



Brief Notes

TSP open season is going on now through Dec. 31. You can contribute up to 10% of your base pay. This is an increase of 1% from last year.

The annual **Ombudsmen Appreciation Banquet** will be held Friday, Oct. 22 at the Harbor View Club. Cocktails will be served at 5:30 p.m. and dinner begins at 6 p.m. Tickets may be purchased at the HVC's cash cage for \$20. For more information, contact Brendy Santiago at 252-2942.

Term 2 registration for the University of Maryland University College runs Oct. 12-22. Term dates are Oct. 25-Dec. 18. For more information, contact 252-3299.

Base shuttle bus service will discontinue Oct. 22 due to low ridership and budget cuts. The service will resume upon the return of the Essex Amphibious Ready Group (ARG). For more information, please contact Public Works transportation at 252-2256.

Navy Ball tickets went on sale Oct. 12. Ticket prices are: E4 and below: \$20; E5 and E6: \$30; E7 and above \$35 and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

E.J. King School is hosting an **Oriental Bazaar** Saturday, Oct. 23 from 9 a.m.-5 p.m. Asian furniture, rugs, scrolls, cloths, jewelries and an assortment of other knickknacks will be available. Prices are reasonable. Rain or shine.

The Autumn Roses Festival is Sunday, Oct. 24 from 10 a.m.-5 p.m. at the Ishidake Zoological and Botanical Garden. Admission is Y400 for adults and Y100 for children.

This Week

The 34th Dragon Market will be held Sunday, Oct. 17 from 10 a.m.-4 p.m. at the MR Saza Train Station Circle. In the event of inclement weather, the event will be cancelled, and will not be rescheduled.

Weather

Sunday Mostly/Partly Cloudy
H 76° L 60°
Monday Mostly/Partly cloudy
H 76° L 60°

DUI Counter: 4 days as of Oct. 12

New turf complete at Nimitz Park

JOSN Jeff Johnstone
 CFAS Public Affairs

Fleet Activities Sasebo (CFAS) unveiled a new turf field at Nimitz Park in grand fashion Friday, Oct. 8, with a ribbon cutting ceremony, and an exciting night of sporting events.

According to Lt. j.g. Tyler Wolf, Public Works Department division head, the \$763,000 project began June 15.

This will be a great place to hold athletic events, said Commander, Fleet Activities Sasebo, Capt. Michael L. James in a speech just before the cutting of the ribbon.

Capt. James spoke directly to the athletes, including intramural flag football and intramural youth soccer players, who lined up at midfield holding the ceremonial ribbon that would officially open the field.

Capt. James has been a staunch supporter of bringing the new field to CFAS.

"Capt. James has been strongly behind our effort to bring this new surface here (Nimitz Park)," said Scott Poluhowich, Morale Welfare and Recreation (MWR) director.

"We welcomed the opportunity to work with the U.S. military on this turf project," said Obara Kazuo, Field Turf Project Manager. "We have built athletic facilities for professional teams, all the way down to kindergartens, said Kazuo. We are extremely grateful MWR enabled us to provide this new turf."

According to Kazuo, the new turf field is a positive thing for the Sasebo community.

"This is a wonderful surface that will keep people fit in body, mind and spirit," he said.

Immediately following the speeches, Capt. James headed out to mid-field to officially open the turf surface to the community athletes. Following the ribbon cutting, Capt. James threw the very first football pass of the season, while Scott Puluhowich kicked the first soccer goal of the evening.

After the opening events concluded, spectators were treated to the opening game of the flag football season, as the CFAS Hooligans squared off against the ACU 5 Dragons.

Following the game, intramural youth soccer took the field as Team Canada from Main Base took on Team France out of Hario Village.

Food and drinks (non-alcoholic) were provided throughout the night, courtesy

of the Harbor View Club, for spectators and athletes.

With the new turf, sports fans can look forward to quality competition on the new turf year-round



The Fleet Activities Sasebo (CFAS) Commanding Officer (CO) (second from right) cuts the ribbon signifying the completion of the new turf field at Nimitz Park on Friday, Oct. 8. Assisting him are: (from left) the MWR Athletics Director, the Field Turf Project Manager and the MWR Intramural Sports Manager. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

CFAS celebrates Navy's 229th birthday at Shogun Cafe,

E.J. King High School



CFAS celebrated the U.S. Navy's 229th birthday Wednesday, Oct. 13 with two cake cutting ceremonies. The CFAS command chaplain and A JROTC Cadet cut the cake at E.J. King (left). Earlier that day, the chaplain a Yeoman Seaman Apprentice from CFAS Admin cut the cake at the Shogun Cafe (right). (Official U.S. Navy Photos by JOSN Jeff Johnstone)



CNO and MCPON visit Sailors onboard USS Essex

USS Essex Public Affairs

Chief of Naval Operations (CNO) Adm. Vern Clark and Master Chief Petty Officer of the Navy (MCPON) Terry Scott spent time aboard USS Essex (LHD 2), giving crewmembers the opportunity to meet the Navy's top officer and enlisted leaders.

Commander, Expeditionary Strike Group THREE, Brig. Gen. Joseph V. Medina, Essex Commanding Officer, Capt. J. M. van Tol, Commander, Amphibious Squadron ELEVEN, Commodore Mark Donahue and other embarked senior officers, met the CNO and MCPON upon their arrival on the Essex flight deck.

Lunch was served in the Flag Mess for Clark and his traveling party, while the MCPON attended a luncheon in the Chief's Mess. After lunch, the distinguished visitors headed to the hangar bay for an 'All Hands Call.'

The CNO began the 'All Hands Call' by thanking the crewmembers aboard Essex.

"Americans want me to tell you that they are proud of you and what you are doing."

He spoke about the events of three years ago, on Sept. 11, and how everyone will remember where they were and what they were doing on that day,

and stated that Scott was selected as MCPON because of his strong skills needed to lead a changing Navy.

Scott noted that as a Forward Deployed Navy Fleet (FDNF) ship, Essex is making tremendous contributions to our nation's defense. "You are my heroes, and you

history by having the Commander, Expeditionary Strike Group THREE, Medina, embarked on Essex. "You are writing history on this deployment with the first Marine in this type of command," he said to the crew.

The 'All Hands Call' continued with the CNO speaking about how everyone is living through challenging and difficult times. "What you are doing in the North Arabian Gulf is keeping the economic lifelines alive and well for Iraq.

Nations thrive or do not thrive based on their economy. It is your job to keep the sea lanes open," he stated.

Clark spoke about the 'Greatest Generation' and how they had to pick the Navy up off the bottom of Pearl Harbor after the fleet was attacked. "It was their turn to serve," he said.

"I tell the veterans I meet that they should be so proud of their sons and daughters who serve, the sons and daughters of all Americans, because they understand the stakes are high," he said. "The 'Greatest Generation' left

their footprints in the sands of time," he added.

The CNO then individually pointed out several crewmembers telling them it was their turn.

He concluded by addressing the entire group with the words, "it's now our turn."



The Chief of Naval Operations (CNO) (right) and the Master Chief Petty Officer of the Navy (MCPON), address Sailors onboard USS Essex ((LHD 2)). (Released by USS Essex Public Affairs)

and added that tomorrow it would be four years since the USS COLE (DDG 67) was attacked. "The world has changed. You are on the point and I am so proud of you," he said.

Clark introduced Scott as the 'Tenth Master Chief Petty Officer of the Navy,'

have all of my respect and that of Sailors around the world," he added. Scott mentioned his visit last year to Essex in Sasebo, Japan.

He ended his remarks to the crew by saying, "It's great to be back on Essex."

Clark then noted that Essex is part of

'Ed Day' promotes excellence in Sasebo classrooms

Amy Brennan
E. J. King Correspondent

On Thursday, Oct. 21, teachers from the Sasebo schools will make their way to Iwakuni, Japan, to attend a day-long Educator's Day on Friday, Oct. 22.

Educator's Day is a Department of Defense Dependents Schools (DoDDS)-wide annual event that allows teachers from schools all over Japan to get together for interactive training and collaboration.

This year, our Sasebo teachers will receive a welcome message from Japan

District Superintendent, Bruce Derr, followed by a keynote speech from Mr. Michael Eaton, a nationally known motivational speaker and teacher trainer.

Teachers, specialists and administrators will then sign-up for various specialized seminars, gaining knowledge about new teaching techniques and discussing education-related obstacles and issues.

Presentations will cover a wide variety of topics ranging from standards-based instructional practices to recent technology initiatives.

The Department of Defense Dependent School's educational theme for this year,

Math Matters, will also be incorporated into presentation offerings.

Although students will not be in school, Educator's Day is one example of how Sasebo's teachers are hard at work to provide your children with the best education they can.

If any local community representatives or parents would like to attend Educator's Day, DoDDS highly encourages participation.

For more information, please contact E. J. King at 252-3059.

Deployed Sailors to receive Sasebo holiday videos

J. P. O'Flaherty
Juneau Spouse Support Group

This year several Sasebo-based ships will spend the holidays at sea, but the Sailors are guaranteed special gifts via the United States Post Office. It's not too late to include your own greeting if your loved one will be spending the holidays at sea.

USS Essex (LHD 2), USS Juneau (LPD

10) and USS Harpers Ferry (LSD 49) family support groups will decorate a Christmas tree for the backdrop of the video shoot, to be put to good use that afternoon as AFN assists in filming the "group greetings." Greetings will include the entire support group from each ship. Individual greetings will be filmed by the support groups for two days following the group greetings.

Individual (family) greetings will be

filmed at the Harbor View Club as follows:
USS Essex – 2 - 5 p.m., Oct. 16
USS Juneau – 5 - 7 p.m., Oct. 16
USS Harpers Ferry – To be determined.

With the help of the Harbor View Club, AFN and student editors at EJ King, the family support groups hope deployed Sasebo Sailors might feel closer to home for the holidays.

If you have questions, please contact your family support group.

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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

Branch Medical Clinic receives new OIC



The new Officer in Charge (OIC) of the Branch Medical Clinic (BMC) (center) relieved the former OIC at a Change of Charge ceremony at the Fleet Activities Sasebo (CFAS) Command Chapel Oct. 8. The new OIC reports from the Bureau of Medicine and Surgery. The former OIC reports to the Bureau of Naval Personnel Command in Millington, Tenn., as Lead Corpsmen and Dental Technician Detailer. "To assume this position is a great honor," said the incoming OIC. (Official U.S. Navy Photo by PH3 Yesenia Rosas)

JOSN Jeff Johnstone CFAS Public Affairs

Fleet Activities Sasebo's (CFAS) Branch Medical Clinic welcomed a new Officer in Charge (OIC) during a change of charge ceremony Friday, Oct. 8 at the CFAS Command Chapel.

The clinic's former OIC, Cmdr. Ronald Dodge, was relieved by Lt. Cmdr. Patrice Robinson, who is reporting from the Bureau of Medicine and Surgery, where she served as a Health Services Researcher with the Resource Management Directorate in the Analysis and Evaluation Division.

Cmdr. Dodge gave an emotional speech at the ceremony, as he said goodbye to the CFAS community.

"It's an honor and a privilege to be a leader," Dodge said. "There is no greater honor than leading Navy medicine's finest."

Dodge expressed fondness for the community that has been his home for the past two years.

"The Japanese community has been so welcoming and honoring, it breaks my heart to leave the country and the Sailors here," he said.

Lt. Commander Robinson's educational

accomplishments include a Doctorate of Science in Health Services Research from Tulane University School of Public Health and Tropical Medicine, a Master's in Business Administration from Troy State University and a Bachelor's Degree in Business Administration and Human Resource Management from New Hampshire University.

Her military decorations include the Navy & Marine Corps Commendation (three gold stars), the Navy & Marine Corps Achievement Medal (two gold stars), the Navy Unit Commendation Award (one bronze star), the Navy Good Conduct Medal (one bronze star), the National Defense Service Medal (one bronze star), the Armed Forces Expeditionary Medal, the Humanitarian Service Medal, the Military Outstanding Volunteer Medal, the Navy Sea Service Deployment Ribbon, the Navy Overseas Deployment Ribbon (three bronze stars), the Coast Guard Special Operations Medal and Pistol and Rifle Marksmanship awards.

"To assume this position is a great honor," said Robinson. "This is an example of what hard work and dedication can do."

Task Force 76 changes command in Okinawa

Journalist 3rd Class James Kimber Amphibious Group One Public Affairs

Rear Admiral (select) Victor Guillory relieved Rear Admiral Gary R. Jones as Commander, Amphibious Group ONE/Task Force 76 (CTF 76) Oct. 1, in a change of command ceremony at White Beach Naval Facility, Okinawa, Japan.

Jones took command of the Navy's only forward deployed amphibious force in July of 2003. During his tenure, CTF 76 assets participated in countless joint and multinational exercises in the Pacific area of operations, were called on to support Operation Iraqi Freedom and continued fine-tuning the first Expeditionary Strike Group (ESG-Forward Deployed Naval Forces), helping shape the future of expeditionary warfare.

Jones' next assignment is commander, Naval Service Command, Great Lakes, Ill. He will also be commander, Navy Region Midwest.

"During my tour here, I have truly been fortunate to

witness and be part of the many achievements of our Navy Marine Corps team of Amphibious Force U.S. Seventh Fleet. To date we have successfully completed more than 30 multi-national exercises and validated the Fleet Response Plan by successfully deploying the Essex ARG and 31st MEU to the Fifth Fleet AOR for operations in support of Global War on Terrorism." Jones said, "The diversity and selective genius of each Sailor and Marine in our Amphibious Force team make that possible."

Guillory said he is looking forward to the challenges and opportunities of his new command. "I am tremendously impressed with the superb-caliber of Sailors and Marines of Amphibious Group One and the culture of readiness here in the Seventh Fleet," Guillory said. "My wife and I are thrilled to join the Amphibious Group One Navy and Marine Corps team." White Beach is the flag headquarters of the command and control staff, Task Force 76, for the Essex Amphibious Ready Group.

Profile: **RPSN**



Religious Programs Specialist
Hometown...Ringgold, Ga.

What is your favorite thing about Sasebo?

The Ginza (Arcade)

Are you married or single?

I am single

Do you have any children?

No

What hobbies do you have?

Reading, video games, anime and manga

Who do you consider to be your role model?

My parents and my old Catholic priest, Father Tim Hepburn

What are your personal goals?

To re-enlist

What motivates you?

My friends, family and music

What is the one thing you can't stand?

The city of Norfolk, Va.

What do people not know about you?

I can be a funny guy when I feel like it

What is your most embarrassing moment?

My most embarrassing moment was taking my physical while I was enlisting in the Navy. Everyone was wearing boxers, and I was the only one wearing briefs.

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

Jesus Christ, Sammy Sosa and King Solomon

Safety Corner: The dangers of carbon monoxide

Charles Carr
CFAS Safety Department

Carbon monoxide is a tasteless, colorless, odorless gas that interferes with the delivery of oxygen throughout the body.

Sources of carbon monoxide include: Unvented kerosene and gas space heaters, leaking chimneys and furnaces, back-drafting from furnaces, gas water heaters, wood stoves and fireplaces, gas stoves and automobile exhaust from cars in attached garages.

Fetuses, infants, elderly people and people with anemia or with a history of heart or respiratory disease can be affected more quickly by carbon monoxide. At lower levels, carbon monoxide can cause flu-like symptoms: headaches, dizziness, weakness and fatigue.

At higher levels, or with prolonged exposure, it can cause confusion, disorientation, impaired vision and coordination, brain damage, coma and death.

Ways to Reduce Risk

Keep gas appliances properly adjusted. Use proper fuel in kerosene space heaters. Above gas stoves, install and use an exhaust fan that is vented to outdoors. Be sure flues are open when fireplaces are in use. Do not idle a car inside the garage.

Are There Warning Devices Available?

A variety of carbon monoxide detectors, both plug-in and battery-powered, are available at hardware, home and discount stores.

If you have family members with special health needs, purchase a detector labeled "super-sensitive." The Consumer Product Safety Commission recommends

that every home have at least one carbon monoxide detector installed near the sleeping area.

What to do if the Carbon Monoxide Alarm Sounds

If the alarm sounds and anyone is feeling symptoms of carbon monoxide poisoning, your home may have a potentially dangerous level.

Leave the house immediately. Call the fire department, local utility company or local emergency medical services from a neighbor's home.

If the alarm sounds and no one is feeling any symptoms of carbon monoxide poisoning, ventilate the home by opening windows and doors and turning on fans.

Turn off any combustion appliances immediately. Call an appliance repair technician to find the cause of the alarm.

Public Works' Self Help provides helping hand to CFAS commands



A Builder Constructionman supervises a Navy Fireman during some weed removal in preparation for an upcoming Public Works project. (Official U.S. Navy Photo by Photographer's Mate Airman Marvin E. Thompson Jr.)

JO1(SW) Ron Inman
CFAS Public Affairs

When CFAS commands want to improve their facilities, they contact Public Works Department's (PWD) Self Help Division.

According to Self Help Director, Builder Second Class Bruce Beebe, commands can request assistance which ranges from technical advice to actual labor.

"If someone wants to do a project, they submit a request for a Self Help project to Public Works," Beebe said. "Based on the size of the project and the number of people the requestor has to help us, we decide what we will provide."

Beebe explained that decision is made by a work induction board.

"Some people think that they call us and we do the work for them," said Beebe. "All work goes through the induction board for review to determine if the requested project is a Public Works project or a Self Help project."

After review and determination by the board, which consists of Beebe, Assistant Public Works Officer Lt. Brian Foster and Public Works Facilities personnel, Beebe meets with the organization requesting help and

assists them in planning the estimated cost, materials, labor and time required to complete the project.

Beebe explained that Self Help provides, at a minimum, technical advice and most of the materials and tools needed to complete a project. Based on the decision of the induction board, they may also provide personnel to help complete the project.

"Our basic rule is, if we go out and provide labor on a project, for every one of our personnel supplied, we would one person from the requesting organization," said Beebe.

He added, "We will do anything except Housing - they have their own maintenance department."

Self Help Division consists of Beebe, BU2 Christopher Welch, EO2 Claude Rogers, CE2 Mark Deleon, UTCN Thomas Howard and BUCR Jeffrey Abraham.

Self Help is currently involved in an extensive renovation of the Spare Time Recreation Center bowling alley, which should be complete at the end of November. They will also help to remodel the cafeteria next year.

To put in a request for Self Help assistance, call the Public Works Trouble Call Desk at 252-3535, or Self Help at 252-3306.

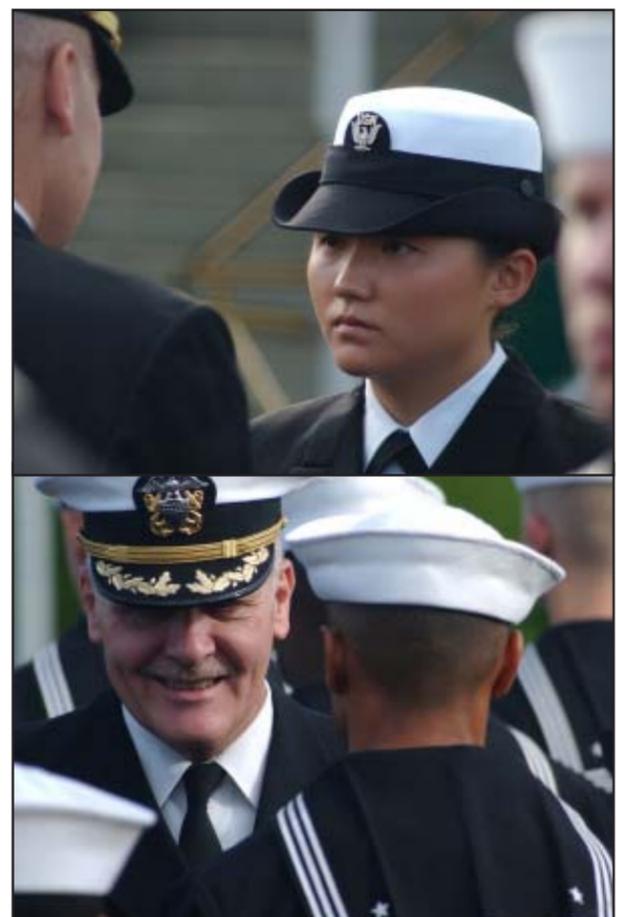
CFAS Sailors look their best for seasonal uniform inspection Oct. 8



(Clockwise from left) The Commander, Fleet Activities Sasebo (CFAS) Commanding Officer (CO) inspects CFAS Sailors; A CFAS Security Sailor demonstrates 'Outstanding' military bearing; The CO talks to a Sailor during the inspection. (Official U.S. Navy Photos by Photographer's Mate Third Class Ian

Soundings would like to congratulate the following Sailors who received grades of 'Outstanding' during Fleet Activities Sasebo's (CFAS's) seasonal uniform change Dress Blues inspection Oct. 8:

OS1(SW) Hermosura	QM2 Sherman
JO1(SW) Inman	BU2 Welch
EM1(SW/AW) Pacleb	PC3 Everhart
EA1(SCW) Schuhart	MA3 Slaughter
MA2 Devine	MASA Chon
MA2 Kimble	MASA Helms
MA2 Martinez	JOSN Johnstone
MA2 Raby	MASN Tilden





Running Scared 3K Walk

Get out your scariest costume, bring the little ones and enjoy this Halloween at Sasebo. The 3K walk will begin at the Fleet Fitness Center at 6:30 p.m. on Thursday, Oct. 28. This colorful 'haunted house' -style event is geared towards parents and their children, but everyone is more than welcome to join the fun. See scary monsters lurking with plenty of trick-or-treat goody stops along the way. Awards will be presented for most creative costume in Infant (3 & under); Child (4-6); Youth (7-12), Teen (13-17); Adult (18-35) and Masters (36 & over) divisions. Sign up begins 30 minutes prior to walk. For more information, call 252-3588.

3-6-9 Bowling Tournament

The Spare Time Recreation Center will hold a 3-6-9 Bowling Tournament on Saturday, Oct. 23 at 6:30 p.m. The entry fee is \$15 (you must be 18 years old or older to participate). The tournament includes 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike. Highest total pin fall determines the winner. Total number of participants determines the prize money. For more information, call 252-3634.

Arita Lake Hiking & Fishing Trip

Enjoy a day of hiking and fishing at Arita Lake on Sunday, Oct. 24 from 10 a.m. to 3 p.m. 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 \$12 per person. For more information, call 252-3500.

Making Pottery in Arita

Travel & Tours has scheduled another one of their popular pottery making tours on Wednesday, Oct. 20. Don't leave Japan without creating your own masterpiece. You'll use your own hands to create a pottery piece on the throwing wheel with clay. The piece will be fired and sent to the Travel & Tours Office. You'll also get to paint a ceramic piece, choosing from several they have available. You'll tour

a working pottery factory to see first hand how they make these beautiful pottery and ceramic pieces. All seats are \$35. Adults only please. For more information, call 252-3433.

Domestic Violence Awareness 3K Run

All hands are encouraged to show their support for domestic violence awareness on Friday, October 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

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 last 6-hour class for this month is scheduled for Friday, October 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

The Galaxies Club has 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.

Betcha didn't know about: kappa

Phil Eakins
Base Historian

With Halloween just around the corner, I thought you might enjoy learning about the kappa, a Japanese river sprite whose mischievous persona has softened over the years.

According to folklore, kappa can be found near rivers. They are generally the size of a small child, with round eyes and a monkey-like face; some images of kappa feature a beak instead of a mouth. Their skin is greenish-yellow and they have webbed fingers and toes. Another trait is the hard round shell similar to turtles on their back. The top of their head features a bowl-shaped dent surrounded by a shaggy mat of hair. This indentation is filled with water; if the water should spill out the kappa becomes helpless.

One local legend about kappa comes from Kawatana. According to the story, a man named Sonoda lived near Hasami. One night during a heavy rainstorm Mr. Sonoda heard someone knocking on his door. When he opened it, Mr. Sonoda noticed a kappa standing before him.

"Please help me, kind sir," begged the kappa. "I left my house early this morning. When I returned home a few minutes ago, I noticed a yamata no orochi (a large snake with many heads) blocking the entrance to my door."

The kappa explained that he was very worried about his family who was waiting inside the house, and asked Mr. Sonoda to get rid of the monster. Mr. Sonoda agreed to help and accompanied the kappa to his house, where he discovered the door was in fact being blocked by a garden rake.

"Is this your monster?" Mr. Sonoda asked as he removed the rake from the door. The kappa was overjoyed. "I'll never forget your kindness, Sonoda-san," said the kappa. "I will pray that if heavy rains ever cause a flood, your house will be protected for seven generations."

Residents claim Mr. Sonoda's house was indeed unaffected by floodwaters; sometimes he would find fresh fish hanging near his door. Folks say this was the kappa's way of returning Mr. Sonoda's kindness.

October 15-24							
SHOWBOAT THEATER							
TELEPHONE: 252-3822							
FRIDAY, OCTOBER 15 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	SATURDAY, OCTOBER 16 2 p.m. (PG) Shark Tale 5 p.m. (PG) Shark Tale 7:30 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 9:30 p.m. (R) Suspect Zero	SUNDAY, OCTOBER 17 2 p.m. (PG) *Superbabies: Baby Geniuses 2 5:30 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 8:30 p.m. (R) Exorcist: The Beginning	MONDAY, OCTOBER 18 6 p.m. (PG-13) Alien vs. Predator 8:30 p.m. (R) Open Water	TUESDAY, OCTOBER 19 6 p.m. (PG-13) Without a Paddle 8:30 p.m. (R) Suspect Zero	WEDNESDAY, OCTOBER 20 6 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 8:30 p.m. (R) Exorcist: The Beginning	THURSDAY, OCTOBER 21 6 p.m. (PG-13) Ladder 49 8:30 p.m. (R) Collateral	FRIDAY, OCTOBER 22 5 p.m. (PG) Superbabies: Baby Geniuses 2 7 p.m. (PG-13) *The Cookout 9:30 p.m. (PG-13) *Vanity Fair
HARIO VILLAGE THEATER							
TELEPHONE: 252-8753							
FRIDAY, OCTOBER 15 6:30 p.m. (PG) Superbabies: Baby Geniuses 2 9 p.m. (R) Exorcist: The Beginning	SATURDAY, OCTOBER 16 2 p.m. (PG-13) Ladder 49 6:30 p.m. (PG) Superbabies: Baby Geniuses 2 9 p.m. (R) Exorcist: The Beginning	SUNDAY, OCTOBER 17 2 p.m. (PG) Shark Tale 6:30 p.m. (PG-13) Ladder 49	NO MOVIES SCHEDULED			THURSDAY, OCTOBER 21 6:30 p.m. (PG) Shark Tale No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	FRIDAY, OCTOBER 22 6:30 p.m. (G) Princess Diaries 2 9 p.m. (PG-13) Ladder 49
EXORCIST: THE BEGINNING (R) Starring: Stellan Skarsgard, James D'Arcy, Izabella Scorupco, Alan Ford and Billy Crawford The tale of Father Merrin's journey as a young missionary priest to post WWII Africa, which led to his first encounter with demonic forces.			SHARK TALE (PG) Starring: Will Smith, Robert De Niro, Jack Black, Angelina Jolie and Renee Zellweger Oscar is a fast-talking little fish that dreams big. But his big dreams land him in hot water when a giant white lie turns him into an unlikely hero. At first, his fellow fish swallows Oscar's story hook, line and sinker and he is showered with fame and fortune. It's all going along swimmingly, until it starts to become clear that Oscar's tale about being the defender of the reef is all wet. Oscar is finding out that being a hero comes at a market price when he threatens to make him the catch of the day. Now he has to tread water until he can get the scales to tip back in his favor again.			OPEN WATER (R) Starring: Blanchard Ryan, Daniel Travis, Saul Stein, Estelle Lau and Jon-Damon Charles A couple goes on a scuba diving expedition when on vacation and accidentally get left behind to fend for themselves in shark-infested waters.	
WITHOUT A PADDLE (PG-13) Starring: Seth Green, Matthew Lillard, Cox Shepard, Abraham Benrubi and Rachel Blanchard Three young guys go into the Oregon wilderness in search of lost treasures. They take a canoe up river and everything that can go wrong does. Hunted by two backwoods farmers, they encounter death-defying rapids, free-hugging hippie chicks and a crazy old mountain man.			ANACONDAS: THE HUNT FOR THE BLOOD ORCHID (PG-13) Starring: Johnny Messner, Morris Chestnut, Eugene Byrd, Nicholas Hope and Peter Curtis A scientific expedition is sent to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and immortality. What they soon discover is that the orchid is already being used by a powerful group... a swarm of giant snakes that derive their super strength, size and vitality from the flowers.				

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4. A child's CINE-PASS CANNOT be used for an adult's admission.
5. Admission is based upon seating availability.
6. Any card that has been mutilated, defaced or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No backpacks, strollers, scooters, skateboards or skates are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

USS Harpers Ferry visits Bahrain, enjoys local sights and tours

JO2 Brian Biller

USS Harpers Ferry Public Affairs

USS HARPERS FERRY (LSD 49) made a scheduled port visit to Bahrain Sept. 28-Oct. 3, where seasoned WESTPAC sailors had their first taste of Muslim culture.

The Amphibious Dock Landing Ship stopped to re-supply, complete needed maintenance and give its Sailors some down time from the high operational tempo associated with the Afloat Forward Staging Base at the Gas-Oil Platforms (GOPLAT) in the North Arabian Gulf.

"We picked up supplies for the Oil Platforms, about 6,500 pounds of accumulated mail for various units, and much needed logistics supplies for the ship," said Lt. Andy Kremer, Harpers Ferry Supply Officer.

"The in-port time

offered us the opportunity to perform critical maintenance, including repairs to some paint wear caused by Typhoon Megi," said Lt. Cmdr. Tim Crone, Harpers Ferry Executive Officer.



Harpers Ferry Sailors enjoy "Feista Latina" in the "Desert Dome" in Bahrain. Harpers Ferry Sailors visited Bahrain from Sept. 28-Oct. 3. (Official U.S. Navy Photo by USS Harpers Ferry Public Affairs)

Lt. Cmdr. Crone added that the hard work was balanced by a generous time to experience the culture of the region.

"The opportunities provided were greatly welcomed by the crew," said Harpers Ferry Morale, Welfare and Recreation (MWR) President, Electronics Technician Second Class (SW) David A. Mitchell.

Mitchell reports over 75

percent participation in MWR events. Package deals on tours and venues were widely available to the crew at a nominal cost.

"MWR offered Sailors tours such as 'Al Fareed's Cultural Tour', 'Swim with the Dolphins', golfing, and a Ladies Spa Day," Mitchell said.

"We capped it off by hosting our Ship's Picnic," added Mitchell.

In addition to the Ship's Picnic, Administrative Support Unit (ASU) Bahrain's Multi-Cultural Committee held a "Fiesta Latina" during the visit, in honor of Hispanic Heritage Month.

A large portion of the crew was able to participate in this commemorative event hosted on the base. "There were a large number of things to do when we arrived in Bahrain," said Harpers Ferry Commanding Officer (CO), Cmdr. Burt Quintanilla.

"The crew had some great alternatives to see the local sights, enjoy base hospitality and find once-in-a-lifetime bargains at the famous Gold Souk."

MWR also provided additional daily bus services to Harpers Ferry Sailors, augmenting the services already provided to the command.

"I believe we all had a great time there," said Crone.

Well rested, with provisions loaded and repairs complete, Harpers Ferry proceeded back on station as Afloat Forward Staging Base (AFSB) in the North Arabian Gulf upon completion of a very memorable "first visit" to Bahrain.

USS Essex crewmembers visit special needs school

USS Essex (LHD 2) Public Affairs

For the crew aboard Essex, dealing with day-to-day stress of the workload and separation from loved ones back home can be difficult. Part of the mission of the unique rating of Religious Program Specialist (RP) is to help individuals cope with hard times underway and give people a chance to help others.

The possibility of a new perspective on things often becomes a reality simply by seeing how good we have it compared to the people in need.

RPs play an instrumental role in the coordination of Community Relations (COMREL) projects, like the

recent one in the United Arab Emirates' city of Dubai.

Essex Sailors spent the day working with special needs children at the Dubai School for Special Needs.

The event gave the volunteers who participated a



USS Essex (LHD 2) recently visited a special needs schools where Sailors had the opportunity to work with special needs children. (Released by CFAS Public Affairs)

morale boost that usually comes with helping others.

"Everyone seemed to get a lot out of the Dubai COMREL," said coordinator RP2(SW) Steven Hickman. "I was glad we had such a strong turnout and we filled up the amount of available volunteer slots that we could take really fast. We had a total of 34 volunteers."

Hickman said, "My favorite part was working with the kids in the gym. It's amazing how much work the teachers put into their jobs. Every child received individual time and that's important."

Hickman added that a return trip to the school is a definite possibility if Essex returns to the area.

CFAS hosts command picnic and fundraiser

**LN2(SW) Stephen R. Thaggard
D.J. Stanhope**

Released by CFAS Public Affairs

The CFAS Exceptional Sailor Program hosted a picnic for service members on board Fleet Activities, Sasebo (CFAS) Oct. 8.

Chief Culinary Specialist (SW/AW) Wendell James and Chief Yeoman (SW/AW) Frank Washington worked the grills, serving hamburgers, hotdogs, and chicken and making sure there was plenty of food for everyone.

The Shogun Cafe provided macaroni salad and baked beans, and condiments for the burgers.

Command Master Chief Lowmon provided soft drinks and water, and also ensured funds for the picnic, which was free for CFAS Sailors.

The Exceptional Sailors held a basketball free-throw competition to benefit the Navy-Marine Corps Relief Society, and raised over \$100 by

charging a \$5.00 entry fee and gathering participants to play in the tournament-style elimination rounds.

The prizes were sponsored by Sasebo USO and Disney Hand, Disney's charitable sub-organization.

Machinist's Mate Fireman Trakeavik D. Blue claimed first place and won a Disney 13-inch television and DVD player.

Gunner's Mate Third Class (SW) Michael Braun took second place, and also took home a Disney DVD Player.

Sharing third place were Journalist Seaman Jeff Johnstone and Electrician's Mate First Class (SW) Jonathan Pacleb, who split a grab bag of prizes including a Disney lithograph, two Disney DVDs, and a Disney mousepad.

(Right: Free throw competition winner unleashes one of his winning free throws. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



CLASSIFIEDS

VEHICLES

(Exp. Nov. 6) **1993 Honda Domani**, JCI '05, includes new battery and new tires, \$2,500, OBO. Call 252-8498 or 090-1975-3859.

(Exp. Nov. 6) **1997 Toyota Corolla Wagon**, JCI '06, new brakes, asking \$2700, Call 252-8263

(Exp. Nov. 6) **Free Car, 1994 Toyota**, CD player will be removed. JCI due November 04. Call 252-7386 or 090-8303-8138 between hours of noon-1:30 p.m. or after 5:30 p.m.

(Exp. Nov. 6) **1994 Skyline GT-Turbo** Just completed 2 year JCI. Not stock. Over \$8,500 invested in parts. Asking \$6,000. Call 080-5253-6240 or email at <secondwind53@hotmail.com>

(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. Nov. 6) Double Stroller, \$45. Call 252- 8498 or 090-1975-3859

(Exp. Nov. 6) Cherry finished dining table w/ 6 chairs & China cabinet. \$250 for all. Call 252-7404 or 090-80-22-4149.

(Exp. Nov. 6) Large bins of girls shoes and clothes. size 6 months to 5 T. C 252-8202 to make an offer for all or some.

(Nov. 6) Phone rights for sale \$250.00 or OBO. Call 090 716 55669

(Exp. Nov. 6) Triple dresser, 9 drawer w/large mirror, \$200. JVC super-vhs VCR \$75. Boys size 3 good used clothing, 8 summer

sets, 2 jackets and more, 30 items in all, \$20. Large and small Italian dictionaries plus grammar books, \$15 for all. Japanese for busy people vol. 1 & 2, plus computer program for Kanji, \$15 for all. Call 252-7186.

(Exp. Nov. 6) Infant Halloween costumes for sale. Call 252-8202 to make an offer.

(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 bathtub, 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

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 Hornbeek 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.**

HOME BUSINESS

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.

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for

NEX SALE 20-24 OCTOBER

14.99 for 35 of 178, regular \$15

SALE! 20% OFF on everything! Buxton Ladies' Small Leather Goods

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NEX YOUR NAVY EXCHANGE We are your "Navy Family" store!

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.

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..



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





Fleet Gym 252-3588

Hario Gym 252-8691

Dragons scorch CFAS, 22-12, on new turf

JOSN Jeff Johnstone
CFAS Public Affairs

receiver Tyler Wolfe hauled in a 20 yard pass from quarterback Alec Culpeper.

The Dragons would keep an 8-6 lead after the Hooligans failed to execute the two-point conversion. The Dragons stretched their lead when Alt found Dee Jay Pasqua

in the end zone for a 14-6 lead. The Hooligans took back some momentum on the following play by stuffing the Dragons' two-point conversion attempt.

In the second half, the Hooligans began to mount a comeback by cutting the Dragon lead to 14-12 following their second touchdown. On the ensuing play, the Hooligans again failed to tie the game as Culpeper's pass was intercepted in the endzone.

The Dragons would put the game out of reach when Alt scrambled into the endzone after failing to key in on any receivers.

The Hooligans defense showed tight coverage, but were caught off guard by Alt's decision to carry it in himself from 15 yards out. A successful two-point conversion made it a two score game, unofficially securing a Dragons victory.

The Hooligans final drive ended with Culpeper's second interception, and the Hooligans fell 22-12 to the Dragons.

"This was a good win for us," said Alt after the game. "We made some mistakes here and there, but we kept it together. We are excited to win the very first game on this new field," he added.



Hooligans player crosses the end zone for a touchdown. The score couldn't lift CFAS to victory, as the Hooligans fell to the Dragons, 22-12. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

The Dragons are now 1-0, and the Hooligans begin the season at 0-1.

Fitness Tip: Hydration is key to optimum performance in sports

Alec Culpeper
MWR Fitness and Aquatics Director

Water is a calorie-free source of fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. Activities lasting longer than one hour can leave your body wanting more than just water. Sports drinks, which typically contain about 50 to 70 calories, plus vitamins and minerals, are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity. Research shows that runners and cyclists who consume a sports drink during races not only finish quicker, but rate their exertion levels lower than those who consumed a placebo beverage. It is important to realize, however, that this was true only during longer-duration activities. How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient as long you consume at least 4 to 10 ounces every 15 minutes.



ACU 5 Dragon (right) provides stiff coverage on defense. The Dragons intercepted Hooligans' quarterback Alec Culpeper twice. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Intramural flag football season is officially underway, as the ACU 5 Dragons topped the CFAS Hooligans, 22-12 in season-opening football action Friday, Oct. 8 at Nimitz Park.

The game immediately followed a ribbon cutting ceremony dedicating the park's completed turf field.

The action got off to a slow start as neither team could get the ball moving on their initial drives.

The Dragons drew first blood early, when quarterback Steve Alt connected with receiver Eric Raby for the game's first touchdown. After a successful two-point conversion, the Dragon's enjoyed an 8-0 lead.

The Hooligans came roaring back in the first half, as

Sports events this week

Captain's Cup Team Racquetball Monday, October 18

Entries due to the Fleet Fitness Center by Wednesday, October 13. Teams consist of 4 players, two singles and a doubles team. Tournament will be round robin followed by single elimination. This is for 2004 Captains Cup points.

Domestic Violence Awareness 3K Run Friday, October 22, starts 1130

Race starts at the Fleet & Family Support Center. Come out and show your support for the public Awareness of Domestic Violence. Pre-register by October 19, or sign up at the race start. Awards will be presented to the top 3 finishers in the male and female divisions.



France tops Canada, 5-2, in youth soccer

JOSN Jeff Johnstone
CFAS Public Affairs

Intramural youth soccer took the field following flag football Friday night, as Team Canada faced Team France in the 10-13 year-old age group. Team France won the game 5-2. Team Canada kept the ball in scoring territory throughout the game, but superior goalkeeping by Team France kept any scoring threat at bay. At the conclusion of the first half, it was anyone's ball game with Team France on top, 2-1. Team France pulled ahead in the second half, 3-1. Team Canada would score a goal to trim the lead to 3-2, but France scored two more for the win. Team Canada represents Main Base and Team France is from Hario Village. Left: A Team Canada dribbles the ball down the field with a defender from Team France hot on his heels. (Official U.S. Navy Photo by JOSN Jeff Johnstone)