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IWAKUNI APPROACH

Issue No. 28, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

Island Hopping Challenge



LANCE CPL. CLAUDIO A. MARTINEZ

A Marine with Headquarters and Headquarters Squadron climbs up a rope at the Northside obstacle course here during a competition set by Lt. Col. Tray J. Ardesse, H&HS commanding officer July 15. Marines were required to run the obstacle course four times before being faced with three more challenges, ultimately deciding who would win the last seat aboard a C-12 slated to tour historically significant Pacific islands Aug. 5.

Vests 'not required'

Safety experts change personal protective equipment standards for motorcycle riders

SGT. JOSH COX
 IWAKUNI APPROACH STAFF

The Corps' Executive Safety Board held its 21st meeting last spring, announcing a change to motorcycle protective posture equipment requirements and eliminating color and reflectivity standards applicable to motorcycle outerwear.

The ESB, chartered to establish safety policy and guidance for the Marine Corps, meets several times per year to discuss safety issues like PPE.

The board consists of safety experts, general officers and senior leadership, often including the assistant commandant of the Marine Corps and sergeant major of the Marine Corps.

Marine Corps Order 5100.19E, Marine Corps Traffic Safety Program, will reflect the new change, among others, in an updated version of the order.

According to Marine Administrative Message 0364/09, "This message effectively eliminates the requirement to wear a 'motorcycle vest' during day or night, as well as any quantification of color or reflectivity requirements related to motorcycle outerwear. All other personal protective equipment requirements shall remain."

Marines are still required to wear protective gloves, rubber-soled boots, a Department of Transportation-approved helmet and long-sleeved garments while riding.

One Marine here explained the importance of proper PPE from a chaotic personal perspective.

Sgt. James Hardenbrook decided to take an exciting ride before going on a deployment

SEE VEST ON PAGE 3

Patriot Express now hosts free shuttle service

SUBMITTED BY STATION
 MOTOR TRANSPORT
 DIVISION

Station Motor Transport Division is providing transportation to support the weekly Patriot Express charter flight for personnel who are traveling on permanent change of station and temporary additional duty orders only.

The Patriot Express is scheduled to arrive every Friday. After arriving personnel have received their initial customs and quarantine brief, processed through immigration, and collected their luggage, two buses will be standing by to take them to the next destination, a hot shower and a chance to nap!

The first bus will transport E-5 and below, single Marines and sailors to the Joint Reception Center (JRC) barracks. A JRC representative will accompany the bus to the barracks to ensure each new check-in receives a room and an explanation of the in-processing procedure.

The second bus will take military members traveling with families, and E-6 and above and single Marines and sailors. This bus will make stops at the Monzen and Nishiki Lodges as well as the Kintai Inn. Sponsors are asked to be standing by with a lodging room key to welcome incoming members and their families.

For the Patriot Express departure on Saturday mornings,

the bus will pick up travelers from the Monzen and Nishiki Lodges as well as the Kintai Inn and take them to the passenger terminal.

The Saturday pickup times are; 8 a.m. for the Nishiki Lodge, 8:18 a.m. for the Kintai Inn, and 8:36 a.m. at the Monzen Lodge. The bus will remain at each location for 15 minutes, which allows for a 9 a.m. arrival time at the passenger terminal. These times will be adjusted as needed for flight delays.

Single Marines and sailors residing in the barracks are encouraged to ride the base shuttle bus on Saturday mornings, which makes routine stops at the passenger terminal every 30 minutes.



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CHAPLAIN'S CORNER

'Days of the Dog'

Lt. CMDR. DENIS COX
MAG-12 CHAPLAIN

We are entering the Dog Days of Summer.

The term "Dog Days" was used by the Greeks as well as the Romans, who called these days caniculares dies (days of the dogs) after Sirius (the "Dog Star," in Latin Canicula), the brightest star in the heavens besides the Sun.

The Dog Days originally were the days when Sirius, the Dog Star, rose just before or at the same time as sunrise.

The ancients sacrificed a brown dog at the beginning of the Dog Days to appease the rage of Sirius, believing that the star was the cause of the hot, sultry weather.

The Dog Days of Summer were popularly believed to be an evil

time when the seas boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing man to burn

with fevers and hysterics.

The Marine Corps calls these days "The 101 Critical Days of Summer."

Some things never change we just call them something else.

I'm sure someone got an award for calling it something besides the Dog Days of Summer.

Either way, it's hot!

If you haven't already, you're going to hear things like "fatal mishaps" and "Class A mishaps" and "Motorcycle Mentoring Program" and other safety related subjects.

These are all important for each of us to understand.

Not just for the military member but for the family member as well.

We each play a part in keeping MCAS Iwakuni safe this summer.

Since I'm all about the bottom line, here's my take and the reason for this Chaplain's Corner.

There's a reason it's called the 101 Critical Days of Summer.

All we have to do is look at the statistics.

When the warm weather hits, everyone should get out and do more things.

Families should go to the parks, spend time at the marina and fire up the barbeque.

All of these activities are fun and fulfilling.

The problem is, many people think that adding alcohol to these activities will increase the fun.

Let me redirect you to the statistics once again.

The Dog Days of Summer or the 101 Critical Days of Summer are meant to be fun and enjoyable: just don't drink and you will make it through another year to see someone get another award for changing the name once again.

Typhoon information, tips to remember

SUBMITTED BY
STATION SAFETY

Are you ready for the Typhoon season? Here are some general facts that you should know about Tropical Cyclone Conditions of Readiness (TCCOR), typhoon categories, emergency shelters and phone numbers.

TROPICAL CYCLONE CONDITION OF READINESS TROPICAL CONDITIONS

TCCOR IV - The trend indicates a possible threat of a tropical cyclone within 72 hours. Typhoon season is from June 1 to Nov. 30 annually, during which MCAS Iwakuni remains at a minimum TCCOR IV for the duration.

TCCOR III - Destructive winds of 50 knots or greater are possible within 48 hours.

TCCOR II - Destructive winds of 50 knots or greater are anticipated within 24 hours.

TCCOR I - Destructive winds of 50 knots or greater are anticipated within 12 hours.

TCCOR IC - Winds of 34 to 49 knots are occurring on Station.

TCCOR IE - Destructive winds of 50 knots or greater are occurring on station.

TCCOR IR - Destructive winds of 50 knots or greater are no longer occurring. Emergency crews, Safety, and Facilities personnel assess air station readiness for normal operations. All personnel should remain in shelters until All Clear is set.

TCCOR Storm Watch - Although destructive winds have subsided or are currently no longer forecast, there is still a possibility of danger due to the proximity of the storm and unpredictable changes in storm track and/or strength.

TCCOR All Clear - All tropical

cyclone imminent dangers have passed. Return to Condition IV.

Tropical Storm - Tropical cyclone with maximum sustained winds of 34-63 knots.

Typhoon - Tropical cyclone with maximum sustained winds of 64 knots or greater.

Super Typhoon - Tropical cyclone with maximum sustained winds greater than 129 knots.

SHELTERS & NUMBERS

DISASTER SHELTERS - Iron-Works Gym, Bldg. 1010, 253-6578 and Matthew C. Perry Gymnasium, Bldg. 555, 253-3447

OFF-BASE RESIDENTS- Are accepted at on-station shelters after TCCOR II has been set. A stay for 48 hours should be anticipated.

To get the current Typhoon conditions, call Station Weather at 253-8300.

Prepare your Typhoon Kit with the following supplies

- Flashlight (keep batteries separate)
- Battery-powered radio (keep batteries separate)
- Batteries
- Canned and packaged food with can and bottle opener (2 to 3 days of supply)
- 2 to 3 days of water supply (1 gallon of drinking water per person per day)
- First aid supplies
- Prescription medication (if applicable)
- Baby articles (if applicable)
- Hand Cleaner/ Wet Naps
- Inventory check list (keep your kit updated)

Don't forget to refresh your supply once used.



The Camera Guy

Cpl. Kyle T. Ramirez

IWAKUNI APPROACH PHOTOGRAPHY COLUMNIST

Two Tips for Greatly Improving Family Photos

As I walk through different office spaces, look at vehicle dashboards or even glance through cell phone albums, I am disappointed to see the same, boring personal photographs of families. Let me amend that. I am always delighted to see the kin of my friends and co-workers, only not in such a predictable setting. Here is what I always find myself saying after giving the picture a once-over, "Oh, looks nice." If you look inside my wallet, not only will you see the people who are the most important sources of happiness in my life (I'm not talking about Benjamin Franklin or Andrew Jackson.), you'll also see why. Each of my carefully constructed portraits tell a small story about its subject. To be featured in my wallet gallery alone is a privilege and a compliment from me on your character. This is the sort of enthusiasm I'd like to see each time I'm introduced to two-dimensional versions of your loved ones. Don't worry. I'm here to help.

Step One: Stop standing in line

When faced with a group portrait, amateur photographers almost instinctively line up their subjects perpendicular to the direction the camera is facing. In the newsroom, we call this the "execution at dawn" for obvious reasons. Simply put, this photograph says nothing

Board members: reflective vest no longer required equipment for motorcycle riders

VEST FROM PAGE 1

to Iraq in 2005. On the way to a friend's home, Hardenbrook comfortably accelerated in a familiar turn to experience a thrill only motorcycle enthusiasts can really appreciate — swift cornering.

"I thought I was going to take a nice sweeping left turn at about 50 miles per hour," Hardenbrook said.

"Once I was up to about 50 mph I started going into the turn. Then the one thing I didn't take into account (was) another car coming through the turn at the same time. I figured it was a back road and not a lot of people travel down it at 9 p.m., so I never thought twice about it."

"As I was going into the turn I saw a set of headlights coming toward me and realized a little too late that I was going a little fast for the lane I chose. When I tried to bring the bike back into

my lane it drifted to close to the edge of the road and the front tire went off the edge, and the bike went sliding.

"As I was going down my helmet hit the edge of the pavement face first. The way I landed, it pulled the visor off the front of my helmet and I had marks starting at the chin and all the way to the back of my helmet."

When Hardenbrook finally stopped rolling, his gloves were ripped on the palms and his jeans were completely ruined.

"After everything settled, the car drove right by without stopping," Hardenbrook recalled. "I was left on the side of the road with a totaled bike that I had to pull out of a ditch and push about 50 yards to my friend's house."

The ESB discussed adding jackets to the required list of motorcycle PPE to enhance rider safety, but specific guidance has not been issued.

"I was not wearing a jacket

that night, but I did have on my long-sleeve shirt," Hardenbrook added.

"Needless to say, I would have traded that shirt for my jacket in a heartbeat."

James Lowell, a Motorcycle Safety Foundation rider coach with the Station Safety Office here, said keeping a reflective vest handy while riding is still a smart idea.

A reflective vest would be useful in low-light conditions or inclement weather.

"I have always kept one in the back of the bike just in case I am out somewhere and it either rains or starts to get dark," said Hardenbrook, who has been an avid motorcycle rider for six years.

"I like that the option is mine. I do not like to wear the reflective vest, but I do think it could provide some extra visibility at night time, so I don't mind wearing it then."

police station

Now that we're face-to-face, let's face it. Face after face in the family photo album can get pretty redundant. Sure, junior can put on a different look with each photo taken of him. But you should always go for a variety of shots. This means photos from far away, photos really close up and photos that are a medium distance away. Remember that time all the children came home covered in mud? What about an

interesting close-up of all their feet? Going on a camping trip? How about a shot of the family fishing from across the lake or river?

The key is visual storytelling. Someone who looks at your photos should be able to say, "Wow. That looks like quite a moment!" Once you grow away from the simple head-and-shoulders shot or execution-style portrait, far more interesting family albums are in your future.

Financial Fitness

Bonnie Lewis

IWAKUNI APPROACH FINANCIAL COLUMNIST

Financial Incentives

Because of the recession, it is hard to turn on the television or read a paper without seeing some information on the economy. It is hard sometimes to see what financial incentives you might be eligible for. Below is a brief list of some financial incentives that are either new or have had recent changes to them. Take a look and see if any apply to you:

Making Work Pay Credit-this is a tax credit that you are receiving with every paycheck. Most people are not even aware that they have been getting a tax break. It is a refundable tax credit of up to \$400 if you are a single individual and \$800 if you are married. This is available to individuals who are employed or self-employed. Benefits starts to phase out if your modified adjusted gross

income is more than \$75,000 per year. Compare the amount you are paying in federal taxes now to what you were paying in December of 2008 and you will see the reduction.

Economic Recovery Payment- this a \$250 one-time payment for individuals who receive Social Security, Tier 1 railroad retirement benefits, SSI or VA pension or disability benefits. For those who are eligible you will receive this sometime during 2009, government retirees will receive it when they file their 2009 tax return.

Unemployment compensation- this is an exclusion from tax of the first \$2,400 of unemployment benefits. An additional \$25/week and extended time to receive benefits.

American Opportunity Tax Credit- This is an enhanced Hope credit that can be applied to the first four years of qualified higher education expenses. Maximum credit of \$2,500 of which 40% is refundable.

Increase to the Pell Grant- Maximum Pell Grant for the 2009-2010 school year is \$5,350. This is an increase of \$281 (beginning July 1,

2009). For 2010-2011 school year the maximum grant is \$5,550. This is an increase of \$400 (beginning July 1, 2010). There's also a Pell Grant program increase that will cover an additional 800,000 students. Total number of Pell Grants available by 2010: about 7 million.

New Vehicle Purchase- It applies on new vehicles up to a sale price of \$49,500. For example, if you buy a new vehicle with a sales price of \$60,000 you will only be able to deduct the sales tax on \$49,500. You will not be able to deduct the taxes on the difference between \$49,500 and \$60,000. Individuals making more than \$125,000 annually or couples making \$250,000 per year or more will not qualify for this deduction. The amount of money you save will depend on what your individual tax rate is. This tax break applies to purchases of new passenger cars, mini vans, light trucks, motor cycles and motor homes.

This became effective on February 16, 2009 and will run until December 31, 2009. For more information go to the Internal Revenue Service site at <http://www.irs.gov/newsroom/>

article/0,,id=206633,00.html.

Cash for Clunkers- Under the program, consumers may trade in their old, gas-guzzling vehicles and receive vouchers worth up to \$4,500 to help pay for new, more fuel efficient cars and trucks.

Passenger Cars: The old vehicle must get 18 mpg or less. New passenger cars with mileage of at least 22 mpg are eligible for vouchers. If the mileage of the new car is at least 4 mpg higher than the old vehicle, the voucher will be worth \$3,500. If the mileage of the new car is at least 10 mpg higher than the old vehicle, the voucher will be worth \$4,500.

Light-Duty Trucks: The old vehicle must get 18 mpg or less. New light trucks or SUVs with mileage of at least 18 mpg are eligible for vouchers. If the mileage of the new truck or SUV is at least 2 mpg higher than the old truck, the voucher will be worth \$3,500. If the mileage of the new truck or SUV is at least 5 mpg higher than the old truck, the voucher will be worth \$4,500.

For more information on any of these tax incentives, call Bonnie Lewis, your Personal Finance Manager, at 253-6250.

How to counter culture shock



The katakana at left reads, "Culture Shock!"
GRAPHIC ILLUSTRATION BY CPL. KYLE T. RAMIREZ

SGT. JOEL PHILLIPS
CONTRIBUTING WRITER

Learning Hiragana and Katakana is relatively easy and can make staying in Japan more comfortable by illuminating the meaning of native signage.

After learning these writing systems, it is possible to pronounce many words from store signs and billboards in the local area. Many of these words have English origins, therefore the products and services offered may also be known.

Japan originally adopted its writing system from China and applied words from its own spoken language to Chinese Kanji with similar symbolic meaning.

In order to conjugate Japanese verbs and write Japanese words with no corresponding symbol, a set of Kanji was used for its phonetic pronunciation rather than its meaning; this set of Kanji became known Man'yōgana.

Over time, Katakana and Hiragana evolved from Man'yōgana. Some scholars claim that Katakana was developed as official shorthand while Hiragana originated from shorthand created by those with less access to education.

Because each alphabet stems from Man'yōgana, some symbols look alike or identical in both sets of kana.

This is the case for the sounds "ka" and "he."

Interestingly, most characters in these writing systems evolved on different paths and look nothing alike.

Due to its origins as the educated shorthand Katakana was the common kana system prior to World War II.

In modern times, Hiragana has become more prevalent, and Katakana has been relegated to special usages.

One of these uses is to spell words borrowed from other languages.

Learning this system first will enable the reading of Japanese words derived from English. Some examples of this are: カメラkamera (camera), エンジン enjin (engine), and ホテルhoteru(hotel).

For the serious student of Japanese, learning Hiragana

first is more beneficial.

Children's and basic Japanese text books are often written in Hiragana.

Examples of these books that also use Kanji have Hiragana pronunciation to the top or right of the Kanji.

And though Hiragana is generally used to write native Japanese words, たばこ tabako and らーめん ramen are two words that Americans will recognize but are commonly written in Hiragana.

Languageguide.org is a good Web site to help learn these alphabets.

There is a Japanese button followed by a button to navigate to either kana.

Both Hiragana and Katakana have a basic page for clicking on the kana and hearing how they sound.

There is also a quiz option where a sound is heard and the user is expected to choose the correct symbol.

If the guess is incorrect, the correct answer will be displayed.

Probably the best Web site for learning Japanese as a whole is MarineNet.

The language learning company Rosetta Stone has provided the Marine Corps with three levels of Japanese training.

This training uses audio and photography to teach speaking and understanding of spoken Japanese, as well as teaching the Japanese writing system.

This is a nice benefit for Marines as each level costs around \$150 if purchased privately.

Enhancing the quality of a tour in Japan can be as simple as spending a few minutes a day learning one of these writing systems.

It does not matter which system is learned first.

There are benefits to knowing both systems, and once one set of kana are learned the second is easier to master.

Editors Note: Sgt. Joel Phillips has been stationed in Japan for approximately two-and-a-half years and has been an avid student of Japanese language and culture.

ISLAND HOPPING CHALLENGE

With only one seat left, who will embark on Pacific journey?

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Marines of Headquarters and Headquarters Squadron buzzed with anticipation after Lt. Col. Tray J. Ardese, H&HS commanding officer, announced July 1 he was planning a competition open to career Marines willing to push themselves to their limits.

What set the Marines afire with excitement was they would be competing for one of three available seats aboard a C-12 destined to tour several islands where legendary Marine Corps battles were fought during the World War II Pacific conflicts.

Ardese planned a three-day competition which tested the Marines' physical and mental abilities through obstacle courses and knowledge tests.

Sgt. Enrique Watson, a Provost Marshal's Office watch commander, proved his worth and won the first seat on day one of the competition.

Sgt. Clinton Massengale, a logistics air transportation division air freight loader, competed and claimed the second seat as his own on the second day of the competition.

Four H&HS career Marines faced off for the last available seat on the final day of the competition held at the Northside Football Field here July 15.

The competition, imitating the past two, drove Marines to their limits.

"It was challenging," said Sgt. Carrie White, a PMO physical security crime prevention specialist. "The biggest word is challenging. When I woke up at 4:15 to come out here, I really didn't want to, but I challenged myself. That's it."

The competition brought four Marines, clad in boots and utilities, out with the rising sun a little after 5 a.m.

Marines started the



LANCE CPL. CLAUDIO A. MARTINEZ

Cpl. Kevin Martin, a Headquarters and Headquarters Squadron combat marksmanship instructor, struggles to climb over an obstacle course wall during a competition set by Lt. Col. Tray J. Ardese, H&HS commanding officer, July 15. Ardese put forth the competition to allow career Marines the opportunity to compete for one of three seats on a C-12 slated to tour historically significant Pacific islands Aug. 5.



LANCE CPL. CLAUDIO A. MARTINEZ

Sgt. Carrie White, a Provost Marshal's Office physical security crime prevention specialist, disassembles and reassembles an M-249 squad automatic weapon as fast as she can at the Northside football field here.

competition by running the Northside obstacle course four times, tiring more and more as they struggled over the wall and climbed the rope.

The Marines, drenched in sweat as the cool morning turned humid, maneuvered through the course as best they could, fighting against pain and fatigue.

Running the obstacle course four times in a row was hands down the most challenging part of the competition, White said.

Other Marines agreed with White as they fought through exhaustion, making their way to the end of the course.

"The hardest part had to be the fourth and final time over the 'O' course," said Sgt. Adam Kruse, a section 6 outside plant chief.

Kruse said his thought before running the course his fourth time was, "Just one more time. After the third time, just one more time."

After the obstacle course, the Marines had to run four laps around the track, after which they raced to a clearing to disassemble and reassemble three small arms as fast as they could.

The Marines were then given a Marine Corps knowledge test to close out the competition.

Once the points were added up, Kruse was declared the winner of the event and was slated to take the final open seat aboard the C-12.

"It's the opportunity of a lifetime," said Kruse. "I'll never get the opportunity again, and I really appreciate Lt. Col. Ardese giving the Marines this opportunity no matter what rank or grade."

Other Marines who didn't win the competition also expressed what the significance of winning the trip was.

"It would have been pretty cool to walk in some of the footsteps of the Marines before us," said 1st Lt. Jay Woods, PMO operation's officer.

Though unable to take hold of the prize, Woods was still able to find satisfaction from the event.

"Being out there, doing it with the other Marines; it's a competition, yeah, but everyone is out there. A bunch of Marines and camaraderie all at the same time," said Woods. "That's 'moto.'"

Career Marines competed for three days, fighting their limits and competing against each other for a prize coveted by many.

After putting forth their arduous efforts, Watson, Massengale and Kruse were declared the victors and are now left waiting until Aug. 5, when they will be able to walk the islands that many Marines the world over have heard about from stories and books.

Fitness Skills Challenge

Bodily destruction takes about an hour

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

"I kinda lost myself in that one, did that make sense?" asked Jeffery Velazquez standing in front of a huge fan in the Ironworks Gym. "I'm in too much pain right now."

Having just witnessed his participation in the Fitness Skills Challenge, the sixth major event in this year's Commander's Cup Challenge held here July 17, no one could blame him.

Representing Headquarters and Headquarters Squadron, the Air Ops team comprised of Kevin Harmon, Dominique G. Laboy, David W. Moss and Velazquez definitely took first place with 1,515 total repetitions, 122 more than their closest competitors Marine Aviation Logistics Squadron 12.

The competition sounded simple enough, in two minutes complete as many repetitions as possible in the six events: pull-ups, crunches, push-ups, standing jumps, dips and shuttle runs.

When it actually came down to performing, the nearly hour and a half session appeared to be more of a torture session than an endurance challenge.

"I think it's a great test of overall fitness, a work-out from head to toe," said Alma Dickinson, Marine Corps Community Services' health promotions director.

Perhaps the gauntlet could be viewed as a test, but the competitors may have had a slightly different view.

"I'm ... dying man," said Velazquez halfway through the competition.

Then again, Velazquez may have been pushing just too hard. "I had a great time honestly," said Joe R. Cantu, a member with the third-place team representing Marine Wing Support Squadron 171. "Overall, I'm surprised by how much I put out."

Just from seeing the grimaces

and well, obvious facial signs denoting pain, showed everyone was trying hard.

"(The competitors) just give 100 percent, and it's nice to see that in competition," said Dickinson.

Even though they may have been giving 100 percent, the all-around nature of the competition highlighted areas where individuals struggled.

"Shockingly it was the crunches," said Kevin Chang, a member of the second-place team representing MALS-12, when asked what was most difficult. "Those Marine Corps crunches, I don't like them."

Chang performed 102 crunches, the lowest for his team, but by contrast, he pumped out 47 pull-ups, 12 more than the nearest member of any team.

Cantu said the shuttle run portion proved to be the most challenging.

Looking at the statistics though, either everyone was equally tired because the shuttle run was the last event, or they all struggled because the separation between first and fifth in this event was four reps.

The current standings for the Commander's Cup Challenge have a winner beginning to emerge with Air Ops now leading the pack by 32 points.

In no small part, the lead must largely be attributed to the open bench press event where only Air Ops earned any points, 20 to be exact.

But, the Commander's Cup Challenge is far from over. There are still three major events and three Tuesday Tune Ups to go.

"I know you can earn enough points in Gladiators so usually the top few teams can all win it," said Dickinson. "And those Tuesday Tune Ups really help too."

The game is most certainly afoot ... or perhaps flipper as the next event will take to the waters in the Commander's Cup Aqua Fitness Feud scheduled for Aug. 14.



CPL. JOSEPH MARIANELLI

Jeffery Velazquez, representing Headquarters and Headquarters Squadron Air Ops, lunges through the air during the standing jump portion of the Fitness Skills Challenge, part of the 2009 Commander's Cup Challenge, at IronWorks Gym here July 17. The standing jumps required team members to keep their feet together at all times, not knock over any hurdles and clear all four hurdles in succession to be counted.



CPL. JOSEPH MARIANELLI

Kevin Chang (left), representing Marine Aviation Logistics Squadron 12, and Dominique Laboy hang neck and neck during the shuttle run portion of the Fitness Skills Challenge, part of the 2009 Commander's Cup Challenge, at IronWorks Gym here July 17. Scores for the shuttle run proved the event to be more or less an equal playing field for everyone participating as most teams' overall repetitions varied by 4 or less.

FITNESS SKILLS RUNDOWN

Team	Pull-Ups	Crunches	Push-Ups	Standing jumps	Dips	Shuttle run	Total
Air Ops	112	449	362	115	401	76	1,515
MALS-12	115	483	336	110	274	75	1,393
MWSS-171	99	442	315	107	279	73	1,315
BHC	83	317	290	107	298	72	1,167
CLC-36	89	391	268	106	233	74	1,161
MAG-12*	34	135	92	28	72	19	380

*Editor's Note: MAG-12 only fielded a one-man team for the four-man event

OVERALL COMMANDER'S CUP STANDINGS

Team	Total	Team	Total
Air Ops	291	HQ	120
MALS-12	259	MAG-12	100
MWSS-171	252	PMO	20
CLC-36	250	S&L	20
BHC	190		



CPL. JOSEPH MARIANELLI

Jeffery Velazquez, representing Headquarters and Headquarters Squadron Air Ops, grits his teeth as he struggles fiercely to get another crunch repetition during the Fitness Skills Challenge, part of the 2009 Commander's Cup Challenge, at IronWorks Gym here July 17. Air Ops took first place in the competition with 1,515 total repetitions.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Recon Marines work with Iraqi Commandos



CPL. ALAN ADDISON

Gunnery Sgt. Christopher Williamson, a platoon sergeant with Company B, 2nd Reconnaissance Battalion, Regimental Combat Team 8, congratulates an Iraqi Commando during the Commando's graduation ceremony from their month-long training exercise. Williamson said the Commandos can take the training they received and build on it to become a stronger, more capable force.

Marines and Iraqis build valuable bonds while training, sharpening basic battle fundamentals

CPL. ALAN ADDISON
REGIMENTAL COMBAT
TEAM 8

MUDAYSIS AIRFIELD, Iraq — It's a few hours before sunrise and Marines are at their vehicles preparing for the day's mission. Once all of the appropriate checks have been made, they don their gear, load into their vehicles and begin their journey. About two hours later, the small convoy comes to a stop in front of a marksmanship range, just a short distance from what appears to be a small compound.

Marines from Reconnaissance Platoon, Regimental Combat Team 8, led Iraqi soldiers from the Commando Company, 29th Brigade, 7th Iraqi Army Division, in a variety of training packages at Mudaysis Airfield, June 1–July 2, 2009.

"Initially we came out to do our part in helping with the Iraqi Security Forces professionalization," said Capt. Joe Clarke, the platoon commander for RCT-8's reconnaissance platoon. "This was something RCT-8 really wanted and my guys were happy

about coming out to help."

Although the recon Marines jumped at the opportunity to come out and train the Iraqi soldiers, there were a few hurdles they had to cross in the process. "A large part of our platoon didn't have prior experience training Iraqis," commented Clarke. "So we had to look at our own skill set and pass on as much of our knowledge and training as we could."

Even though their lack of experience could have potentially hindered some of the training, the Marines were determined. "The Marines have done some great things," Clarke said. "Our vehicles were breaking down and we were having some issues with the training, but these guys maintained their professionalism and pushed through."

"Without the limitless ingenuity and initiative of the Marines, this successful training mission would not have taken place," said Gunnery Sgt. Christopher Williamson, platoon sergeant for recon platoon.

Not only did the Marines put a lot of hard work into the mission,

ment to the construction of the range." "It's invaluable that they learn the fundamentals of soldiering," Williamson said. "These fundamentals will aid them in making sound decisions in continuing the security of their country when Coalition forces leave."

Throughout the training, the Iraqi soldiers learned a variety of skills and techniques, but there was one that took slight precedence over the rest.

"The most important piece by far was the weapons manipulation, weapons handling and live fire," noted Williamson. "Without a sound foundation of these skill sets, the soldiers would not be able to operate at their full potential."

Clarke and Williamson agreed the month-long training package yielded great success.

"This commando company is in its beginning stages, and their graduation at the end of this package can help to validate them to their higher headquarters," Clarke said. "If this training can help this company grow in size, strength and capability, then it's a definite win for the Iraqis and Coalition forces."

As the Marines await the next movement, someone gives the command to load up and prepare for departure. The training was over and the recon Marines and Iraqi soldiers had not only achieved success in creating a more capable force for the Iraqi Security Forces, but they had further strengthened the bond between Coalition and Iraqi forces.

but the Iraqi soldiers also came out and trained feverishly alongside them.

"The soldiers' skills were very raw when we showed up, but they've worked hard, and we feel very comfortable conducting a mission with them," Clarke said. "They've really improved a lot."

"It felt very rewarding seeing the commandos as strangers on day one, and subsequently becoming familiar with individual personalities, and watching the natural young leadership step up and jump head first into what the Marines were instructing," Williamson commented.

The Marines didn't just come out and push the Iraqis through the training, but they made sure to reiterate the importance of each aspect of the training and showed them how they can train on their own.

"There aren't many units coming over to train with them so they need to know the process. It would be pointless to run them through a package without showing them how it's done," Clarke stated. "We reviewed everything from operational risk manage-



CPL. ALAN ADDISON

Marines with Company B, 2nd Reconnaissance Battalion, Regimental Combat Team 8, watch closely as two Iraqi Commandos conduct the live fire portion of their marksmanship training. Although the Commandos trained in various other combat related exercise, special emphasis was placed on marksmanship, because of its importance in a combat situation.

COMMUNITY BRIEFS

Academic Advisor Visit
University of Maryland University College academic advisors are scheduled to visit the station Aug. 10, 11, and 12. Appointments must be made in advance by contacting the Iwakuni UMUC office. Each appointment will be 30 minutes in a private classroom one-on-one with an academic advisor. To make an appointment, call the UMUC office at 253-3392.

New Taijutsu Group
A new taijutsu group is in the works here in Iwakuni. Any Takamatsuden is welcome. This will not be an official dojo, simply a place to learn, share and maintain proficiency with fellow enthusiasts. For more information, e-mail iwakuni.taijutsu@gmail.com.

Youth Sports Soccer Camp
Marine Corps Community Services' Youth Sports and Marine Wing Support Squadron 171 is scheduled to host a youth soccer camp 8 – 11:30 a.m. Mon. – Fri. at Penny Lake for children 5 – 15. The first 85 applicants will be accepted. Fees are \$25 for the first child, \$20 for the second and \$15 for the third. Sign-up ends Saturday. For more information, call 253-5777/3239.

Youth Curfew Hours
The curfew for youth under 18 is 12 – 5:30 a.m. during weekends, holidays and summer vacation. On school nights, curfew is 10 p.m. – 5:30 a.m. For more information, contact the Provost Marshal's Office's Crime Prevention division at 253-5105.

Summer Reading Program
The library is scheduled to host a variety of art and craft projects 10 a.m. every Tuesday for the Summer Reading Program to encourage children to be more creative. The program is open to children ages 5 to 12. The programs will include guest speakers and books on art, poetry, theater and dancing. Children interested in participating can sign up from now until July 28.

Taxiway Construction Project
In support of the runway relocation program, construction of new cross-taxiways adjacent to the existing runway is underway. To mitigate impacts on current runway operations, the work is being performed 10 p.m. – 6 a.m. every night of the week with the exception of Sunday night. Initially, the contractor's gate will be closed from 9 – 10:30 p.m. Starting late July, the contractor's gate will remain open all night and residents can expect a steady flow of concrete delivery trucks through the gate. Construction of this portion of the taxiways is estimated to be completed in late October.

SOFA Testing Center
The SOFA Drivers License Testing Center has moved from the Learning Resource Center in Bldg. 360 to the LRC in Bldg. 497.

Survival Japanese Class
The Japanese American Society is scheduled to begin a very basic Japanese course noon – 1 p.m. Aug. 6, at the Japanese American Society Office, Bldg. 261. The class will continue every Thursday through August. Learn how to, get around off base, greetings and basic social interaction. Cost for the whole month is 3000 yen. Class size is limited. For more information contact the JAS at 253-4744.

CTC Class Registration
Central Texas College class registration is going until Aug. 21 in Bldg. 411 Room 109. Classes will begin Aug. 24. For more information, call 253-3288 or email iwakuni.jpn.pfec@ctcd.edu.

The Biggest Saver Coupon Contest
The Personal Financial Management Office is conducting a contest for all authorized patrons of the MCAS Iwakuni commissary May 1 – July 31. The person who saves the most money in coupons during the three-month contest will win an hour long massage. Take your receipts to the Personal Financial Management Office in Building 411, Room 201. Once a month, a coupon class will be conducted in Building 411, Room 217, to assist patrons with finding the right coupons and discussing savings options. For more information, call 253-6250.

Coupon Distribution Program
The Coupon Distribution Program is available for all personnel aboard the air station courtesy

of Marine and Family Services. Coupons are donated by various donors and are good until six months past the expiration date. Stop by Building 411 and pick up your free coupons, look for the baskets marked "Free Coupons". For more information, please contact Marine and Family Services at 253-6161.

Budget for Baby Class
The Navy-Marine Corps Relief Society is offering a monthly class to help families understand and realistically project expenses caused by the birth of a new baby. For more information or to sign up, call 253-5311 10 a.m. – 2 p.m. Mon. – Fri.

New NMCRS Service
The new Quick Assist Loan Program provides active duty Marines and sailors with no outstanding loans from the society \$300 need-based loans repayable by allotment within 10 months. Those interested must bring their most recent LES and active duty ID card to the NMCRS office 10 a.m. – 2 p.m. Mon. – Fri.

Electrical Utility Project
In support of the runway relocation program, a project is currently on-going to upgrade existing electrical infrastructure. As part of this upgrade, Newell Drive, Brusher Street, E. Circle Drive, and 7th Street will experience partial road closures and single-lane traffic now until mid-September. Dates may vary depending on weather and subsurface conditions. For more information, call 253-5353.

Chapel Services

Roman Catholic
Saturday 4:30-5:15 p.m. Confession
5:30 p.m. Mass
Sunday 8:30 a.m. Mass
9:45 a.m. Religious Education
Tues. – Fri. 11:30 a.m. Weekday Mass
Wednesday 6 p.m. Inquiry Class for adults

Protestant
Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
Wednesday 6 p.m. Awana (Bldg. 1104)
6 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ
Sunday 9:30 a.m. Bible Study (small chapel)
10:30 a.m. Worship Service

Latter Day Saints
Weekdays 6:30 a.m. Youth 12-17 Activities

Teen Programs
• High School Meetings (Club – grades 9-12)
• Junior High Meetings (Club JV – grades 7-8)
• HS&JR Bible Studies
• Retreats
• Service Projects
• Missions Trip
• Special Events Volunteer Training & Mentoring
• Parent Support Group
Call at 253-5183 or potwic@gmail.com.

For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

SAKURA THEATER

Friday, July 24, 2009
7 p.m. Land of the Lost (PG-13)
Premier
10 p.m. Public Enemies (R)

Saturday, July 25, 2009
1 p.m. Battle for Terra (PG)
Last Showing
4 p.m. Ice Age: Dawn of the Dinosaurs (PG)
7 p.m. The Hangover (R)
10 p.m. Land of the Lost (PG-13)

Sunday, July 26, 2009
1 p.m. Up (PG)
4 p.m. Land of the Lost (PG-13)
7 p.m. Transformers: Revenge of the Fallen (PG-13)

Monday, July 27, 2009
7 p.m. Drag Me to Hell (PG-13)

Tuesday, July 28, 2009
7 p.m. Public Enemies (R)

Wednesday, July 29, 2009
7 p.m. Harry Potter and the Half-Blood Prince (PG)
Premier

Thursday, July 30, 2009
1 p.m. Harry Potter and the Half-Blood Prince (PG)
7 p.m. Angels and Demons (PG-13)
Last Showing

General Admission: Ages 12+ are \$2.50/ Ages 6-11 are \$1/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

CLASSIFIEDS

Automobiles

1996 Mitsubishi Delica Van
73,000 Km, 4X4, black and gray, great condition, good tires, JCI good until January 2010. Asking \$3,500. For more information, call 080-3319-5656.

Mess Hall Menu

Monday

Cream of broccoli soup, French onion soup, baked chicken and rice, Yakniku (steak and vegetables), steamed rice, lyonnaise green beans, mashed potatoes, peas and carrots, chicken gravy, dinner rolls, macaroni salad, spinach salad, standard salad bar, peanut butter cookies, chocolate cream pie with whipped topping, double layer banana cake with butter cream frosting
Specialty Bar: Pasta

Tuesday

Minestrone soup, tomato soup, roast fresh ham, shrimp scampi, potatoes au gratin, steamed rice, glazed carrots, broccoli combo, cheese biscuits, potato salad, Italian style pasta salad, standard salad bar, brownies, spice cake with buttercream frosting, coconut cream pie
Specialty Bar: Taco

Wednesday

Chicken and rice soup, New England clam chowder, chili macaroni, grilled cheese, tempura fried fish, macaroni and cheese, oven glo potatoes, broccoli polonaise, peas and mushrooms, dinner rolls, macaroni salad, spring salad, standard salad bar, chocolate drop cookies, double layer Florida lemon cake with lemon buttercream frosting, blueberry pie
Specialty Bar: Barbeque

Thursday

Chicken noodle soup, cream of mushroom soup, apple glazed corn beef, teriyaki chicken, rissole potatoes, noodles Jefferson, succotash, fried cabbage, hot mustard sauce, chicken gravy, cornbread, potato salad, German style tomato salad, standard salad bar, pecan brownies, pineapple upside down cake, chocolate cream pie with whipped topping
Specialty Bar: Deli Sandwich

Friday

Vegetable soup, beef noodle soup, shrimp Creole, beef cordon bleu, herbed broccoli, lemon baked fish, parsley butter potatoes, steamed rice, carrots, dinner rolls, macaroni salad, cucumber and onion salad, standard salad bar, ginger molasses cookies, double layer German chocolate cake, coconut pecan frosting, pumpkin pie with whipped topping
Specialty Bar: Hot Dog

1992 Honda Del Sol Si Convertible
Red. JCI until May 2010. \$1,900 OBO. For more information, call 080-3056-9610 or e-mail tina.t.trinh@gmail.com.

1994 Honda Civic
Blue Pearl. Great Condition. JCI until September 2009. \$1,200 OBO. For more information, call 080-3056-9610 or e-mail tina.t.trinh@gmail.com.

1998 Nissan Laurel
Excellent condition. Cold A/C. New brakes, newer tires. JCI good until May 2011. Asking \$1,500 OBO. For more information, call 253-7229.

Miscellaneous

Bedroom furniture
Solid wood bunk beds in great condition with side rails, ladder, drawers that go under bottom bed, tower of drawers, desk with hutch and chair. Everything matches. Asking \$800. For more information, call 090-8505-2818 or e-mail chris_leighann.junkins@yahoo.com.

Treadmill
Only used for a couple of months. In great condition. Asking \$400. For more information, call 090-8505-2818 or e-mail chris_leighann.junkins@yahoo.com.

Kittens

Free kittens to a good and loving home. They were born on June 11 and will be ready for a new home after Thursday. For more information, call 253-5935, 090-4104-1541 (cell) or e-mail billiej316@gmail.com.

Dinning table with 8 chairs
Solid oak table with leaf. Asking \$800 OBO. For more information, call 090-8505-2818 or e-mail chris_leighann.junkins@yahoo.com.

Jobs

Chapel Positions Available

Protestant Pianist
Protestant Organist
Christian Non-denominational Music Director
Protestant Director of Religious Education
Catholic Director of Religious Education
Catholic Organist
Catholic Choir Director
For more information please call the Logistical Contract Office at 253-4233.

Morning Nanny

Duties include preparing and taking the child to school weekdays 6 - 8:30 a.m. Sept. 7 - Nov. 6. Pays \$900 for 90 total hours. For more information, call 080-3094-9489.

NMCRS Volunteer Opportunities

The Navy-Marine Corps Relief Society has volunteer positions available for those wishing to assist military families. Reimbursement for childcare and mileage is available. For more information, stop by the NMCRS or call 253-5311, 10 a.m. - 2 p.m. Mon. - Fri.

GOOD SAMARITAN/NEIGHBOR PROGRAM

From May 1 - Aug. 31, 2009, submit names of people ages 10-17, who have been good samaritans or good neighbors to PMO in order to place them in the running for the Summer 2009 Good Samaritan/Neighbor Program award.

The nominee must be someone who reported, prevented or stopped an unsafe or criminal act. The program is strictly anonymous. This is your chance to encourage our children to be good citizens.

Let's award our youth for doing their part to improve our community!

Call the PMO Crime Prevention Section at 253-5105 for more information.

Submit all nominations to the Crime Prevention Section during normal working hours.

After normal working hours, submit nominations to the PMO Desk Sergeant, Bldg. 608.

USO Comedy Tour

See comedians Steve Byrne, Sebastian Maniscalco and Sam Tripoli.

9 p.m. Saturday at the Club Iwakuni Ballroom.

Adult content and adults only.

Free admission.

For more information, call 253-3727 or visit www.mccsiwakuni.com



"Eat your 80s" - A live 1-hour

radio show that features the best 80s music. Noon to 1 p.m.

Tuesdays and Thursdays, except holidays, on Power 1575.



PFC. MIRANDA BLACKBURN

Participants in the soccer portion of the Chibikko Young Taikai chase the ball down the field during the first soccer game of the day at Penny Lake field here July 19. Nearly 800 competitors were broken up into 16 teams to participate in the soccer event.

More than 1,000 Japanese children invade station

PFC. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Japanese children and youth from the surrounding area visited the station July 19 to participate in the Chibikko Young Taikai (Kids and Youth Games) hosted by the Japanese Maritime Self-Defense Force.

Teams from areas around Iwakuni, Kuka, Hirao, Hikari, Shuto, Tabuse, Yanai and Yuu came to participate in the sports day.

The day's events, hosted at Penny Lake, the IronWorks Gym and the JMSDF Gym, included soccer, volleyball and kendo, a form of Japanese fencing.

800 competitors broken up into 16 teams participated in the soccer portion of the event held at Penny Lake.

When the dedicated participants weren't playing in one of their matches, they were practicing hard. They ran through drill after drill and raced their teammates during multiple long-distance sprints to make sure they were ready for their next game.

"I've never seen such young kids take sports so seriously," said Bradley Hanson, a broadcaster for American Forces Network.

The young boys played hard the entire day, aggressively running the ball up and down the field and never letting up.

While the soccer tournament continued at Penny Lake, volleyball had already commenced at IronWorks Gym.

Approximately 400 young girls from around the area participated in the volleyball festivities.

Coaches passed the ball back and forth between the team members to practice some of their skills before getting to the court.

The sweltering gym was filled with the sound of hand fans clapping together as family members and friends cheered the players on.

The girls smiled and laughed as they rejoiced in celebration and high-fived every time they were able to score a point against the other team.

Whether either of the teams won or lost, they still ran to the center of the court to shake hands and to say "good game."

The confidence and morale of the participants



PFC. MIRANDA BLACKBURN

A member of team Hirato prepares to smash the ball over to the other side of the court during their first match of the day at the IronWorks Gym here July 19. Approximately 400 young girls participated in the volleyball festivities.



PFC. MIRANDA BLACKBURN

A member of team Osejue blocks a spike from team Hirato during the volleyball portion of Chibikko Young Taikai at the IronWorks Gym here July 19. Twelve volleyball teams from around the area participated in the competition.



LANCE CPL. CLAUDIO A. MARTINEZ

Major League Baseball envoy coach David Palese gives hands-on training to a local Japanese child at the Penny Lake pavilion here during a baseball clinic hosted by the Boys and Girls Club Youth and Teen Center July 17. The clinic focused on swinging and batting techniques.

Major League Baseball envoy coach David Palese explains to local Japanese children the proper way to generate power with their swing during a baseball clinic at the Penny Lake pavilion here hosted by the Boys and Girls Club Youth and Teen Center July 17. Palese explained to the children the best way to generate power is to keep the bat close to the body and take a short quick swing at the ball.



LANCE CPL. CLAUDIO A. MARTINEZ

Local children learn to swing like pros, get major training

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

The Boys and Girls Club Youth and Teen Center here hosted a baseball clinic for local children 7- to 11-years-old at the Penny Lake pavilion here July 17.

Major League Baseball envoy coach David Palese was on-hand to teach the children proper techniques used in swinging a baseball bat.

"He's teaching them the way they teach in college and in the major leagues," said Keith Joseph, the Youth and Teen Center manager. "He's teaching them proper hitting techniques."

Palese spent the afternoon with the local Japanese children demonstrating exercises and drills the children could practice to improve their balance, power and coordination when swinging the bat.

"There's no one way to teach children and another way to teach professional ball players. There's only one way to teach both," Palese said.

To give the children a better understanding of what he was teaching them, Palese gave them some hands-on training and handed the children the bat.

Palese recommended the children practice their skills every day to improve, the same way they practice math and arithmetic.

"A lot of the time with the kids, they've got a lot of moving parts 'cause they don't understand the basics of the swing and then, as they get older, they got all these moving parts that are out of whack," said Palese. "What we try to do is keep it simple and just give them a few skills to work on."

Many of the children who attended the clinic were excited and ready to practice the new drills they learned from Palese.

"It was fun," said 8-year-old Satoshi Takata, an event participant. "I learned the right way to stand and how to swing my bat."

Satoshi, who wants to play for the New York Yankees one day, said he looked forward to practicing the new drills he learned on his own.

Some of the parents who came to watch their children during the clinic were impressed with Palese's teaching skills.

"He's a really good teacher," said Akiko Takata, mother of Satoshi. "He was very generous in coming out here and teaching the kids."

Palese has been a part of the Major League Baseball International Envoy Program since 2002 and has traveled to approximately 10 countries teaching baseball basics.

"I heard about the program and I thought it would be an interesting way to see the world, and kind of learn about different types of people and just help share what I know," said Palese. "It's just a real thrill showing these guys how to do something, and we don't even speak a common language. That's a real rush to me. I can achieve success by putting a smile on a kid's face when they do something the right way."

Aside from baseball clinics, the Boys and Girls Club Youth and Teen Center also provides National Basketball Association and National Football League clinics with professionals from both sports on-hand to teach.

"If parents have any questions they can just come by the (Youth and Teen Center)," said Joseph. "It's all done by the Boys and Girls Club and they provide it for free."

Anyone interested in finding out more information on the various sports clinics provided by the Boys and Girls Club can call the Youth and Teen Center at 253-6454.