"Where the focus is you...your style, your way."* 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation:
Monday-Friday: 10 a.m. - 5 p.m.
Saturday: 10 a.m. - 1 p.m.
Sunday: 10 a.m. - Noon

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

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

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

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

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at *<www.photographybyferna.com>*.

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G. at 252-8454.

SUBSTITUTE TEACHER NEEDED

Substitute English teachers are needed at Nagasaki Junior College in Sasebo. Applicants must be a native English speaker and hold a 4 year college degree. If interested contact Penny Rower at 28-6565.

Nagasaki Junior College is seeking host families for a day. If you would like to host a pair of students for the day during the week of May 9, contact Penny Rower at 28-6565 or e-mail at <konnichiwarower@yahoo.com>.

LOST AND FOUND

If you have lost or found items, please contact the Security Department at 252-2388 to report them.

* * *

A reminder that deadline for ***Soundings*** submissions is Tuesday at Noon.

UNIVERSITY OF PHOENIX

Get your Masters of Management with the University of Phoenix. If you are dedicated, have the enthusiasm to reach career and education goals and a drive to better your future, contact the University of Phoenix. Must have BA/BS and the desire to know more. Contact Kim Arthur at the University of Phoenix at 252-3044, Monday-Friday, 7:30 a.m.- 4 p.m. Classes begin April 27.
Kim Arthur
University of Phoenix Program Coordinator/Sasebo Japan
<Kim.Arthur@phoenix.edu>
Fax: 252-3043
comm: 011-81-956-50-3044 commfax: 011-81-956-50-3043.

USO Notes

Fleet Landing is looking to fill the **Cyber Cafe Duty Manager** position. If intrested, please come by the USO Fleet Landing to fill out an application, or call Bridgett at 252-3866

Stitching Group meets at 6:30 p.m. the second and fourth Fridays each month at Nimitz Park.

WHAT'S HAPPENING?

April Lunch Specials at Harbor View Club

Enjoy a fine selection of delicious lunch specials during the month of April, prepared by Harbor View Club Executive Chef Charles Yost and his team of culinary professionals. Every Monday in April feast on Hawaiian barbecued tri-tip steak. On Tuesdays the special is ginger shoyu pork with steamed rice. The Wednesday special is rainbow rotelli Gorgonzola. Every Thursday in April, you can enjoy BBQ spicy Asian noodles with chicken & peppers. The Friday April special is blackened mahi-mahi with chipolte Chile sauce. Harbor View lunch specials are served Monday through Friday from 11 a.m.-2 p.m. Price is only $6.95, including one trip to the salad bar and your choice of iced tea or coffee. All entrees accompanied by chef's garnitures. For more information, call 252-3965.

Hasami Road Race 10k

Hasami (near Sasebo)
Friday, April 29
Registration Deadline—Monday, April 11 at Noon.
Cost: ¥2500 (Includes - Race Fee, Transportation, Lunch, Drinks)

April Lunch Specials at Galaxies

Good things are always cooking in the kitchen at Galaxies, and the month of April is certainly no exception. Their April Monday special features pita taco supreme served with refried beans and Mexican rice. On Tuesday the special is oriental grilled chicken salad served with soup and bread sticks. On Wednesday the lunch special is Korean chicken served with steamed rice or fried rice and an egg roll. The Thursday special features spaghetti & meat sauce served with a tossed salad and bread sticks. Their Friday special for April includes Cajun fried fish served with French fries, coleslaw and a dinner roll. The Galaxies Food Court daily lunch specials, served from 11 a.m. while supplies last, are only $5, and that includes a soda. For more information, call 252-2980.

Slam Dunk Movie Night

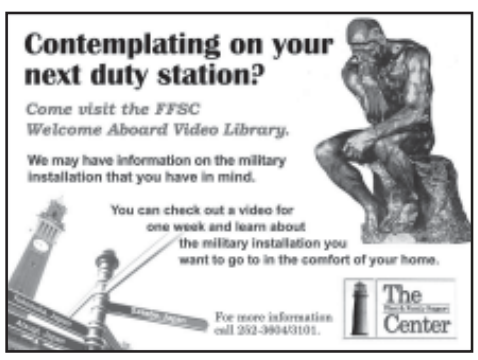
Thursday, April 28
Starts at 6 p.m.
Event held in Fleet Fitness Center
Basketball challenge will include dunk contest, 3-point contest and free throw contest. Awards will be given to winners in each contest. Following the basketball challenge there will be a movie, popcorn, and drinks available.
No sign-up is required, just show up the night of the event.

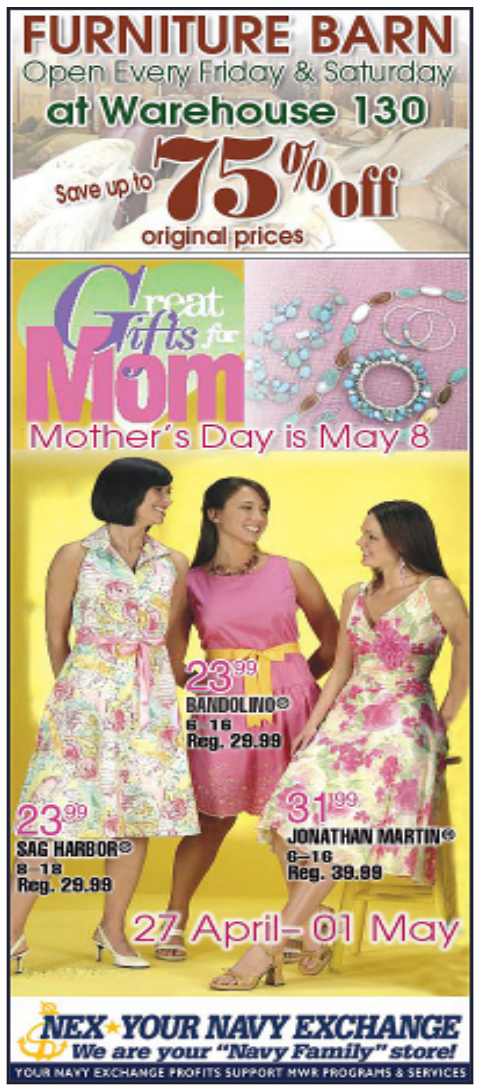
Slam Dunk Movie Night hosted at Liberty

Thursday, April 28
Starts at 6 p.m.
Event held in Fleet Fitness Center
Basketball challenge will include dunk contest, 3-point contest, and free throw contest.
Awards will be given to winners in each contest.
Following the basketball challenge there will be a movie, popcorn, and drinks available.
No sign-up is required, just show up the night of the event.

Team Spades Card Tournament

Friday, April 29
Start Time 5:30 p.m.
Event held in Fleet Fitness Center
Awards will be given to the top three teams.
Entries Due Wednesday, April 27.





Guns soar past Warriors, 54-27

A Young Guns' player flies high over his opponents to land this jam in second half court action at the Fleet Gym Tuesday, April 19. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Do your part to make youth sports fun

Isaiah Mincks
MWR Athletics Manager

I know that sports are an important part of most of our lives, whether we watch, cheer, kick the ball around by ourselves, or participate in organized sports. I have been lucky enough to choose sports as a profession, so I guess you could say sports are my life. Each week in this column I usually write about adult sports, results from recent tournaments, leading scorers, and point standings.

Unfortunately, the primary premise of sports in our society is competition, and striving to be the best.

Winning isn't everything, it's the only thing. Second place is only the first loser. Sound familiar? I would like to bring a different perspective to this week's article.

Remember back to the days when the most pressure you faced every Saturday was what flavor ice cream cone you were going to have after your little league game.

Do you remember long lost terms such as "ghost runner" and "do-over"? Pick up games at the local sandlot with friends, playing until the light (or yells of "dinner time") no longer permitted? Playing sports as a youth is as pure as any game can be.

Ever notice that the kids have more fun playing in the back yard with their friends than on a Saturday afternoon in front of screaming parents and coaches? Don't get me wrong; organized Youth Sports are a vital component in our children's lives.

My concern is that these sports are steadily becoming more of a competition for parents than a recreational learning tool for kids.

Sportsmanship in youth sports has taken a terrible turn for the worse over the last decade. Darrell Burnett, Ph.D. once wrote, "Too often, in today's youth sports, the emphasis is no longer on process (developing skills through competition, with others and with yourself), but on the end product (win-loss record, points scored, etc.). Youth sports are run by adults. Adults tend to focus on the end product. When an adult arrives at game's end, as the kids come off the field or court, what are the first words out of his/her mouth? Its usually "Who won?" or "Did you score any points (get any hits, etc.)?" The kids, meanwhile, are mainly into process, talking about whose mom brings the biggest candy bars for snacks! If, as adults, we teach our kids to focus on the end product (winning, scoring, scholarships) rather than process (skill improvement, having fun), mistakes or losses are not seen as opportunities to learn, but as occasions of failure, to be avoided at all cost. If kids think only in terms of end product, the pressure is on. It's not hard to see why they, and their parents, react so emotionally on any given day at any given game."

I encourage everyone to get involved with youth sports. Whether you haven't had kids yet, have five kids at home, or all your kids have long moved out, get involved. But please, if you get involved with youth sports, do it for the right reasons. The youth of society needs positive role models as well as confidence-building activities. Do your part to make sports a fun, enjoyable experience for all involved. The kids will appreciate the time that you spend with them, and your investment will be time well spent if you see just one smile.

"The Spirit of Sports: The spirit of sports gives each of us who participate an opportunity to be creative. Sports knows no sex, age, race or religion. Sports gives us all the ability to test ourselves mentally, physically and emotionally in a way no other aspect of life can.
For many of us who struggle with 'fitting in' or our identity - sports gives us our first face of confidence. That first bit of confidence can be a gateway to many other great things!"

-Dan O'Brien, *former Olympic gold medalist*

More information on coaching and parenting for sports can be found at *<www.sportsparenting.org>*, or contact our local Youth Sports Director, Tony Benton at 252-8963.

Fitness Tip: Choosing the right running surface

Alec Culpepper
Fitness & Aquatics Director

According to a clinical study of 4,000 runners, co-authored by Southern California podiatrist John Pagliano, one of the five leading causes of injury is 'improper' running surfaces. The other four are training errors, inadequate shoes, faulty biomechanics and muscle dysfunction/inflexibility.

It comes down to personal preference. The key is to pick one you enjoy, because we all know, getting out there is half the battle. Some people prefer jogging or trails, others swear by the treadmill.

Keep in mind, if you're prone to injuries below the knee, head for harder ground, as those ailments correlate with running on soft surfaces. Conversely, above the knee problems or stress fractures in any lower-body bones are associated with hard surface running, so go soft.

The best choice may be to alternate surfaces, similar to the concept of cross training, as it uses your muscles in different ways and may reduce the risk of injury.

Grass: Grass is a great choice if you're prone to road impact injuries. The best grass is found at city parks, college athletic fields and golf-course fairways. (Grade A-).

Track: The resilient, even plane of an outdoor track poses the least risk to runners vulnerable to joint injuries. Track surfaces range from soft dirt to rubberized asphalt, but all are good if well maintained. (Grade B)

Treadmill: A gym quality treadmill surface is both smooth and cushioned, without the bumpiness of trails and harsh impact of roads. (Grade B-)

Asphalt: A smooth, macadamized road is ankle-friendly, freeing you to ponder more than where to place your foot. Any shoe with an ample midsole and outer sole can absorb much of the impact. (Grade C+)

Sand: Like dirt and grass, sand is an ideal running surface, but only if it's the right kind. The best sand running is done on a flat beach at low tide, in the tidal zone-the area that's wet and fairly hard. (Grade C)

Hills: Hill climbs strengthen the hamstrings and groin muscles, not to mention the heart and lungs. Downhill running works your 'braking' muscles, especially the quads and shins. (Grade C)

Concrete: If well maintained, concrete is the smoothest of all surfaces. However, it's approximately 10 times harder than asphalt so all of your bones and connective tissue get pummeled, thus inviting stress fractures. Often you have no choice but to run on concrete. If so, limit your distance and wear good running shoes. (Grade F)

Upcoming Sports

Fitness Assessments
Tests on flexibility, strength, cardiovascular fitness. Health risk appraisals for cancer, diabetes, heart disease, stress, and depression. Stop by Hario or Fleet Fitness Centers for an appointment. $10 for civilians, active duty free.

Lifeguard Certification Class
May 8-13 from 9 a.m. - 5 p.m.

Water Safety Instructor
May 21-27
May 21-22 (9 a.m. - 5 p.m.)
May 23-27 (4 p.m. - 9 p.m.)

Upcoming swimming events:
Aug. 28: Nagasaki Northern Masters Swim meet at Sasebo municipal pool, next to Nimitz Park.
Sept. 4: Kyushu Masters Swim Meet at Fukuoka (need to be registered as Japan Masters Swim Association).
Oct. 30: Nagasaki Prefecture Masters Swim Meet at Shimabara City.
Nov. 13: Nagasaki Prefecture Sport Festival (we are the Sasebo City Team member) at Sasebo municipal pool.
For more information, contact Alec Culpepper, Fitness & Aquatics Director at 252-2927