



3- **Community Profile**



8- **Volleyball**

Brief Notes

Gas prices increased as of Oct. 6. The new price is \$1.75 per gallon. Though the price of gas here has increased, prices remain \$.20 less than in the U.S.

Due to the destruction from Hurricane Ivan, the **Navy Exchange (NEX) Uniform Center Warehouse** in Pensacola, Fla. has been temporarily shut down. However, Sasebo's NEX management would like to reassure the community that there are enough supplies in Japan to meet the uniform needs of all servicemembers.

Happy Birthday U.S. Navy!!!

Celebrate the **Navy's 229th birthday** Wednesday, Oct. 13 at the Shogun Cafe. A cake cutting ceremony will be held at 11:30 a.m. All CFAS personnel are welcome to attend.



Uniform change-over is Monday, Oct. 11. All personnel will switch from whites to blues.

Both **USO** locations will be closed Monday, Oct. 11 due to Columbus Day and a Japanese holiday.

Town hall meetings will be held at the following dates and locations:
Thursday, Oct. 28 at Sakura Tower from 7-9 p.m.
Tuesday, Nov. 2 at Dragon Crest from 7-9 p.m.
Thursday, Nov. 4 at Kiku Tower multipurpose room from 7-9 p.m.

Trick-or-treating in housing areas will be Sunday, Oct. 31 from 6-8 p.m. Each I.D. holder will be permitted five guests. Town houses participating in trick-or-treating should keep outside lights on and if not, turn lights off.

This Week

The annual **Volunteer Charity Bazaar** is Sunday, Oct. 10 from 11 a.m. - 3 p.m. at Shimanose Park. The bazaar begins at 11:40 a.m. The presentation promotes volunteer activities in Sasebo.

Weather

Sunday Partly cloudy
H 75°F L 64°F
Monday Partly cloudy
H 76°F L 63°F

DUI Counter: 71 days as of Oct. 7

CFAS provides relief to NAS Pensacola



The Commander, Fleet Activities Sasebo (CFAS), and the CFAS Command Chaplain issue a check to the Navy Marine Corps Relief Society Director, Tuesday, Oct. 5. The money was raised from donations collected by the chaplain's office, and will go to aid Navy families hit by recent hurricanes in Pensacola, Fla. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

JOSN Jeff Johnstone
CFAS Public Affairs

Sailors and their families stationed at Naval Air Station (NAS) Pensacola have some help on the way...all the way from Sasebo, Japan.

Fleet Activities Sasebo (CFAS) started the Pensacola Relief Society (PRS) in the wake of the recent string of hurricanes that have been hitting that region of

Florida.

"I received permission to collect donations for the PRS, and the donations really started coming in," said Cmdr. Harvey Ranard, CFAS command chaplain.

"We raised a total of \$9,176.51," Ranard said.

According to Ranard, donations came from across the community, including civilians and active duty servicemembers.

"This is truly an example of the Navy

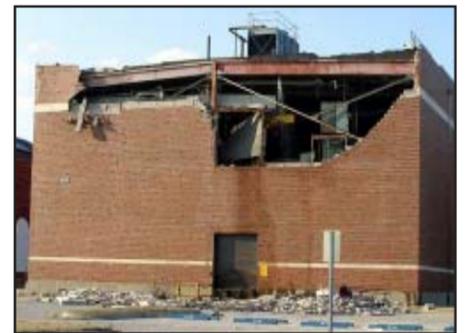
family taking care of its own," he added.

Ranard has participated in similar fundraisers in the past, most notably in an effort to aid servicemembers in South Carolina on the heels of Hurricane Hugo.

The check was presented to Jessica Grant, director of the Navy Marine Corps Relief Society on Tuesday, Oct. 5 in the Japan-America Friendship Room, Bldg. 80.

"This is a tremendous blessing. It shows how caring people are in the Sasebo community," said Grant.

For more information about the PRS, contact the CFAS command chaplain's office at 252-3380.



One of the many buildings on Radford Boulevard, along the seawall on board Naval Air Station Pensacola shows damage from Hurricane Ivan. Navy officials reported Sept. 17 that nearly 90 percent of the buildings on the base suffered significant damage. (U.S. Navy Photo by Harry White)

Combined Federal Campaign season begins at CFAS

JOSN Jeff Johnstone
CFAS Public Affairs

The Combined Federal Campaign (CFC) kicked off their 2004 campaign Oct. 4, with a cake cutting ceremony at the Shogun Cafe.

The CFC is an organization that gives servicemembers the opportunity to donate to charities of their choice once a year.

"People can donate to a charity of their choice, and not have to worry about having their door knocked on constantly," said Operations Specialist Chief (SW) Gary Boldes, CFC area coordinator.

"The CFC began in the 1960s as an executive order signed by former President John F. Kennedy," he explained.

According to Boldes, the CFC puts charities under one umbrella.

Those interested in donating to a specific charity can find out more about the program from information booklets provided by CFC.

"Each department and tenant command at Fleet Activities Sasebo (CFAS) has a CFC unit coordinator who can provide information about the program," said Boldes.

"If you are overseas and no specific charities interest you, and you still would

like to give back to the community in some way, you can donate your money to FSYP, and the money will be put to good use in the community," said Master-at-Arms First Class (SW) Heather Charlot, a CFC unit coordinator.

"The money could go to things like child care, Morale Welfare and Recreation (MWR) programs, youth sports or a variety of other good causes."

"Last year, Sasebo, including CFAS, the tenant commands and the ships, raised

\$185,620, and we hope to at least meet that total this year," said Boldes. "Our goal for this year is to raise \$200,000."

"Those who fill out a pledge card, regardless of whether or not they make a

donation, will be entered into a raffle to win a Jeep Cherokee," said Charlot.



Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO) (left), and the CFC Area Coordinator, an Operations Specialist Chief cut a cake to kick off this year's CFC campaign Monday, Oct. 4. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

This year's CFC campaign runs from Oct. 4 - Dec. 3, 2004. For more information on how to contribute, contact MA1 (SW) Charlot at 252-2526.

From the CSO: Maintaining community standards

I just came from a check presentation ceremony where the Sasebo community was able to present the Navy Marine Corps Relief Society a check of almost \$9,200 to go towards helping out Naval Air Station Pensacola. For those of you who may not be up on the news, NAS Pensacola received significant damage as a result of Hurricane Ivan.

Many Navy families were severely impacted as well as many of the base's functions and tenant commands. The Sasebo community continues to show its community spirit extends far beyond the reaches of this base, and it speaks loudly to the commitment and generosity of all.

Speaking of generosity, I had the opportunity to attend the kick off cake cutting ceremony for the Combine Federal Campaign. Last year, the Sasebo community was able to provide over \$180,000 to the campaign. This year, OSC (SW) Boldes told me the goal is \$200,000. CFC is an effort that was started many years ago to consolidate all the fund raising efforts within the federal

government into one large fund drive. Many organizations, both overseas and stateside are represented. I highly encourage everyone to fully participate. Sir Winston Churchill once said "we make a living by what we get, but we make a life by what we give." The community of Sasebo has shown time and time again that giving is part of their life.

What we did for Pensacola and what we are about to give as part of the CFC campaign are examples of how we act externally to the base, we must not forget that community living and giving are internal to the base also. There are still a great deal of opportunities to volunteer and to participate in the life of Sasebo by giving of your time and efforts in the coming months and years. There are volunteers throughout the base who do many thankless jobs and extend a helping hand.

I really encourage you to contact the Fleet and Family Service Center (FFSC)

if you have even an hour a week to give.

On a different note, I also ask the community's cooperation in keeping Sasebo a quality community to live in. One of the major complaints I have been receiving lately is the state of cleanliness of the common areas in the housing areas and on base. One of the foundations of civic responsibilities is civic pride. We all live in this community, and we must strive to make it liveable for all.



CHIEF STAFF OFFICER, FLEET ACTIVITIES SASEBO

Leaving trash behind means someone will have to clean up after you, and as many of you in the housing areas know, it is often the people who are not responsible for the trash that end up cleaning it up. This is wrong.

We all need to take the pride in leaving an area clean and perhaps even better than how we found it for the sake of your neighbors.

Living in close quarters in a community like Sasebo means having to enforce community standards. Sometimes it means having to tell someone to clean

up after themselves; look out for inappropriate activities; and look out for the safety and conduct of your neighbors' children (or your own children). Sasebo is a very safe and nice place to call home, and sometimes we get too complacent and develop a false sense of security.

Sometimes we turn over our civic responsibilities to Security or hope someone high in the chain of command will step in. The problem with assuming someone else will take care of things, is it often leaves things worse off or needs not addressed. Security can not be at all places all of the time, and neither can we count on someone else to step in. If we see something that's not right, we must intervene. This is your civic duty as an adult and a responsibility for living in a small and close community.

In closing, I want to remind you of a couple of important events coming up. The first is to remind everyone that Wednesday, Oct. 13 is the 229th birthday of the Navy! Happy Birthday. As of today, we have a little more than a month before Election Day. We have had a great outreach in getting people registered to vote, now it is time to exercise that right.

I hope everyone is getting their absentee ballots from their states, but if you are having difficulties receiving your ballots, I encourage you to contact CFAS legal or the SJA's office at 252-2102 for further assistance.

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

MR. CHARLES T. HOWARD
CFAS PUBLIC AFFAIRS OFFICER
252-3029
charles.t.howard@cfas.navy.mil

JO1(SW) RON INMAN
EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@cfas.navy.mil

JOSN JEFF JOHNSTONE
STAFF WRITER/EDITORIAL ASSISTANT
252-3409

NAOMI SULLIVAN
ASSISTANT EDITOR/COPY EDITOR

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO3 JAMES KIMBER
252-2810

FLEET IMAGING
PH3 IAN W. ANDERSON
PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.
252-3559

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

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

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

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

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

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

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Ensure your ballots arrive in time to be counted

Released by CFAS Public Affairs

A vital part of the absentee voting process is voting and returning your ballot in time to be counted. In order to do this, citizens should carefully review all instructions for balloting provided by the state. In addition, to successfully vote and return a ballot, citizens must also comply with ballot return deadlines and postmark requirements. Correctly meeting all requirements and deadlines will help ensure your ballot arrives in time to be counted in the Nov. 2, 2004 General Election.

Important note: When mailing your ballot, please ask the mail clerk to hand stamp the ballot envelope so that a date is clearly visible. The dated postmark will help ensure that the local election official can make a proper determination of timely mailing. Listed below are states with unique postmark and deadline

requirements. Contact the Staff Judge Advocate's office at 252-2102 for more information.

Florida: Overseas Uniformed Services members may return the ballot to the fax number provided by the local Supervisor of Elections.

Hawaii: You may return the voted ballot by fax if you requested the blank ballot be sent to you by fax. A waiver of secrecy and ballot must be received by 6 p.m. (Hawaiian Standard Time) on election day.

Indiana: It is recommended that the ballot be mailed to be received by Oct. 29, 2004. You may return the ballot by fax.

Maryland: Ballot must be postmarked by Nov. 1, 2004. Ballots mailed from outside the United States must be received by 4:00 PM on Nov. 12, 2004.

Massachusetts: Ballots mailed from outside the U.S. must be postmarked by Nov. 2, 2004 and received by Nov. 12,

2004, to be counted.

New Jersey: If you are overseas, you may return the ballot by fax, no later than 8 p.m. (EST) on election day. You must also submit the original ballot by airmail together with certification.

New York: For active duty military, in 2004 only, the deadline for receipt of ballots is Nov. 15, 2004.

North Carolina: Military and civilians serving with U.S. Armed Forces outside the U.S. and Peace Corps members may return the ballot by fax.

Ohio: Ballots mailed from outside the United States will be counted if signed and postmarked by the close of polls on Nov. 2, 2004 and received by Nov. 12, 2004.

Texas: Active duty military overseas or spouse or dependant of the member in hostile fire pay, imminent danger pay or combat zone area may fax ballots.

Navy promotes Breast Cancer Awareness Month

Bill Doughty
U.S. Naval Hospital, Yokosuka, Japan

Breast health and cancer prevention starts – and continues – with a patient's primary care manager. That's one of the key messages from healthcare providers at military treatment facilities during Breast Cancer Awareness Month in October.

"To get information and specific

guidelines regarding breast health and cancer screening, make an appointment with your health care provider," advises Lt. Jacqueline Jones, emergency room physician at Naval Medical Center San Diego.

"Our goal is to find breast cancer early so it can be successfully treated."

Jones adds, "Breast cancer is a treatable disease. Early detection and appropriate therapy is the key to

survival."

"Breast cancer may not always be present with symptoms. Sometimes it is only found by exam or mammogram," said Jones.

According to Jones, the first sign of breast cancer is normally a small, painless lump on the breast.

See Breast Cancer, pg. 4

Study shows Navy more satisfied with its exchanges than other services

Jerry Thomas
NEX Service Command Public Affairs

A recent study conducted by the Defense Manpower Data Center (DMDC) showed that active-duty Sailors are significantly more satisfied with their Navy Exchanges than their counterparts in other military branches.

Some 12,500 active-duty Soldiers, Sailors, Airmen and Marines responded to the survey to determine satisfaction levels in quality of life areas, including exchange, commissary, housing, health care, and support programs and services. Four major areas of satisfaction with exchanges were measured: quality of merchandise; quality of service; cost of merchandise; and the exchange in general.

In every measure of the Web-based survey, Navy members were more satisfied. For example, 84 percent of active-duty Sailors were very satisfied or satisfied with the quality of merchandise in their exchange, which was 12 points higher than active-duty Soldiers.

The survey showed that 47 percent of Navy people indicated price is the number one reason they shop in their exchange. A recent price survey conducted by the Navy Exchange Service Command (NEXCOM) showed shoppers save an average of 21.2 percent before sales tax savings are added.

"Price is certainly one of the main reasons I shop at the Navy Exchange," said Senior Chief Navy Career Counselor Donna Anderson, with Commander, Naval Special Warfare Group 2 at Naval Amphibious Base Little Creek, Va., shopping during her lunch hour recently. "If I need something, I look here before I go anywhere

else, because I know I'll get the high quality I want at the best price."

Cost was another survey category where Sailors were also significantly more satisfied than were their service counterparts. Overall, the survey indicated that 69 percent of Sailors were very satisfied or satisfied with exchange prices, while only 58 percent of Army respondents were satisfied with their exchange prices, an 11-percentage point difference.

"This DMDC survey, along with our recent pricing survey, indicates we are making significant progress in meeting the expectations of our Sailors," said Rear Adm. Robert E. Cowley III, commander, NEXCOM. "We've been working very hard the past 10 years to improve our Navy Exchanges. Together, these two surveys indicate we are on the right path to make and sustain Navy Exchanges as a world-class retail operation. Our Sailors and their families deserve nothing less."

NEXCOM is the parent organization for the worldwide Navy Exchange System. NEXCOM operates more than 400 selling locations across the globe as self-sufficient non-appropriated fund activities. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and support quality of life programs for active-duty military, retirees, reservists, and their families. Since its inception in 1946, it has given more than \$2.2 billion to Morale, Welfare and Recreation to support quality of life programs.

(Editor's Note: According to NEX Assistant Manager Dan Carin, next week, Sasebo's Navy Exchange will be conducting customer satisfaction surveys in front of the Main Exchange and at Bayside Food Court until the end of the month. For more information, call 252-3566.)

MWR, Self Help renovating bowling alley

JO1(SW) Ron Inman
CFAS Public Affairs

A team of Morale, Welfare and Recreation (MWR) and Public Works Self Help Division personnel are busily conducting a dramatic transformation of the Spare Time bowling alley. When it is complete, patrons will enjoy high-energy, high tech bowling in a new state-of-the-art facility including lasers, lighting, smoke and music.

According to Builder Second Class Bruce Beebe, Self Help Division Director, the project will be completed by the end of November.

Beebe explained that the project is a joint effort between Self Help and MWR. Self Help, comprised of six Seabees attached to Public Works, is providing technical assistance and materials like drywall, two-by-fours, screws and tools for the job while a four-man MWR team accomplishes the renovation.

MWR's team – Yoshihiro Tokiwa, Yoji Yoshimura and Mitsuyuki Nagata, led by Wood Hobby Shop supervisor Tim Lords, is tackling all aspects of the intensive project



A worker strips a doorjamb during renovations at the Spare Time Recreation Center's bowling alley. (Official U.S. Navy Photo by JO1(SW) Ron Inman)

– electrical, mechanical, and design.

"It's a very big job," said Lords. "It's going to change the whole aspect of bowling. We've taken input from MWR to create a design that's not only aesthetically pleasing, but functional as well."

According to Lords, renovations underway include a new ceiling, relocation of the pro shop, relocation of lockers and creation of a new locker area, creation of a 'command center' to control the new state-of-the-art capabilities of the facility, and installation of large plate glass windows on the wall that currently separates the bowling alley from the cafeteria.

But the renovations won't stop there. According to Lords, renovation of the facility's cafeteria will begin soon and will include new booths, lighting, food counters, a slot machine room and enclosure of the game room. That project is scheduled to be completed in May 2005.



The bowling alley renovation will be complete at the end of November. (Released by CFAS Public Affairs)

Profile:



Takako Kashima
IT Specialist (Technical Support Web Master)
Hometown...Nagasaki, Japan

What is your favorite thing about Sasebo?

The fresh seafood and beautiful landscape.

Are you married or single?

I am single.

Do you have any children?

Yes, I have a daughter, Arisa, 5.

What hobbies do you have?

I like to play tennis, cook and watch movies.

Who do you consider to be your role model?

My father and my mother.

What are your personal goals?

To be the best mother I can be and to live my life with no regrets.

What motivates you?

Positive people.

What is the one thing you can't stand?

People who lie and cheat.

What do people not know about you?

I have a registered nurse's license.

What is your most embarrassing moment?

When I was 11, I was riding my bike down a hill on a road supported by a retaining wall. At the bottom of the retaining wall was a parking lot, and there was no guardrail on the edge of the road. As I was riding down the hill, I became very tired and fell asleep. I ended up falling two meters (about six feet) off of the road and landed on a car parked in the lot below.

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

Ichiro (to celebrate his Major League hits record), Princess Masako and my friend who passed away in 1994.

'MyRoad.com' can help put you on the road to success

Amy Brennan
E.J. King Correspondent

Recently, E. J. King High School students took time out of their regular seminar classes to learn about an exciting new program called MyRoad.com. MyRoad.com is an online resource offered through the College Board that offers a variety of services to students, including personality assessments, career and college major exploration, detailed college searches and information about applying to colleges. The website also offers personal accounts of what professionals have to say about their choices in college and careers. MyRoad.com has been provided by the Department of Defense Educational Activity (DoDEA) to all Department of Defense Dependents (DoDDS) schools as part of the High School Initiative (HSI).

During the session, E. J. King's counselors helped

students log into the website, and were available to answer questions and provide guidance. All King students had the opportunity to establish individual accounts and explore the basic features of MyRoad, but individual exploration throughout the school year is strongly encouraged.

College and career exploration should be an ongoing process for all high school students. Especially for E. J. King juniors and seniors, it is time to get going on college searches and applications. Starting now ensures that innumerable opportunities will not pass you by, including testing dates, scholarship and financial aid deadlines, and more.

Most institutions require students' Scholastic Achievement Test (SAT) or ACT Assessment (ACT) scores prior to admission. This year, the SAT test will be given on the following dates: Nov. 6, Dec. 4, Jan. 22 and May 7. ACT test dates are Oct. 23, Dec. 11, Feb.

12 and Apr. 9. For registration information for any of these test dates, contact Rob Victoria in the Student Affairs Office at 252-3072. For underclassmen, the Preliminary Scholastic Achievement Test (PSAT) offers the opportunity to practice taking SAT-type tests, and can qualify students for National Merit Scholarships. Sophomores and juniors will be taking the PSAT on Oct. 13.

Although there are limited opportunities to take these tests, good SAT and ACT scores can be factors in admissions to the college or university, and equate to thousands of dollars saved on a college education through scholarships. For more information about these tests, visit <www.collegeboard.com>, <www.act.org>, or contact Mr. Victoria at 252-3072.

If you have any public interest questions regarding E.J. King High School you would like addressed in *Sasebo Soundings*, contact Amy Brennan at 252-3059.

Breast Cancer

from pg. 1

The American Cancer Society recommends a 3-part strategy to detecting breast cancer early: A monthly breast self-exam for women over 20; clinical breast exams periodically (at least once every 3 years) for women in their 20s and 30s; and screening mammography with a clinical exam yearly for women ages 40 and over or those who may be at high risk.

"Good breast care encompasses all three but starts with a monthly self breast exam," said Ms. Kutistia Ragland, clinical mammography technologist at U.S. Naval Hospital, Yokosuka. "So many women tell me they are confused about how to do a self breast exam," she said. "I encourage them to talk to their primary care manager. They'll be able to show how to do it properly."

The next step, a clinical breast exam, is performed by a healthcare provider who can also be patient's primary care manager. The provider can order a mammogram if one is needed, according to Ragland.

"Mammography is normally done for

women 40 and over," she said. "However, if you are at high-risk or have a family history of breast cancer you need to talk with your primary care manager about whether you need to do your mammogram earlier."

Ragland adds, "Mammography should never stand alone. Many people think of a mammogram as the end-all, be-all. Good total breast care encompasses self exam, clinical exam and mammograms."

"Good total breast care encompasses the self exam, the clinical exam, and the mammogram."

- Ms. Kutistia Ragland, clinical mammography technologist, U. S. Naval Hospital, Yokosuka

The American Cancer Society advises follow-up with a primary care provider. Studies show that

women who are diligent in scheduling and getting regular exams and mammograms, as necessary, and who are seen regularly by a primary care provider are more likely to catch breast cancer early when it is treatable.

According to Jones, "Survival from breast cancer is at an all-time high. Survival rates are up because women are informed, practicing breast self-exams, and having clinical exams and mammograms on a regular basis. Early detection saves lives!"

For more details, talk to your primary care manager or health care provider.

Sasebo Elementary welcomes new teacher



Sasebo Elementary School is pleased to introduce a new teacher to the Sasebo Community. Stephen Austin grew up in Bend, Ore., where he spent the last seven years teaching. Although Mr. Austin is teaching 5th grade at SES, he has many years' experience teaching sixth grade as well, including a teaching assignment on the island of Saipan. His past travels to Japan include an exchange visit with the Fulbright Memorial Fund in 1999. On that trip the group, comprised of teachers from all over the United States, visited Fukushima and Tokyo for three weeks. A second and more recent visit was with 12 middle schoolers from Bend, Ore. The group visited Bend's sister city, Jujioka, for 10 days.

Mr. Austin, his wife Lana, and their two boys, Matthias and Levi, enjoy camping. Mr. Austin also enjoys skiing, scuba diving, biking, swimming and being in the great outdoors. When those hobbies are not available he enjoys reading and also plays the guitar. Mr. Austin has a keen interest in science and math and is very excited to be back in Japan.

"I have always tried to eat well and maintain a regular exercise program but there is so much information available on fitness I wasn't sure what was correct."

I wanted advice about diet and exercise programs available on base. I contacted the I & R Specialist at the Fleet and Family Support Center for advice. She told me about the MWR Fitness center, which offers strength and weight training, cardiovascular conditioning, and aerobic and martial arts classes. The staff at the Fitness center helped me design a fitness program that met my personal needs and schedule. She also told me about Navy One Source. I gave them a call and the Navy One Source consultant connected me to information that I needed to launch a nutritional and fitness program in a clear and balanced way. She saved me a lot of time and effort!

For more information, call and talk with one of our resident's level consultants.

Get in touch with Navy One Source today!

From the U.S.: 1-800-540-4123
From outside the U.S. ONLY: 800-540-1233*

*Note: when dialing local access numbers, local phone charges may apply.
* Or call collect from outside the U.S.: 1-484-530-5914

Navy One Source is available at no cost to you. Best of all, it's available—any time of day, whenever you are.

To reach a special speaking consultant—It's required, dial at 1-877-809-5392. Navy One Source also offers simultaneous translation into more than 300 other languages. Phones are 177/220 available by calling 1-800-344-9188.

Online: www.navyonesource.com
User ID: Navy
Password: Sailor

NAVY
One Source

Safety Corner: Minor first aid procedures

Charles Carr
CFAS Safety Department

The Safety Department advises using the following procedures for the treatment of minor cuts, scrapes and bruises:

1. Wash with cool water and bland soap. Cover with a light protective adhesive bandage (such as a Band-Aid or Telfa strip).
2. Use of an antibiotic or antiseptic is optional. Avoid using alcohol. Hydrogen peroxide kills some microorganisms by generating oxygen at the site of a cut, but it is a weak antiseptic. Stronger substances include iodine complexes such as Betadine and benzalkonium

- chloride.
 3. Facial scrapes should be thoroughly washed to remove debris and, after treating with antiseptic or antibiotic cream, should be left unbandaged.
 4. Treat bruises that involve bleeding into the tissue beneath the outer layer of skin with cold packs to reduce swelling.
 5. For deeper cuts that go through the skin, control bleeding by direct pressure and elevation. If bleeding persists or recurs, the wound may need a doctor's care to be closed with tape or stitches.
- For further information on first aid procedures, call Fleet Liaison HM2 Hart (IDC) at 252-2560.



Golf at Torii Pines, Iwakuni

Join the Sasebo Golf Club team as they head to the Torii Pines golf course in Iwakuni to compete against the Marine Corps Air Station team on their home turf. Travel date is Friday, Oct. 15 (bus departs Sasebo at 5 p.m.) with play scheduled for the following morning. The \$20 cost (payable at time of registration) includes transportation to and from Iwakuni and lodging. Golfers are required to pay for their own green fees. This annual event always fills up fast, so be sure to register as early as possible at the Fleet Fitness Center to guarantee a spot on the team. For more information, call 252-3588.

No Tap Special Bowling Tournament

The Spare Time Recreation Center will hold a No Tap Special Bowling Tournament on Friday, Oct. 15 at 6:30 p.m. The entry fee is \$15 (you must be 18 years old or older to participate). The tournament includes four games of bowling as follows: Game 1: Scratch; Game 2: 7 Pin No Tap; Game 3: 8 Pin No Tap; Game 4: 9 Pin No Tap. The highest total pin fall determines the winner. The total number of participants determines the prize money. For more information, call 252-3634.

Hatten Dake Hiking & Fishing Trip

Enjoy a day of hiking and fishing at Hatten Dake on Saturday, Oct. 16 from 10 a.m. to 3 p.m. It is a great way to experience the great outdoors with family and friends. A Sailing & Outdoor Adventure Center experienced guide will be on hand every step of the way to ensure you have a safe and fun experience. Cost is only \$12 per person. For more information, call 252-3500.

Shoppers Delight

Travel & Tours pros have scheduled a shopping trip to MCAS Iwakuni on Saturday, Oct. 16. Shop all you want at the multi-level MCAS Exchange complex where you'll find a great selection of housewares, apparel for the entire family, shoes, sports equipment, electronics and more. You'll also find a variety of specialty shops there as well. All seats are \$20. For more information, call 252-3433.

Domestic Violence Awareness 3K Run

All hands are highly encouraged to show their support for domestic violence awareness on Friday, Oct. 22 by participating in this relatively easy, 3K fun run. The race will begin at 11:30 a.m. at the Fleet & Family Support Center. There is no entry fee. For more information, call 252-3588.

Sailing Class For Beginners

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

October Lunch Specials at the Harbor View Club

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

October Lunch Specials at Galaxies

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

Living in Japan: How we raise our kids

Rose and I went to Iwakuni recently for the weekend. Different scenery, different exchange, and Burger King are sufficient reasons to periodically make the 4 1/2 hour drive worthwhile in our book. While sitting in their food court area I chanced to observe a young high-and-tight Marine father with his wife and two children approximately two and four years of age.

His actions with his kids reminded me of how I dealt with the raising of my first two children.

Strict and unyielding, as firm as a Parris Island Drill Instructor, he harangued them throughout their fast food meal, making the experience uncomfortable for himself, his wife, and any busy bodies, such as myself, who sat nearby. Although, I must say, his stern performance had little to no effect on the kids themselves.

We in the military often tend to believe that our authority and sense of discipline on the job is such a great thing it should be carried over into the care and feeding of our offspring – for their own good, as it were. Then we explode when our barked directives are greeted with insubordinate behavior.

Japanese children are stereotypically well behaved, although we've all seen some of them get pretty wild and rambunctious at times. The driving force Japanese parents use to instill obedience in their children is that onlookers will think badly of them if they misbehave in public. This places the need in them to remain aware of their personal conduct, and teaches them if they want to save face they must conform to public norms of civility and personal behavior.

Conversely, we tend to threaten our kids with the concept that their poor behavior is embarrassing us. We try to get them to be ashamed of the fact that we, the parents, are being held up to ridicule by those around us due to the child's tantrums or other mischievous shenanigans.

After following my instincts in raising the first two, I slowed down to evaluate the process with my youngest. Rather than scream, threaten, and turn blue in the face when she would do something that I didn't approve of, I'd speak to her like an adult, even when she was just three or four years old. I'd explain why her action was inappropriate, or otherwise not to my liking, and explained how I would prefer her to behave in a given situation. Lo and behold, she responded remarkably well, and my blood pressure dropped.

The dinner table was a battleground with my two oldest children. I would command them to eat everything on their plates, including stuff I'd placed there myself knowing full well that they didn't like. I allowed my youngest to choose what she wanted to eat from the foods on the table. Granted, to this day, her diet is not textbook nutritionally correct, but then, my older kids are in their thirties now and they still won't eat some foods, simply because I traumatized them with them when they were young.

The late Erma Bombeck coined one of my absolute favorite quotes regarding the raising of children. She said, "Having children should be like making pancakes. You get to throw the first two away."



JERRY HAVENS: FLEET & FAMILY SUPPORT CENTER SUPERVISORY PROGRAMS MANAGER

<p>October 8-15</p> <p>FEATURED PREMIERE</p> <p>LADDER 49 PG-13 Starring: Joaquin Phoenix, John Travolta, Jacinda Barrett, Billy Burke, Jay Hernandez</p> <p>Trapped in a fire that looks likely to kill him, a fireman takes the opportunity to look back over his life, career and marriage, while he waits for his company, Ladder 49, to rescue him, if they can...</p>	<p>SHOWBOAT THEATER TELEPHONE: 252-3822</p> <table border="1"> <tr> <th>FRIDAY, OCTOBER 8</th> <th>SATURDAY, OCTOBER 9</th> <th>SUNDAY, OCTOBER 10</th> <th>MONDAY, OCTOBER 11</th> <th>TUESDAY, OCTOBER 12</th> <th>WEDNESDAY, OCTOBER 13</th> <th>THURSDAY, OCTOBER 14</th> <th>FRIDAY, OCTOBER 15</th> </tr> <tr> <td>5 p.m. (PG) Sky Captain and the World of Tomorrow 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning</td> <td>2 p.m. (PG) Princess Diaries 2 5 p.m. (PG) Thunderbirds 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning</td> <td>2 p.m. (PG) Sky Captain and the World of Tomorrow 5:30 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Open Water</td> <td>6 p.m. (PG-13) Without a Paddle 8:30 p.m. (R) Collateral</td> <td>6 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Manchurian Candidate</td> <td>6 p.m. (PG-13) The Village 8:30 p.m. (R) Exorcist: The Beginning</td> <td>6 p.m. (PG-13) Ladder 49 8:30 p.m. (R) Open Water</td> <td>5 p.m. (PG) Shark Tale 7 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 9:30 p.m. (R) Suspect Zero</td> </tr> </table>							FRIDAY, OCTOBER 8	SATURDAY, OCTOBER 9	SUNDAY, OCTOBER 10	MONDAY, OCTOBER 11	TUESDAY, OCTOBER 12	WEDNESDAY, OCTOBER 13	THURSDAY, OCTOBER 14	FRIDAY, OCTOBER 15	5 p.m. (PG) Sky Captain and the World of Tomorrow 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning	2 p.m. (PG) Princess Diaries 2 5 p.m. (PG) Thunderbirds 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning	2 p.m. (PG) Sky Captain and the World of Tomorrow 5:30 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Open Water	6 p.m. (PG-13) Without a Paddle 8:30 p.m. (R) Collateral	6 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Manchurian Candidate	6 p.m. (PG-13) The Village 8:30 p.m. (R) Exorcist: The Beginning	6 p.m. (PG-13) Ladder 49 8:30 p.m. (R) Open Water	5 p.m. (PG) Shark Tale 7 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 9:30 p.m. (R) Suspect Zero
	FRIDAY, OCTOBER 8	SATURDAY, OCTOBER 9	SUNDAY, OCTOBER 10	MONDAY, OCTOBER 11	TUESDAY, OCTOBER 12	WEDNESDAY, OCTOBER 13	THURSDAY, OCTOBER 14	FRIDAY, OCTOBER 15															
5 p.m. (PG) Sky Captain and the World of Tomorrow 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning	2 p.m. (PG) Princess Diaries 2 5 p.m. (PG) Thunderbirds 7:30 p.m. (PG-13) Ladder 49 10 p.m. (R) Exorcist: The Beginning	2 p.m. (PG) Sky Captain and the World of Tomorrow 5:30 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Open Water	6 p.m. (PG-13) Without a Paddle 8:30 p.m. (R) Collateral	6 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Manchurian Candidate	6 p.m. (PG-13) The Village 8:30 p.m. (R) Exorcist: The Beginning	6 p.m. (PG-13) Ladder 49 8:30 p.m. (R) Open Water	5 p.m. (PG) Shark Tale 7 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 9:30 p.m. (R) Suspect Zero																
<p>HARIO VILLAGE THEATER TELEPHONE: 252-8753</p> <table border="1"> <tr> <th>FRIDAY, OCTOBER 8</th> <th>SATURDAY, OCTOBER 9</th> <th>SUNDAY, OCTOBER 10</th> <th>MONDAY, OCTOBER 11</th> <th>TUESDAY, OCTOBER 12</th> <th>WEDNESDAY, OCTOBER 13</th> <th>THURSDAY, OCTOBER 14</th> <th>FRIDAY, OCTOBER 15</th> </tr> <tr> <td>6:30 p.m. (PG-13) Without a Paddle 9 p.m. (R) Open Water</td> <td>2 p.m. (PG) Sky Captain and the World of Tomorrow 6:30 p.m. (PG-13) Alien vs. Predator 9 p.m. (R) Open Water</td> <td>2 p.m. (PG) Thunderbirds 6:30 p.m. (PG-13) Without a Paddle</td> <td colspan="3">NO MOVIES SCHEDULED</td> <td>6:30 p.m. (R) Collateral No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.</td> <td>6:30 p.m. (PG) Superheroes: Baby Geniuses 2 9 p.m. (R) Exorcist: The Beginning</td> </tr> </table>							FRIDAY, OCTOBER 8	SATURDAY, OCTOBER 9	SUNDAY, OCTOBER 10	MONDAY, OCTOBER 11	TUESDAY, OCTOBER 12	WEDNESDAY, OCTOBER 13	THURSDAY, OCTOBER 14	FRIDAY, OCTOBER 15	6:30 p.m. (PG-13) Without a Paddle 9 p.m. (R) Open Water	2 p.m. (PG) Sky Captain and the World of Tomorrow 6:30 p.m. (PG-13) Alien vs. Predator 9 p.m. (R) Open Water	2 p.m. (PG) Thunderbirds 6:30 p.m. (PG-13) Without a Paddle	NO MOVIES SCHEDULED			6:30 p.m. (R) Collateral No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6:30 p.m. (PG) Superheroes: Baby Geniuses 2 9 p.m. (R) Exorcist: The Beginning	
FRIDAY, OCTOBER 8	SATURDAY, OCTOBER 9	SUNDAY, OCTOBER 10	MONDAY, OCTOBER 11	TUESDAY, OCTOBER 12	WEDNESDAY, OCTOBER 13	THURSDAY, OCTOBER 14	FRIDAY, OCTOBER 15																
6:30 p.m. (PG-13) Without a Paddle 9 p.m. (R) Open Water	2 p.m. (PG) Sky Captain and the World of Tomorrow 6:30 p.m. (PG-13) Alien vs. Predator 9 p.m. (R) Open Water	2 p.m. (PG) Thunderbirds 6:30 p.m. (PG-13) Without a Paddle	NO MOVIES SCHEDULED			6:30 p.m. (R) Collateral No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6:30 p.m. (PG) Superheroes: Baby Geniuses 2 9 p.m. (R) Exorcist: The Beginning																

Navy Marine Corps Relief Society offers budget support

Jessica Grant
NMCRS Sasebo Director

Ever had the feeling of being a day late and a dollar short? We all have. Sometimes we try our best to plan for the bumps on the road of life, other times things just sneak up on us. That's where having a budget can help.

Why should I have a budget? You should have a budget for many reasons. Having a budget keeps you on track with your money. Being overseas we have a unique advantage of getting Cost of Living Allowance (COLA). Having a budget can help you maximize the benefits of your income. Understanding how much money is coming in and how much you are spending will help you make wise decisions and help to eliminate money going out the 'window'. Having a budget



will also help you reduce your money worries or stress. If you have a clear spending plan, you will not have to struggle month to month paying your bills or covering life's little emergencies.

Dream of owning your own home when you get back to the states, or would like to sip pina colada's beachside during your retirement? Budgeting allows you to achieve your goals and dreams.

Many people think having a budget is like being on a restricted diet. It is not! Just like being on a diet, you have to find the right one that works for you. You are not coming up with a budget, you are coming up with a spending plan: what you have each month to spend for the necessities and the luxuries, while still saving for your future goals. How should you start a budget? Educate yourself; check out books on finances, surf the web, make an appointment to talk with financial specialists or organizations that deal with finances. Set goals. Think of what you want to be able to achieve in the next 6 months, a year, or 5 years.

Keep track of miscellaneous expenses. It's not the big things that get you, it's all the little things that add up. That Georgia coffee habit can cost you close to \$50.00 a month without even knowing it. Keep a post-it note in your wallet, every time you make a purchase write it down and total it each day. Keep a running expense log for the month. Finally, go with the flow, some months you will have more expenses than others. The key is to be prepared and plan ahead.

When should you start a budget? The sooner you start a budget the closer you get to financial freedom and achieving your goals. If you need help getting started or would like a professional budget please contact the Navy Marine Corp Relief Society's office at 252-3366 for a free confidential appointment.

MWR's movie theaters get face-lift, introduce new 'cine-pass'

Frank A. DeSilva
MWR Marketing

Going to the movies at the Showboat and Hario Village Theaters just got better, thanks in large to the Sasebo Morale Welfare and Recreation (MWR) "Center of Excellence" process that involves responding to customer feedback on ways to improve service at MWR facilities.

Showboat and Hario Village Theater patrons can now purchase new 'Cine-Pass' discount coupons in advance, saving them money while reducing the time they have to stand in line at the box office, says theater manager John Stemen.

Furthermore, Showboat Theater moviegoers are now enjoying movies in the recently installed, new, larger and more comfortable seats complete with cup holders, another result of customer feedback generated during the Theater Center of Excellence process last year.

"We thought that was a great idea and decided to take it one step further by including a significant discount in the advance sale ticket coupon. It took us a while to work out all the details, but we now have the tickets on sale at each theater and at the Travel & Tours Office. We anticipate a good response from our customers," Stemen continued.

The new 8-movie Cine-Pass discount coupons offer patrons a free movie when they purchase the coupons in advance. Each adult Cine-Pass coupon includes admission to eight movies for only \$21, a \$3 savings over the price of individual tickets. Similar children's Cine-Pass coupons are available for only \$14.

Patrons with a Cine-Pass won't have to stand in the theater box office line. Instead, they simply show their pass at the designated theater entrance, have their card stamped and enter the theater. After they collect 7 stamps, the 8th movie is free.

"Customers with a Cine-Pass can now get into the theater very quickly, which was the main reason for creating the new

pass," Stemen said.

The new Cine-Pass coupon has no expiration date and is valid for all Showboat and Village Theater movies, including premier showings, on a first-come first-served basis.

The new Showboat Theater seats, recently installed at a cost of over \$70,000, are sure to please regular and new customers alike. The 325 new seats replace older versions that were smaller, less comfortable, well-worn and lacked cup holders, forcing moviegoers to place their drinks on the floor, a major complaint patrons made during the customer feedback portion of the Theater Center of Excellence process.

"We worked very hard to get the new seats installed several months ago, but unforeseen shipping delays forced us to move the date back. Even so, the wait was worth it because we were able to replace the floor tile at the same time and make some other needed improvements.

"We've spent over \$100,000 on improvements at the Showboat Theater so far to make the movie experience as enjoyable as possible. This is really a first-class facility," Stemen said.

More improvements are planned for the Showboat Theater in the near future when work begins on a major extension of the lobby area, another area mentioned as needing improvement in the Theater Center of Excellence customer feedback data.

"Many customers complained that the lobby area was too small. They were right, and we're taking steps to fix that at considerable expense," Stemen said. The ticket booth, snack bar, rest rooms and lockers are all located in a very small area at the front of the theater, making it difficult to move around, especially when attendance is high. The new \$350,000 construction project, scheduled to begin in January 2005, will extend the lobby area by another 750 square feet, nearly doubling the current space.

"Through the Center of Excellence process we were able to contact our customers, find out what they felt needed

to be done to make their experience at our theaters even better, then we were able to make those changes happen," said MWR Director Scott Poluhowich.

"These changes and improvements are in keeping with our philosophy of being a

'customer-driven' MWR organization. We're here to serve our authorized patrons to the best of our ability. The theater improvements are another part of that on-going process," he said.

E.J. King open house a success



The new high school Language Arts and Social Studies teacher at E. J. King, welcomes families to her classroom during an Open House. (Photo by Amy Brennan)

Amy Brennan
E. J. King Correspondent

Parent and families of E. J. King High School students assembled in the Elementary Multipurpose Room to kick off the 2004-2005 Open House Sept. 24.

During the brief opening assembly, families received a greeting from Assistant Principal George Man and Middle School Counselor Kate Steele.

The Parent-Teacher Organization (PTO)'s Eva Dugas also spoke to encourage families to become PTO members. Possible upcoming events

for the PTO may include a flea market, volunteering during the Book Fair, selling concessions at home athletic events, and more. For more information about joining the PTO, contact 252-3059.

After families collected student schedules, they had the opportunity to briefly visit with the students' teachers, learning about a wide range of topics, curriculum, teacher philosophy, upcoming projects, and more.

The faculty of E. J. King was pleased with the turn-out, and happy to be reminded of the community support that Sasebo offers.

CLASSIFIEDS

VEHICLES

(Exp. Oct. 30) **1989 Honda** JCI '05, asking \$800. Call 090 7531 5241 or email <timkou2002jp@yahoo.com>

(Exp. Oct. 30) **1988 Nissan Big Truck**, No more JCI, asking \$500. Call 252-8437.

(Exp. Oct 30) **1991 Toyota Supra**, asking \$2300/obo. Call Scott at 080 3944 6046.

MISCELLANEOUS

(Exp. Oct. 30) Triple dresser, 9 drawers w/large mirror, \$200. JVC super VHS VCR, \$75. Boys size 3, used clothing 8 summer sets, 2 jackets and more. Large and small Italian dictionaries plus grammar book, \$15 for all. Japanese for busy people books vol. 1 and 2, plus computer program for Kanji \$15 for all. Heated roller set, \$10. Call 252-7186 for more information.

(Exp. Oct. 30) Vagabond 42 ft. sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excellent condition. Main cabin with king-sized berth, twin bunks in second cabin. Two heads with showers. Propane fireplace/heater. Large galley with three-burner propane stove, oven, microwave and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Currently located in Sasebo, Japan. \$120,000. Possible to use housing allowance for purchase. For more information call 090-3882-8616 or e-mail at <secondwind53@hotmail.com>

(Exp. Oct. 30) Phone rights for sale. \$200. Call 252-7404 or 090-20-88-4149.

(Exp. Oct. 30) Gently used Euro-Graco 3-way Pack-n-Play with parent organizer bassinet, changing station, portable play yard. Folds into a small sized suitcase. Avalon umbrella stroller and potty trainer. All for \$80. Rocking glider with ottoman, \$90. Call 252-8555.

(Exp. Oct. 30) One box boy clothes newborn to 12 months \$20, Santa Fe Express Train Set \$30, patio table with 2 chairs \$80,

white vanity mirror \$60, 4 pcs. Japanese kimono, baby toys and women clothes. Please call 252-8614.

(Exp. Oct. 30) Bins of girls clothes and shoes for sale. Stroller/carseat, baby bath tub, shoe racks, knife set, pan and Kerosene jugs and pump for sale. Call 252-8202.

(Exp. Oct 30) Home entertainment cabinets, solid wood. Quality work. Great condition. Many shelves. Can accommodate large-screen TV and all other components. I have JPEGS, \$1500 new, asking \$750/obo. Also selling, sectional sofa. Each section about 8ft long \$350/obo. Both items 2 yrs. old. Sony Trinitron flat-screen TV, 36" screen, asking \$300. Fits perfectly in cabinet above! Call 090 7456 6949 or 0956 39 4132.

HOME BUSINESS

IMPORTANT INFORMATION

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

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

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

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

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 52017164 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.

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

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

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

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

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

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

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and

identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

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

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

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

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

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

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

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

Therapeutic massage, certified massage therapist. One hour \$45, 90 minutes \$60, 2 hours \$80. Call Sandra at 090 5024 7139 for an appointment.

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

If you want to place an ad, email <soundings@sasebo.navy.mil> Deadline for submissions is **Tuesday at Noon.**

GREAT BUYS ALL OVER THE STORE
COLUMBUS DAY SALE
3 DAYS ONLY - OCT. 9-11, 2004

99⁹⁹ VENTURER CO/DVD HOME THEATER SYSTEM
200 W, 5 speakers, subwoofer, remote. #ST353M
While supplies last
One-year replacement plan only 7.99

Additional 30% off
on Men's, Ladies' & Children's Clothing, Shoes, Accessories, Intimate Apparel & Domestic

69⁹⁹ TRAVELER'S CABIN
V.A. TYPE, RESPONSIBLE LUGGAGE
23" immediate delivery
14" x 24" x 24"
100% polyester
100% washable

Sale! 25% off ALL OUTERWEAR
For The Entire Family

Sale! 20% off ALL ATHLETIC SHOES
Limited to stock on hand. Excludes sale or regular priced items.

169⁹⁹ SCHWINN "STING RAY" 26" BIKES.
Adjustable seating saddle, flocked upholstery, fello-beared chrome fenders with color-matching paint, chromed steel chain guard, heavy-duty double leg kickstand, alloy fender post brake with alloy levers #53344

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

MILITARY.COM Spouse Survey

on licensing and certification issues
<http://www.military.com/survey/spouse>

The National Governors Association (NGA) is committed to providing leadership in addressing cross-state issues. For example, states can now create reciprocal professional certification agreements that significantly reduce processing times and fees, allowing military spouses to restart their careers quickly.

This survey will help the Department of Defense in the following:

- collect data to support state-to-state licensing and certification issues
- identify how many spouses hold state-based licenses and certifications;
- identify the extent of their employment in their career fields.

To participate in this survey, please go to <http://www.military.com/survey/spouse>. The survey has approximately 10 questions and will take around three to five minutes to complete.





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



ONE FREE MOVIE!
with the new MWR
CINE-PASS

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

ON SALE NOW!

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

Great Gift Giving Idea!

- All uses are for the Islands.
- Used cards will not be replaced.
- This card is for use for movie admissions.
- A valid ONE-PASS CARD must be used for an adult's admission.
- Admission based on movie availability.
- Any card that has been reproduced, altered or is deemed illegible will not be accepted.
- This card has no expiration date.
- No cashbacks, credits, refunds, exchanges or status are allowed in the Islands.
- No outside factors or charges allowed.
- CINE-PASS is for use at the Showboat & Hario Theaters.

Americable is pleased to announce that FM radio is once again available to the community over the CATV system. This service is free; however, there is a one time installation fee of \$24.95. To receive this service you must schedule an installation with the Americable office. Also, customers must have a non-Japanese FM receiver with an external antenna connection, or they will not be able to receive all the FM channels.



Fleet Gym 252-3588

Hario Gym 252-8691

Lady Cobras go 2 for 4 at High School varsity games

JOSN Jeff Johnstone
CFAS Public Affairs

A five-team varsity girl's volleyball contest featuring teams from all over Japan took place Friday, Oct. 1 and Saturday, Oct. 2 at the E.J. King High School gymnasium.

Teams from Yokota, Fukuoka, M.C. Perry from Iwakuni and Marist International School from Kobe joined E.J. King for the weekend's events.

Yokota brought home the overall victory, defeating Marist in the final match, going home 4 - 4.

"It feels good, and the players are excited to be here," said Bonnie Seeley, Yokota High School varsity girls' volleyball coach.

"The players are working real hard, and there is some stiff competition here this weekend," she added.

According to Michael Seitz, E.J. King High School varsity girls' volleyball coach, the Lady Cobras welcomed the competition.

"We love this. We're always looking for a game, and we'll play anywhere, anytime," said Seitz.

The Lady Cobras had mixed results over the weekend, falling short three matches to zero against heavily favored Yokota and three matches to zero against Marist, leaving the Cobras on the first day of competition 0 for 2.

Their fortunes changed Saturday, as the Lady Cobras rebounded to sweep M.C. Perry three matches to none, as the Lady Cobras improved their game against the visiting Samurais.

Carrying momentum from that sweep, they continued to shine against rival Fukuoka, edging the Sharks in three straight matches with the final one going

down to the wire.

The Lady Cobras scored six straight points to come from behind and snatch a 27-25 victory against the Sharks. It was a spirited comeback featuring several exchanges between the two teams lasting nearly a minute. The Lady Cobras walked away from the competition 2 for 4.

"We played a lot better today (Saturday), and we're looking forward to the next tournament," said the Cobras' Kayla Rhode.

"We definitely had better chemistry and played very well," added teammate Elicia Castro.

"This is definitely a good experience for the girls to play against bigger schools, like Yokota," said Tim McDaniel, E.J. King athletic director.

"The better the opponents, the better the experience," he added.

According to coach Seitz, the Lady Cobras are in the process of becoming a more competitive unit.

"Right now we have one player with three years of experience, and the rest have only two years of experience," he said. "Basically we are in a rebuilding phase."

The Lady Cobras participate in these contests regularly, but this one was important because it will help prepare



Number 14 for the Yokota Panthers spikes the ball in a match against the Lady Cobras. Yokota took the victory winning the match three sets to zero at E.J. King High School. (Official U.S. Navy Photo by JOSN Jeff Johnstone).

them for a sterner test next month. The Far East small school volleyball tournament, which is also being hosted by E.J. King, will feature schools from all over the world.

"There will be teams from Japan, Taiwan, Philippines, Guam and Korea among others," said McDaniel. "It's quite an honor to be able to host a Far East tournament like this."

"The girls are looking forward to that tournament. It's a great opportunity for them to meet kids from all over the world," said McDaniel

The Far East small school volleyball tournament is scheduled for Monday, Nov. 8 through Friday, Nov. 12 at the E.J. King High School gym and the Fleet Gym. Nine teams will participate in the tournament that will run in the two phases. The first half of the week the schools will play in round-robin format for seeding, on Wednesday they will move into round-robin, double elimination. The championship game is set for Friday at 11 a.m.



A Lady Cobra player attacks the ball at the net while Fukuoka attempts to make the block. The Lady Cobras took the match three sets to zero. (Official U.S. Navy Photo by JOSN Jeff Johnstone).

Fitness Tip: Working out the facts

Alec Culpepper
Fitness & Aquatics Director

Misconceptions about exercise can sabotage your efforts to get in shape. Here is the truth behind four common exercise myths.

Myth 1: You can lose fat from specific parts of your body by exercising those spots.

Truth: There is no such thing as "spot reduction." When you exercise, you use energy produced by burning fat in all parts of you body- not just around the muscles that are doing most of the work.

Myth 2: The more you sweat during exercise, the more fat you lose.

Truth: The harder you work out, the more calories you will burn within a given period and thus the more fat you stand to lose. But how much you sweat does not necessarily reflect how hard you are working.

Myth 3: Sports drinks can help you

exercise more safely and effectively.

Truth: Sports drinks contain two main ingredients that are theoretically beneficial for exercisers: sodium, which helps the body retain water, and sugar, which the body burns for energy. But very few people exercise hard enough to sweat away much sodium or to use up their carbohydrate reserves, which the body converts to sugar. You would have to jog for at least two hours before your carbohydrate stores would start to run low.

Myth 4: Strength training will not help you get thinner, since it burns few calories and adds pounds to muscle.

Truth: Strength training, using weights, machines, or elastic bands, can substantially increase the number of calories you burn. A typical session, in which you rest briefly after each muscle-building maneuver, uses up calories at least as fast as walking does.

Call 252-3588 for more fitness tips.

Events this week

Fleet Activities Sasebo (CFAS) will be holding a **command picnic** Friday, Oct. 8 at Devil Dog Park from 11 a.m. - 2 p.m.

Nimitz Park turf ballfield opening ceremony will be Friday, Oct 8. Opening remarks by Capt. James and MWR Director, Scott Poluhowich will start at 5:30 p.m., followed by a ribbon cutting. The inaugural games will be an **adult flag football** game with kickoff at 6 p.m. followed by a **youth soccer** match at 7:30 p.m. AFN will broadcast live throughout the games.

Sasebo Wrestling Club is having a meeting Oct. 14 at 5 p.m. For more information contact 252-2822