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# IWAKUNI APPROACH

Issue No. 40, Vol. 2 | Marine Corps Air Station Iwakuni, Japan



## PMO opens its doors to Japanese police

LANCE CPL. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

The Provost Marshal's Office here hosted a visit for approximately 17 visiting Japanese police officials and interpreters from the local Chugoku region to continue building a good working relationship with them Oct. 20.

The Japanese police officials contacted PMO and requested the tour and an orientation of PMO to gain a better understanding of how they operate.

"We're happy to oblige them because they have an interest in us, and they want to know more about us," said Maj. Giuseppe A. Stavale, the Provost Marshal here. "It's just a great opportunity for us to let them know more about what we do and who we are."

Stavale said the Japanese officials will be able to form

SEE **TOUR** ON PAGE 3

## Social networks: Becoming less about choice

CPL. JOSEPH MARIANELLI  
IWAKUNI APPROACH STAFF

With more than 300 million active users worldwide, spending eight billion minutes a day, uploading more than two billion photos a month and the numbers continuing to grow, Facebook has expanded social networking exponentially in just five years.

No longer are individuals relegated to a modest list of friends they update via e-mail every few weeks, they can update hundreds of people with one post virtually anytime they can access the Internet.

More and more smart phones provide Internet access allowing these updates to be an hourly affair, and Facebook just represents one of the largest networks.

Even though social networks provide amazing opportunities for information exchange worthy of consideration, they are still a part of the Internet; precautions must be taken.

"If you remember school, it's typically the quiet kids who get bullied," Eric Schwartzman, an independent consultant and senior communications professional, said. "If you don't speak your mind on the Internet, someone else will define your identity for you if you're afraid to define yourself."

Schwartzman has been publicly and privately contracted to teach social media and new media communications.

Social interaction, in a way, has become so simplified individuals no longer need to know one another to form an opinion about each other.

"We're living in a time where people source opinions on the Internet," Schwartzman said. "The reason we source opinions on the Internet is because it's easier."

This simplification can be good, and there are plenty of examples where use of the social networks has incited social awareness of important issues.

"You get an opportunity to network with people who share your own interests," said Schwartzman.

Making new friends has never been easier, and many social networks already have groups formed by individuals with common interests.

By the same token, the simplification of friend making also expands the possibility someone you know is already on a social network talking about you right now.

"If I don't sign up, my friends will define me," said Schwartzman. "To be a young person today not participating in social media, is to be socially irrelevant."

While failing to engage in social networking may not make the average middle-aged adult end up a social pariah, children are learning a different lesson very quickly, and therein lies an area of primary concern for parents.

"The most vulnerable are the children," Gunnery Sgt. Jose Paloschavez, station operations security coordinator, said. "That's because they are not really aware who is behind that screen."

The fastest growing demographic on Facebook is 35 years and older. Not only is

SEE **MEDIA** ON PAGE 3

## MCCS offers chance to attend Super Bowl XLIV

MARINE CORPS COMMUNITY  
SERVICES MARKETING  
CONTRIBUTED

This fall, clubs and restaurants across the Corps will be sponsoring the Marine Corps Community Services Football Bash in an effort to get Marines into MCCS facilities for a little fun, camaraderie and football. Until Dec. 3, anytime service members patronize an MCCS club or restaurant, they will be eligible to enter into a raffle for a chance to win the grand prize — a five day/ four night, all expense paid trip for two to Miami to attend Super Bowl XLIV, valued at more than \$7,500.

The grand prize winner will also receive \$500 spending money. The second place prize will be \$1,000 and merchandise, and the third place prize will be \$500 and merchandise.

Marine Corps Air Station Iwakuni will consolidate entries and hold a drawing for the station's first, second and third place winners on Dec. 4. These winners will receive MCCS gift certificates and merchandise. The station's first place winner will be entered in the drawing for the top three prizes, including the Grand Prize trip to Super Bowl XLIV.

The grand prize drawing will be held on Dec. 11 at the Headquarters Marine Corps Personnel and Family Readiness Division

SEE **WIN** ON PAGE 3



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*The Iwakuni Approach welcomes Letter to the Editor submissions. Letters must include a full name and unit, if applicable. Anonymous letters and comments will not be published. Letters are the opinion of the writer only. Submissions may be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to iwakuni.pao@usmc.mil. Please submit all content at least two weeks in advance of projected publication date for review.*

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# CHAPLAIN'S CORNER

## 'We can all make a difference, wherever we are, if we truly care'

LT. CMDR. JOHN Q. COMETA  
STATION CHAPLAIN

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Matthew 25:35-36.

We live in a world full of miseries and uncertainties. Based on United Nations reports, about 25,000 people die each day from starvation. Each year, between 13 and 18 million people die due to starvation or starvation-related causes.

How do we react to this sad fact of global hunger? Last

week, I had the opportunity to participate in various community relations projects in the Philippines. Our Marine and sailor volunteers lent their helping hands to participate in humanitarian efforts to typhoon victims. Others took part in rescue and relief work in the wake of the devastation of the tropical cyclones "Ondoy" and "Pepeng," which have left more than 700 killed and dozens wounded.

We don't have to go that far to help the needy here at Marine Corps Air Station Iwakuni. We hear the saying, "No Marine left behind." This applies to all of us all the time, not only in a combat zone. We have to be sensitive to the needs of those around us.

There are those who are not

only hungry for food but are hungry for love. There are those who are not only thirsty for water but are thirsty for true friendship. Others feel lonely and isolated.

Instead of building walls, we need to build bridges and start connecting.

Yes, we can make a big difference if we look out for each other.

When we feed the hungry, give water to the thirsty, entertain the strangers, give clothes to the needy, look after the sick and visit those in prison, God is truly pleased.

Our Lord once said, "I tell you the truth, whatever you did for one of the least of these brothers (and sisters) of mine, you did for me." Matthew 25:40.

## Lighthouse Cafe opens for business

Petty Officer 3rd Class Kevin Dawson, an engineman for Logistics here, enjoys his sandwich as the first customer at the Lighthouse Cafe which opened here Oct. 19. The new eatery is located above the Fish Tales Gear Issue office in Building 3410 and is open to all service members with meal cards or on commuted rations. All meals are made to order according to customer specifications. The cafe is open 6 - 10 a.m. for breakfast and 10 a.m. - 4 p.m. for lunch and dinner Mondays - Fridays. Lunch and dinner is served 10 a.m. - 3 p.m. on weekends. The Lighthouse Cafe will be closed on holidays. For more information, call the Lighthouse Cafe at 253-4727.



LANCE CPL. SALVADOR MORENO

## Prescription drug coverage available worldwide with TRICARE Pharmacy Program

MAURICIO GUEVARA  
TRICARE PACIFIC  
MARKETING REPRESENTATIVE

Beginning Sept. 23, beneficiaries were mailed a new TRICARE Pharmacy Program Handbook and a letter welcoming them to the new TRICARE Pharmacy Program.

The main change is that TRICARE has selected Express Scripts, Inc. to provide your mail-order, retail and specialty pharmacy services.

TRICARE prescription drug coverage continues to be available to all TRICARE-eligible beneficiaries who are enrolled in the Defense Enrollment Eligibility Reporting System.

Prescription drug coverage is the same regardless of which health plan option you are using, and it is available worldwide.

Living overseas, there are two main options where you can fill your prescriptions.

You may have prescriptions filled, up to a 90-day supply for most medications, at a military treatment facility pharmacy free of charge.

Please be aware not all medications are available at MTF pharmacies.

When not using an MTF pharmacy, the mail-order pharmacy is your least expensive option.

With the mail order pharmacy, you enjoy the convenience of having your medications delivered directly to your APO/FPO address. You may receive up to a 90-day supply of medications for minimal out-of-pocket costs.

With the mail order pharmacy, there is only one

co-payment for each prescription filled.

In addition, prescriptions are delivered to you with free standard shipping, and refills can be ordered easily online by phone or by mail.

The mail order pharmacy also provides you with convenient notifications about your order status, refill reminders and assistance in renewing expired prescriptions.

If you have questions about your prescriptions, pharmacists are available 24 hours a day, seven days a week to talk confidentially with you.

Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/FPO addresses.

Prescriptions cannot be mailed to private foreign addresses.

Please note that refrigerated medications cannot be shipped to APO/FPO addresses.

For more information about the mail order pharmacy, visit [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE), or call 1-877-363-1303.

You can also have prescriptions filled at host-nation pharmacies if necessary.

Host nation pharmacies are treated as non-network pharmacies.

If you have prescriptions filled at a host nation pharmacy, you should expect to pay for the total amount up front and file a claim with TRICARE.

For more information on TRICARE Pharmacy benefits, please visit the TRICARE Web site at <http://www.tricare.mil/mybenefit/home/Prescriptions>, or call your TRICARE service center at 253-3072.

## Engage, not to engage: Friends can eliminate choice in social networking

**MEDIA** FROM PAGE 1

the population of potential predators growing, but Facebook and other social networks are reaching upward in age, which increases the odds of affecting middle-aged adults.

At the very least, becoming familiar with emergent forms of social media is one way to help protect children and yourself if you choose to engage.

Choosing to engage creates another set of considerations, considerations for loved ones as well if they are engaging.

"When you're in the Internet you're in Times Square," said Schwartzman. "It's a hostile environment, and you need to behave accordingly."

"There are people with no money and no food who scrounged enough money up for an hour in an Internet café, and they are looking for your personal information," he added.

With any social network, being aware of what will and will not be visible to the public is paramount.

"Just because your Facebook profile is private does not necessarily mean it is," said Schwartzman.

Making a profile as private as possible takes a few extra steps with the plethora of applications running rampant (see the end of this article for those steps).

Facebook alone has more than 350,000 active applications, and it is by no means the only social networking site.

Besides the dangers presented by individuals is the potential for abuse by the stewards of the information provided during sign up.

Social networking sites may provide the information to other companies for marketing purposes.

"When signing up for these individual services, be cognizant of each individual site's

privacy policies," said Paloschavez.

Schwartzman is less concerned with the marketing, but some might be and Paloschavez's advice is sound if the prospect of magazine offers outweighs the potential benefits.

Schwartzman's concern is the management of the information by those marketing companies, and so he recommends certain information never be provided either through

**"Think before you click — that one, two or three seconds asking should I be doing this will save a lot of damage."**

Gunnery Sgt. Jose Paloschavez  
Station operations security coordinator

a profile page or during sign up.

Pre-existing health conditions, exact location information or travel plans and information establishing a pattern of negative behavior, such as heavy drinking, are all areas of potential concern.

One more inherent issue comes from signing up and engaging; the duty to continue updating and engaging.

"Once you establish yourself, people expect you to update," said Schwartzman. "To not update validates their negative statements."

Non-response to negative statements, even untimely responses lends credibility to accusations.

"Social networks have their good, their bad and their ugly, so just continuously be in tune with each individual and find out what they're

doing," said Paloschavez.

Parents need to be checking on their children just as leaders need to be checking on their subordinates and each other.

Anyone can make a slip.

As recently as June, the wife of Britain's Secret Intelligence Service MI6 chief posted holiday photographs and personal details on her Facebook page.

"Think before you click — that one, two or three seconds asking should I be doing this will save a lot of damage," said Paloschavez.

"Once it's sent, it's sent, and there is no taking back; it's gone," Paloschavez said.

Bottom-line: if there is a moment of hesitation, don't post.

As time moves forward, and social networks continue to grow, it appears the choice to engage or to not engage is rapidly disappearing.

**Eric Schwartzman's steps for making Facebook profiles as private as possible:**

First and foremost, deciding who can see your profile is up to you. Carefully review what information is viewable by friends only or anyone by going to settings, clicking the privacy tab and then the profile section. This part is up to you.

Next, while logged in, click settings in the blue menu bar in the top right of the screen. Click the privacy tab. Now click applications. In the applications page click the settings tab. Uncheck all the boxes under the "Share my name, networks and lists of friends as well as the following information," radio button.

If you uncheck all those boxes, your personal information will not disseminate through applications.

But don't let this give you a false sense of security; you're still in a public forum where hostile operatives are still looking for information.

## Station plants seeds of friendship for future relationship through tour

**TOUR** FROM PAGE 1

their own opinions on how Marines conduct themselves with an orientation and a tour of the station, rather than rely on newspapers and word-of-mouth.

The Japanese police officials' day here started with a brief outlining PMO's command structure, jurisdiction and training.

Afterward, they were given a short tour of the PMO building, which included K-9 and special reaction team demonstrations.

Stavale said the Japanese officials will be able to understand how valuable PMO can be to the alliance between the two countries through everything covered during the day.

"As Americans, we value a good attitude, but relationships matter," said Stavale. "In Japan relationships are everything. Having an opportunity just to plant the seed for a good relationship can pay off in the future when we need to work through an issue."

The Japanese police officials' visit here closed out with a short window tour of the station.

"Building a relationship between us and PMO makes resolving whatever issues may arise in the future much easier," said Masahiro Takaki, a Chugoku Regional Police Bureau regional coordination, 1st section investigator and visiting official. "It will make it easier for us to cooperate better to promote safety around the region."

Takaki said he appreciated the opportunity to learn a little on what military life aboard the station is like and was impressed with PMO's capabilities.

## Service members can win Super Bowl XLIV trip

**WIN** FROM PAGE 1

aboard Marine Corps Base Quantico, Va.

Authorized patrons can obtain entry forms at MCCS operated restaurants. It is the responsibility of the patron to completely and legibly complete and return entry tickets in

time for the drawing. Illegible or incomplete entries and those submitted by unauthorized patrons will be null and void. No purchase is necessary to enter in the contest, and prizes are not redeemable for cash.

For more information, contact MCCS Marketing at 253-5284.



**'Asa Zoo Review'**

A goat in the Hiroshima City Asa Zoological Park greets visitors to the petting zoo. The petting zoo is home to goats, sheep, chickens and pigs.

STORY AND PHOTOS BY  
SGT. JOSH COX  
IWAKUNI APPROACH STAFF

**F**inding weekend adventure may be more difficult with the fall season and cold weather quickly approaching.

However, the Hiroshima City Asa Zoological Park invites guests to discover an array of exotic wildlife year-round.

The zoo is home to more than 1,700 animals, including lions, tigers, exotic birds, elephants and penguins.

The park, established in 1971, features a very child-friendly petting zoo with farm animals like goats, pigs and sheep. Pony rides are also available for children in the petting zoo, called Pichiku Park.

Along the zoo's wooded trails, visitors will find a popular area inhabited by a small pride of lions. The lions play and socialize like any normal house cat, but aggressive grimaces and roars quickly reestablish the beasts as the kings of the jungle.

The zoo has areas for picnics, a cafe, restrooms, a zoological museum and playgrounds. The park is open from 9 a.m. until 4:30 p.m. every day, except Thursdays.

Admission to the zoo ends at 4 p.m. daily.

Admission is 500 yen per adult, and 170 yen for children. Moreover, admission for children is free on Saturdays, except for national holidays and special observances.

Parking costs 440 yen per car, and directions to the zoo by car or public transportation can be found at Information and Referral in Crossroads Mall here.

Public transportation to the zoo costs approximately 1,210 yen per person, one-way from Iwakuni's local train station.

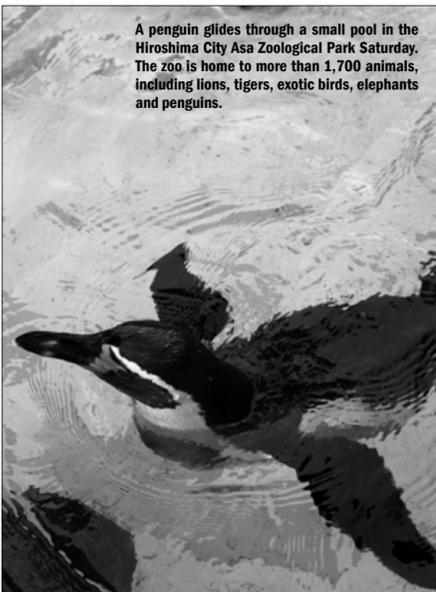
However, a trip to Asa Zoo takes roughly two hours. The Japanese scenery and an iPod or book make the trip enjoyable. So, bundle up, grab a buddy and take a trip to Hiroshima's very own African savanna.



A giraffe feeds on branches at the Hiroshima City Asa Zoological Park Saturday. The zoo features an area resembling an African savanna.



Lions at the Hiroshima City Asa Zoological Park playfully nudge each other Saturday. The lions play and socialize like any normal house cat, but aggressive grimaces and roars quickly reestablish the beasts as the kings of the jungle.



A penguin glides through a small pool in the Hiroshima City Asa Zoological Park Saturday. The zoo is home to more than 1,700 animals, including lions, tigers, exotic birds, elephants and penguins.



An Ikebana practitioner works to figure out the proper placement of a flower in her flower arrangement during an Ikebana class taught at the station library here Oct. 22.



A flower arrangement being worked on by Nina Woods, an Ikebana student, is displayed on the table during an Ikebana class taught at the station library here Oct. 22. Students of the class are required to bring in their own vase and flower cutters and pay the instructor for flowers she provides for the class.



LANCE CPL. CLAUDIO MARTINEZ  
An Ikebana practitioner works to figure out the proper placement of a flower in her flower arrangement during an Ikebana class taught at the station library here Oct. 22. While Ikebana involves many female practitioners, it was considered by many samurai as a perfect art form to practice to balance out the violent lives of war they led.

**Expression through nature**

LANCE CPL. CLAUDIO MARTINEZ  
IWAKUNI APPROACH STAFF

Japanese culture is renowned for its distinct traditions, music and art forms created to calm the soul and uplift the spirit.

Ikebana, or the art of flower arrangement, is one of those art forms unique to Japan.

Kumiko Tshura, an Ikebana instructor of the Sogetsu school with more than 50 years experience, teaches an Ikebana class at the station library here 6 – 8 p.m. every Thursday.

Community members from around the station participate in the class to learn a bit of Japanese culture and experience the unique art form.

"This is our Japanese culture," said Tshura. "Seasons bring many different flowers, and flowers are the most beautiful thing in nature. People enjoy flowers, and when they cut them to take home, people wonder how to arrange them. I want to teach them how."

Tshura said Ikebana makes people happy because flowers give off good energy, and no one is angry or mad when they are around flowers.

Ikebana is a traditional Japanese art form with a 600-year history within the culture.

While European flower arrangements are balanced out through symmetry of size and color, Ikebana flower arrangements are achieved through variations of stem sizes and opposing colors, and are often asymmetrical.

It was originally practiced by Buddhists disciples, rich lords and samurai after returning from war as a way to pacify their minds.

Today, after 600 years, it continues to catch people's attention as an expressive and relaxing art form.

"Any Ikebana arrangement that I've seen was really, really cool, and I kind of wanted to see if I could do that," said Nina Woods, an Ikebana student. "It's actually very fulfilling and enjoyable to me."

Woods said she finds the class to be an amazing time for herself with her busy schedule of being a working spouse and a mom.

"I think it's beneficial especially for working spouses," said Woods.

"You need that time to just kind of decompress and (relieve) stress and get energy from the flowers. It's just kind of that Zen type situation."

For more information on Ikebana class times and prices, call 253-3078.



LANCE CPL. CLAUDIO MARTINEZ  
Kumiko Tshura, an Ikebana instructor of the Sogetsu school with more than 50 years experience, helps Nina Woods, an Ikebana student, with her flower arrangement during an Ikebana class taught at the station library here Oct. 22. The class is taught by Tshura every Thursday from 6 - 8 p.m.



LANCE CPL. CHRIS KUTLESA

A Navy medical doctor checks a child's breathing patterns during a humanitarian mission to Batiawan, Philippines, Oct. 18. U.S. Marines, sailors and service members from the armed forces of the Philippines traveled to Batiawan, bringing medical personnel and supplies.

# Marines, sailors bring medical aid to Filipino community of Batiawan

LANCE CPL. CHRIS KUTLESA  
IWAKUNI APPROACH STAFF

On a high mountain in the Philippines lies a little village. Access to cars, electricity and running water is scarce in this small community. Life's daily duties are priority, making medical attention a luxury that many cannot afford.

On Oct. 18, U.S. Marines and sailors along with service members of the armed forces of the Philippines traveled to Batiawan, bringing everything from medical personnel to toothbrushes.

By bus, the nearest medical facility is over an hour and a half away, making it difficult to seek medical care.

"It has been a long time since a lot of these people have received medical treatment. You can tell," said Ronald E. Givens, a pharmacy technician with Marine Wing Support Squadron 171. "The kids and the elders seem to be the ones who have been hit the hardest. They

are more susceptible to the poor living conditions."

According to Givens, most of the locals needing medications were those with coughs, colds and other respiratory problems.

Before locals were allowed to sit down with a doctor or dentist, they first had to wait in line for a general check up, after which they would receive a slip to visit the doctor or dentist.

It was not long after the Marines and sailors arrived when villagers began to gather and wait patiently in line for their turn to be seen.

"These people are good people," said Givens. "They are so appreciative. It makes me wish I could give even more."

Villagers did not only receive medical attention. They also received a variety of other essentials.

Marines stood in the back of large cargo trucks passing out food, clothing and toiletries to the locals.

In a matter of a day, the U.S. service members provided much-

needed attention to villagers in need.

"The Americans are like angels. They came and saved us from sickness and fixed our water," said Ernesto Paule, a local who quickly took a liking to the U.S. service members. "The Americans are my friends. I wish and pray for them to come back again soon."

For the villagers, the day might have been a saving grace. For some service members, it was an opportunity and experience providing some perspective.

"As a dentist, we meet a lot of people who are concerned with aesthetic. The people here are just concerned with functionality and getting by," said Lt. Robinson T. Kiser, general dentist with the 3rd Dental Battalion. "This experience has really made me step back and ask myself what is important and what really matters. The answer is family, friends and community, all things the people of this village have in abundance."



LANCE CPL. CHRIS KUTLESA

A young woman and child wait in line to be seen by a doctor during a humanitarian mission to Batiawan, Philippines, Oct. 18. Before locals were allowed to sit down with a doctor or dentist, they first had to wait in line for a general check up, after which they would receive a slip to visit the doctor or dentist. Once patients had been seen by a medical doctor, they could then proceed to a makeshift pharmacy to receive free medication.



LANCE CPL. CHRIS KUTLESA

A U.S. service member assists a woman and child up a slippery slope during a humanitarian mission to Batiawan, Philippines, Oct. 18. In the previous weeks, Batiawan experienced heavy rainfall and continued to receive rain the day the service members arrived.



LANCE CPL. CHRIS KUTLESA

A boy stands behind his mother as she receives medical attention during a humanitarian mission to Batiawan, Philippines, Oct. 18. By bus, the nearest medical facility is over an hour and a half away, making it difficult to seek medical care.



LANCE CPL. CHRIS KUTLESA

Ronald E. Givens, a pharmacy technician with Marine Wing Support Squadron 171, plays with local children after Marines passed out toys during a humanitarian mission to Batiawan, Philippines, Oct. 18. Marines stood in the back of large cargo trucks and passed out food, clothing and toiletries to the locals. For many of the service members, it was an opportunity and perspective providing experience.

# CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

## Navy commander takes home 34th Marine Corps Marathon



WASHINGTON — Nearly 21,000 runners crossed the start line at the 34th Annual Marine Corps Marathon Oct. 25. The 26.2 mile race took participants on a journey through the streets of Arlington, Va., and Washington, culminating with a finish at the Marine Corps War Memorial.

LANCE CPL. BENJAMIN HARRIS  
HEADQUARTERS MARINE CORPS

WASHINGTON — A 33-year-old Navy commander took top honors at the 34th Annual Marine Corps Marathon Oct. 25 in only his second attempt running the course.

Lt. Cmdr. John Mentzer, an engineering duty officer at Portsmouth Naval Shipyard, Maine, ran the 26.2 mile race in 2 hours, 21 minutes, 48 seconds. This was his first marathon win in only his fifth attempt, including qualifying for the 2008 U.S. Olympic Marathon Trials at the 2006 Chicago Marathon.

"I felt really good," Mentzer said. "First couple of miles I didn't think I was going to feel that good. There are a lot of tight turns, a lot of rolls but I felt superb. That last 10K that was tough though... probably the toughest last 10K I've ever had in a marathon."

Even though he won the race, Mentzer enjoys the camaraderie of the other runners.

"It's just a fun race," he said. "It's a race where any given day there is about 10 or 12 guys who can win it, so it makes (the race) exciting. The guys and gals who run this race run it because they love running."

The first woman to cross the finish line was Muliye Gurmu, an Ethiopian native, with a time of 2:49:48. Gurmu,

a professional runner, doesn't usually participate in races without prize money, but did it as a favor for her coach, Sue Bozgoz who is a retired Army lieutenant colonel.

Dubbed "The People's Marathon," many runners pay tribute to the men and women who have served in the Armed Forces, both past and present.

"I don't want to think for one second what I did was even close to what those men and women in Iraq and Afghanistan do," said Mentzer, a 1998 Naval Academy graduate. "I mean, they put their lives on the line every day."

Many Marines from around the globe come to run the race.

"The reason we're out here is because of the Marines over there and the Marines who came before us," said Sgt. Ryan Ellis, the first Marine to cross the finish line.

Ellis, a tactical air operator with the Early Warning and Control Detachment, Marine Air Control Squadron 1, Marine Corps Air Station Miramar, ran the marathon in 2:39:52. Even though he finished after a number of service members from other branches, Ellis said he was still proud of completing his four year goal of finishing first among the Marines participating in the Marine Corps Marathon.



WASHINGTON — Lt. Cmdr. John Mentzer of Portsmouth Naval Shipyard, Maine, placed first at the 34th Annual Marine Corps Marathon Oct. 25 with a time of 2:21:47. Nearly 21,000 runners participated in the 26.2-mile race through the streets of Arlington, Va., and Washington.

## Iraqi army conducts capabilities exercise

CPL. TRIAH PENDRACKI  
MULTI NATIONAL  
FORCE - WEST

AL ANBAR PROVINCE, Iraq — Members of the 27th Iraqi Army Brigade, 7th Iraqi Army Division, held a demonstration of their combat skills for spectators just outside of Baghdadi, Iraq, Oct. 20.

Shortly after a large audience gathered atop one of the many hills in the area, two Iraqi army helicopters kicked sand and dust through the air while showing off their high-flying talents before dropping off several Iraqi army officials.

Over the past months, several Iraqi units have been training with the service members of Multi National Force - West in all aspects of combat, including assaults, mortars and maneuver under fire techniques.

Squad leaders were seated around a terrain model of the "battle zone" they were about to enter for their briefs and specific assignments.

When all the orders were given and there were no questions, the soldiers made their way to their vehicles and fighting positions, waiting for the signal to begin their attack.

The mortar men were the first to strike with their "death from above" approach.

The mortars have an elongated hang time, which can often confuse the enemy into thinking that the mortar misfired or that they have more time to take cover.

After a few rounds of mortar fire, IA humvees appeared in the distance, slowly closing on their targets.

The vehicles moved in from all directions on the horizon, flanking the simulated enemy using combat-assault formations. The suppressing fire from the gunners in the vehicles' turrets made it easier for the foot soldiers to dismount and engage their targets over a ridge in the hot desert.

As the smoke and dust cleared, the soldiers looked left and right, acknowledging that the simulated



AL ANBAR PROVINCE, Iraq — Soldiers from the 27th Iraqi Army Brigade conduct combat training outside Baghdadi, Iraq, Oct. 20. The Iraqis have been training with service members attached to Military Transition Teams with Multi National Force - West throughout the Al Anbar province.

enemy had been defeated and victory was theirs.

Following the exercise and in line with Iraqi customs, all participants and guests enjoyed a feast after the victory over the "enemy."

The Iraqis plan to continue the partnered training with service members attached to military transition teams throughout the Al Anbar province to further enhance their experience and professionalism.

## COMMUNITY BRIEFS

### NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is now providing Quick Assist Loans to prevent active duty service members from falling prey to predatory lenders. These loans are designed to assist with short-term living expenses up to \$300, interest free and must be repaid within 10 months. For more information or to apply, call the Iwakuni

NMCRS at 253-5311 or stop by their office located in the station chapel, room 148.

### Club Iwakuni Parking Lot

The staff noncommissioned officer parking lot at Club Iwakuni is undergoing renovations that will open up 16 additional parking spaces. The parking lot will be partially blocked off until Nov. 13. Club Iwakuni and Torii Pines Golf Course will remain open for regular

business hours during this time.

### Veterans Affairs Education Brief

The Station's new Veteran's Affairs Representative Tiffany Gemas will host three informational briefings for anyone interested in learning more about the educational aspects of the GI Bills. She will discuss the benefits of the older Chapter 30 Bill and new Post 9/11 Chapter

33 Bill. Of specific interest to all, she will point out the important differences between them each recipient needs to understand before making the irrevocable decision about which one to opt into. Briefs will be held at 8 a.m. Tuesday, and 8 a.m. and 1 p.m. Wednesday at the Sakura Theater. All spouses, veterans, and retirees are welcome to join.

### Iwakuni Teens

Enjoy games, music, food and fun plus a short Bible lesson. Club Beyond is held in Yujo Hall, between the chapel and thrift shop, 6:30 - 8

p.m. Tuesdays. For more information, call the chapel at 253-3371 or John at 080-4177-2060.

### Fertility Treatment Options Seminar

Trouble conceiving? Dr. Atsushi Tanaka, M.D., a fertility treatment specialist, is scheduled to hold a seminar on infertility treatment options 5 p.m. Thursday at the Robert M. Casey Medical and Dental Clinic lobby. All base personnel interested are encouraged to attend. For more information, contact Lt. Sarah Gentry at 253-3485.

## Thrift Store news

### Buy your ball gowns, accessories on budget

PATRICIA WALTERS  
CONTRIBUTED



The Thrift Store has nice selection of ball gowns and accessories for any size budget. The Thrift Store is currently located in Building 701 across from the Sakura Theater.

It's that time of year again. The ball season is here. If you find yourself in need of a formal gown, shoes or other accessories, the station Thrift Store has everything you need. A large assortment of gowns are on display now. The Thrift Store is receiving new gowns daily; some patrons are taking advantage of our consignment program. If you have extra gowns in your closet, bring them to the store, fill out a consignment agreement form and we will display your gowns. Many ladies have found that perfect dress for this year's military ball.

Thrift Store hours are 4 - 7 p.m. Mondays, Wednesdays and Fridays at its temporary location in Building 701 across from the Sakura Theater.

## 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

Contact the youth director at 080-4177-2060 or jletaw@clubbeyond.org for more information.

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, October 30, 2009

1 p.m. Nightmare Before Christmas (PG)  
Free admission  
7 p.m. Julie and Julia (PG-13)  
Premier  
10 p.m. Inglorious Bastards (R)  
Premier

### Saturday, October 31, 2009

1 p.m. Where the Wild Things Are (PG)  
4 p.m. Julie and Julia (PG-13)  
7 p.m. Gamer (R)  
Premier  
10 p.m. Rocky Horror Picture Show (R)  
Free admission

### Sunday, November 1, 2009

1 p.m. Shorts (PG)  
Last showing  
4 p.m. Where the Wild Things Are (PG)  
7 p.m. Halloween 2 (R)

### Monday, November 2, 2009

7 p.m. Inglorious Bastards (R)

### Tuesday, November 3, 2009

7 p.m. Gamer (R)

### Wednesday, November 4, 2009

7 p.m. District 9 (R)  
Last showing

### Thursday, November 5, 2009

7 p.m. 500 Days of Summer (PG-13)

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](http://www.mccsiwakuni.com) or call 253-5291.

# CLASSIFIEDS

## Miscellaneous

### Nintendo Wii Package

Three weeks old, barely played. Comes with nunchuck controller, retro controller and four games: Overlord, Final Fantasy, Mad world, and Wii Sports. \$200 OBO. For more information, call 253-5661.

### 37" LCD Monitor

Comes with external TV tuner and remote. \$200. For more information, call 253-6930 (work) or 253-2631 (home).

### Rainbow Home Day Care

Have full-time, part-time, and hourly openings for child care from 7 a.m. to 5 p.m. Mondays – Fridays. Have 13 years of experience working with children, first aid and cardio pulmonary resuscitation (CPR) certified, and have a degree in early childhood education. For more information, call 253-2246.

## Mess Hall Menu

### Monday

Manhattan clam chowder, chicken and rice soup, Swedish meat balls, roast turkey, buttered noodles, mashed potatoes, Louisiana style smothered squash, green beans and corn, chicken gravy, dinner rolls, coconut raisin cookies, double layer almond cake, chocolate cream pie with whipped topping.  
Specialty Bar: Pasta

### Tuesday

Beef noodle soup, chicken and mushroom soup, jaeger schnitzel, grilled pork chops with sauteed peppers, mashed potatoes, rice pilaf, asparagus, scalloped cream corn, tomato gravy, brown gravy, dinner rolls, butterscotch brownies, apple pie, spice cake with buttercream frosting.  
Specialty Bar: Taco

### Wednesday

Tomato noodle soup, chicken and mushroom soup, veal parmesan, spaghetti with meat sauce, pizza, mashed potatoes, club spinach, mixed vegetables, brown gravy, garlic bread, peanut butter cookies, sweet potato pie, coconut cake with whipped topping.  
Specialty Bar: Barbeque

### Thursday

Shrimp cocktail, grilled steak, lobster tail, french fried shrimp, teriyaki chicken, baked potatoes, rice pilaf, broccoli polonaise, corn on the cob, sauteed mushrooms and onions, birthday cake.  
Specialty Bar: Deli Sandwich

### Friday

Beef barley soup, spanish soup, rock cornish hen with syrup glaze, chilli con carne, grilled cheese, steamed rice, mashed potatoes, beets with orange and lemon sauce, green bean combo, chicken gravy, dinner rolls, mixed fruit, apple and cherry turnovers, bread pudding, crisp toffee bars, chocolate pudding with whipped topping.  
Specialty Bar: Hot Dog

### Miniature Schnauzer Puppy

Eight-month old miniature Schnauzer puppy for free. It has a great personality and is great with other dogs. Not good with small children. Shots are up to date. For more information, call 253-7790.

## Automobiles

### 1995 Honda Aspire

JCI good until Dec. 2010, automatic, A/C & heat, power windows, power locks, replaced battery and tires in 2008. Only driven on base and around town. Available on Nov. 14. \$2,000. For more information, call 253-2607.

## Jobs

### NMCRS Volunteer Opportunities

The Navy-Marine Corps Relief Society is looking for Client Services Assistants volunteers to greet clients and guide them through the initial intake process. To apply for this opportunity, call 253-5311.

## Trick or treating

- Sponsors must meet their pre-registered guests at the Contractors' Gate 4 - 7 p.m. All other visitors must be signed on before or after these times. All guests may exit the air station via the Main Gate after the event.
- Guests' vehicles are prohibited from being parked at the barracks or housing areas.
- Trick or treating will be limited to the housing areas only.

Trick or treating hours will be from 5 - 7 p.m. The Freedom Bridge will only be open to pedestrian traffic.

For more information, contact the PMO Administration Section at 253-4843 or Staff Sgt. Julian Perez, PMO Physical Security Section at 253-3423.

## Expanded Homeowners Assistance Program

BONNIE LEWIS  
PERSONAL FINANCE MANAGER

The Department of Defense announced details Oct. 5 for the temporary expansion of the Homeowners Assistance Program to partially reimburse losses from the sale of a primary residence.

Using \$555 million in funds from the American Recovery and Reinvestment Act, this program is designed to partially reimburse eligible active and former Army, Navy, Air Force, Marine Corps and Coast Guard personnel, surviving spouses and federal, Department of Defense and Coast Guard, civilian employees whose service to the nation has required them to relocate and sell their primary residence at a loss.

The U.S. Army Corps of Engineers will manage the program for all the military branches, and HAP administrators will immediately start processing applications.

Eligibility and application details can be found on the DoD Homeowners Assistance Program Web site at <http://hap.usace.army.mil/homepage.html>.

If you have any questions please call 253-6250 or e-mail [bonnie.lewis@usmc.mil](mailto:bonnie.lewis@usmc.mil).

**What are the specific eligibility requirements for members of the Armed Forces who have received Permanent Change of Station orders during the mortgage crisis?**

- Permanent reassignment requires a move of more than 50 miles.
- Reassignment ordered between Feb. 1, 2006 and Sept. 30, 2012.
- Property purchased or contract to purchase signed before July 1, 2006.
- Property was the primary residence of the owner.
- Owner has not previously received these benefit payments.

### How do I apply?

Visit the HAP web site at <http://hap.usace.army.mil/> and download the application package. Complete the application and mail to the U.S. Army Corps of Engineer District responsible for the area in which your home is located. Once DoD implementing guidance is received, the district will contact you concerning your eligibility and benefits.

### If I am foreclosed upon what will the government pay or not pay?

The government will pay all legally enforceable liabilities but will not make up past payments. If you deed the property back to the mortgage company in lieu of foreclosure, your application will be processed as a private sale. The government will not pay outstanding judgment liens, encumbrances of a personal nature, or junior mortgages acquired after acquiring the property unless the junior mortgage was obtained at the same time as the original mortgage or used to improve the property.

### If I have to sell my home at a loss and I qualify for the Expanded HAP will I be able to recoup 100 percent of my loss?

No, but it can substantially offset your losses. Each individual's situation is unique. Contact the U.S. Army Corps of Engineer District office where your home is located for assistance.

### How long will it take to receive my benefits?

The normal processing time is between 60 and 90 days provided all required documents are submitted.

This information was provided by Bonnie Lewis, Personal Finance Manager. If you have any questions please call 253-6250 or e-mail [bonnie.lewis@usmc.mil](mailto:bonnie.lewis@usmc.mil).

# got news?

Do you have an idea for a story or need coverage for an event? We are here for you. Contact the Public Affairs office two weeks in advance by e-mail at [iwakuni.pao@usmc.mil](mailto:iwakuni.pao@usmc.mil), call 253-5551 or stop by Building 1, room 216.



Marines and sailors aboard the station along with station community members run in formation in support of Red Ribbon Week, a weeklong anti-drug campaign held here Oct. 19-23. The 5K run was the final event for the campaign and had a turnout in the hundreds. Red Ribbon Week began after the kidnapping, torture and brutal murder of Drug Enforcement Administration agent Enrique "Kiki" Camarena in 1985.

## Station wears red ribbon, runs from drugs



Sgt. Carrie White with the Provost Marshal's Office here walks with Daren the Drug Abuse Resistance Education lion to the Building 1 Parade Deck in preparation for the 3rd annual Red Ribbon Fun Run Oct. 23. Daren made a brief appearance before runners launched into the 5K run in support of the drug prevention campaign.

LANCE CPL.  
SALVADOR MORENO  
IWAKUNI APPROACH  
STAFF

From Oct. 19 - 23, the station recognized and participated in Red Ribbon Week, then finished it out with the 3rd annual Red Ribbon Fun Run Oct. 23 at the parade deck here.

It was open to all service members and station community members. Participants were allowed to walk or run the course.

The course was increased from one and a half miles to a 5K run this year. Red Ribbon Week is the largest and oldest drug-prevention campaign in the United States.

Red Ribbon Week began after the kidnapping, torture and brutal murder of Drug Enforcement Administration agent Enrique "Kiki" Camarena in 1985.

Camarena enlisted in the Marines in 1972 and served two years before joining the DEA.

On Feb. 7, 1985, he

was kidnapped in broad daylight on a street in Guadalajara, Mexico, and was tortured and beat to death soon after.

The nationwide "Red Ribbon Campaign" was started in his memory. It teaches school kids to avoid drug use.

"I felt it was great," said Kevin Chang, a participant in the Red Ribbon Fun Run. "There were a lot of motivated Marines out there."

The first event kicked off on Oct. 19 with some of the counseling staff passing out red ribbons at the main gate.

Station members were encouraged to wear a red ribbon for the week in support of a drug-free lifestyle.

"Raising awareness and making people notice that there are organizations that can help to overcome that addiction is great attentiveness right here," said Chang.

Live radio interviews regarding various drugs and alcohol related subjects by various guest speakers took place

throughout the week. "It gives the history of RRRW, it provides education to our youth and a refresher for adults about the constant challenges that we are presented with on a daily basis in regards to substance use and abuse," said Terrence J. Riley, substance abuse control officer.

On Oct. 21 American Forces Network conducted a live radio show at the Crossroads Mall to get the community involved. They also allowed the community members to express their opinions over the station's radio station.

"Thanks to all that participated and continue the education process throughout the year, keep your guard up because substances don't discriminate. Anyone can fall victim to the power those substances possess," said Riley.

For additional information on next year's Red Ribbon Week or how to volunteer, call Marine and Family Services at 253-3779.

