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**BAPTISM OF PAINT**  
Getting bruises was never so much fun | p. 11

# THE IWAKUNI APPROACH

Issue No. 3, Vol. 3 | Marine Corps Air Station Iwakuni, Japan



**UPDATE:**

**HAITI**

## Marines arrive to provide relief

COMPILED BY  
22ND MARINE EXPEDITIONARY UNIT  
PUBLIC AFFAIRS

**ABOARD USS BATAAN** — The ships of the Bataan Amphibious Ready Group and embarked elements of the 22nd Marine Expeditionary Unit arrived off the coast of Haiti

Monday to provide humanitarian assistance and disaster relief for earthquake survivors and bolster relief operations already underway in support of Operation Unified Response.

Marines and Navy conducted reconnaissance and assessment flights on Monday to determine how best to focus the added capabilities of the U.S. naval forces against relief efforts within

SEE **HAITI** ON PAGE 3

AIR FORCE MASTER SGT. JEREMY LOCK

Shown here Jan. 17 is an aerial view of downtown Port-au-Prince, Haiti. Makeshift shelters are being erected in open locations throughout the devastation following a 7.0-magnitude earthquake Jan. 12.

## 2010 Marine Corps Uniform Regulations

LANCE CPL. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

As stated in Marine Administrative Message 0704/09, the Marine Corps commandant rendered the following decisions on Marine Corps Uniform Board No. 211.

**OFFICER SWORD:** The officer sword and its accessories continue to be a required uniform item.

**MARINE GUNNER BURSTING BOMB COLLAR INSIGNIA:** The commandant of the Marine Corps changed the placement guidance of the insignia and changed paragraph 4006.6 of Reference B to read: The miniature service insignia will be worn on the left collar point of khaki shirts and utility

SEE **UNIFORM** ON PAGE 3

## Community shows support to forward-deployed service members

LANCE CPL. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

Volunteering station members brought Operation Comfort and Care to a close here Jan. 17 after a week-long effort to collect donations from community members for deployed Iwakuni Marines and sailors serving in Iraq and Afghanistan.

Rebecca Streat, the Marine Corps Family Team Building station readiness and deployment support trainer, headed and organized the program here designed to collect items for care packages intended to ease the strain and show support for forward-deployed service members.

"This is important because it helps boost morale for our service members who are out there," said Streat. "This is just a great morale boost for them, just to open

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## New program aims at suicide prevention

LANCE CPL. JENNIFER J. PIRANTE  
IWAKUNI APPROACH STAFF

Marines are trained to be physically and mentally prepared for any situation whether in combat or in their daily lives. With the demands of the job as well as the family, financial and personal responsibilities every individual has, dealing with issues can become stressful.

For a new Marine, finding a

SEE **SUICIDE** ON PAGE 3



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# CHAPLAIN'S CORNER

## 'New Year's Resolution Check'

LT. D. ANTHONY BAKER  
MWSS-171 CHAPLAIN

Two war veterans are sitting at a crowded bar in Times Square to celebrate New Year's Eve. One man had recently been awarded the Medal of Honor for heroism in combat and was in good health. The other man was not as fortunate. He sat at the bar in his wheelchair because doctors had earlier determined that his legs were unsavable after receiving injuries in combat. Two women walk up just before the countdown to the New Year begins and says to one of the men, "Don't you just love New Year's? You get to start all over ... Everyone gets a second chance."

The scene from the movie Forrest Gump illustrates the attitude that prompts many of us to make New Year's resolutions. We recognize the need for change in our life, we want something new and better to replace the old ways. What better time to bring about something new than at the start of a new year? So many of us made decisions for change on Jan. 1 of this year. With that in mind, I want to take a moment to

ask you, how are you doing with your New Year's resolutions?

If you are not making progress on your goals or have abandoned them altogether, what happened? Speaking from experience in my own life and through observation of friends and family, I can say I know how that feels. So don't worry, I can promise you that you are not alone.

The reason many of us fail at our goals or New Year's resolutions is because we try to change from the outside to the inside. In other words, we take steps to change our surroundings and environment in hopes that it will transform how we feel and who we are. Allow me to illustrate. Say for instance you do not like who you are, what you look like, and the things you are doing with your life. So you start the new year by saying, I need to quit smoking, quit drinking, lose some weight, quit hanging out with a certain group of people. You may do one or all of those things over the new year, but none of those items address the root problem at the very core.

If you want true change, life-transforming change, it begins

with a relationship with God. When we try and change in our own willpower from the outside to the inside it works as well as Tylenol Cold and Flu does in curing the common cold. It can only treat the symptoms but cannot cure the problem.

When we allow God into our lives, true change happens. Our life becomes less about our self and more about serving God and other people. When we start living life God's way, all aspects of our life begin to transform, including all the things we want to change through New Year's resolutions.

You want change in your marriage? Get your heart right with God. You want to be an outstanding Marine or sailor? Get your heart right with God. You want to quit smoking, drinking, and want out of bad relationships?

Start a relationship with God. When you start living for God, what you will find is the things you think about, the words you say, your actions towards others, and your very appearance will begin to change from the inside, out. If you would like help in making your New Year's resolutions a reality, I would be happy to spend more time with you making that change in your life. Take care and God bless.

## Mutual cooperation, security treaty with Japan turns 50

ROBERT D. ELDRIDGE, PH.D.  
EDITORIAL

Fifty years ago, on Jan. 19, 1960, the security treaty, officially named the "Treaty of Mutual Cooperation and Security between the United States of America and Japan," was signed.

In fact, the U.S.-Japan security relationship goes back much further. Indeed, we can trace the origins of the security treaty to 1947 when representatives of the Japanese government requested "a specific [security] agreement" vis-à-vis their U.S. counterparts.

This brief essay explores the early history of the bilateral alliance, a relationship that a former Marine, educator, Senate Majority Leader, and Ambassador to Japan (1977-1989), Michael J. Mansfield, called "the most important bilateral relationship, bar none." Exactly two years after the Allied Occupation of Japan began in September 1945, the Japanese government began to question the ability of the United Nations to guarantee Japan's security following a future peace treaty, which had been their assumption for much of their peace treaty planning. They were increasingly concerned about the effect the dawning of the Cold War would have on their security prospects.

U.S. officials, including those in Japan, such as Lt. Gen. Robert L. Eichelberger, were also concerned. As the commanding general of the 8th Army, based in Yokohama, Eichelberger asked the Foreign Ministry's representative in Yokohama what plans

Japan had for its future security. Eichelberger told his counterparts that he was scheduled to return to Washington, D.C., for several months and wished to discuss the issue with policymakers there. The following day, Eichelberger was handed a four-page memo in English explaining Japan's thinking. In it, Foreign Minister Ashida Hitoshi stated that Japan desired "the conclusion of a specific agreement between Japan and the U.S., by virtue of which the former's defense is entrusted in the hands of the latter."

It is unclear what happened to this proposal in Washington, but it seems to have been a few years premature. The U.S. was in the process of reexamining Occupation policies for Japan at the time, and exploratory U.S.-Japan discussions on a peace treaty and security treaty would not begin until the middle of 1950. One thing that moved the discussion along was a request in April 1950 by Prime Minister Yoshida Shigeru, a former diplomat and foreign minister himself, that the U.S. consider maintaining forces in Japan following a peace treaty. Until that time, opinion was divided in the U.S. government on the question, but Japan's proposal broke the deadlock.

Yoshida was a firm believer in the importance of the U.S. security umbrella and the eventual U.S.-Japan security treaty. He thus supported the earlier idea of former foreign minister Ashida for a bilateral security arrangement but felt that Ashida's pro-

posal (of contingency basing) did not go far enough. For deterrence to work, Yoshida understood, U.S. forces had to be stationed in Japan; anything else would create a dangerous security vacuum.

There are several reasons why Yoshida looked to the U.S. First, Yoshida saw Japan's interests and future prosperity inherently linked to its relationship with the United States and the West. Japan's prosperity historically was based on cooperation with the West, not on confrontation. Second, as a war-devastated country, he believed it was important to focus on economic growth and avoid large defense commitments that could bankrupt the country. These tenets became the pillars of the "Yoshida Doctrine" that allowed Japan to become the number two economic power in the world in the postwar—light rearmament, focus on the economy, and cooperation/alliance with the U.S. Eventually, following several months of discussions, the first U.S.-Japan security treaty was signed on Sept. 8, 1951, in San Francisco, moments after the Allied peace treaty with Japan, allowing Japan to return to the community of nations, was signed. While the security situation may have required the U.S. and Japan to come together at that time and keeps us together today, it can be said that it is the mutually shared values—democracy, human rights, rule of law, and liberal economies—

which have been the glue for our two countries for more than the past half-century.

## Suicide class

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way to cope can be especially overwhelming, and for few, thoughts of suicide may occur.

"When you put all these issues together ... financial, medical, being away from home, a person begins to feel like there is no way out," said Lt. Cmdr. Denis Cox, Marine Aircraft Group 12 chaplain.

The suicide rate among the Marine Corps increased by 19.5 percent from 42 suicide casualties in 2008 to 52 casualties in 2009.

"Is it PTSD? Combat Stress? A societal issue that new recruits are bringing with them when they enter boot camp?" said Cox. "We're trying to figure out how to respond to it Marine Corps wide."

The Marine Corps has introduced a new program intended to train NCOs on suicide prevention.

Through interactive peer-to-peer training, Marines can share thoughts or personal experiences as opposed to being on the receiving end of a one-sided conversation.

"If we help people solve their problems, the desire for suicide goes away," said Cox.

There are collaborative programs available to service members and their families for any type of situation they may be facing.

Through the Military and Family Life Consultant Program, service members can sit down and talk about their issues confidentially and participate in counseling programs.

"Sometimes people are not comfortable speaking with a chaplain and in those cases people may seek help elsewhere," said Lou Genzer, Family Readiness Officer.

For more information, log on to [www.usmc-mccs.org/suicidpre](http://www.usmc-mccs.org/suicidpre) or call the Marine Corps Community Services Military One Source 24-hour hotline at 253-3100.

## Marines provide humanitarian assistance

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their assigned area.

MEU and ARG leadership met with Rear Adm. Ted Branch, commander of the USS Carl Vinson Carrier Strike Group, and his staff on board Vinson to discuss future operations.

According to 22nd MEU commanding officer Col. Gareth F. Brandl, the Navy and Marine Corps units will begin providing assistance as soon as possible.

"We are here to support the Haitian people in an area that has been hard hit by this disaster," said Brandl. "As relief operations continue, we will further assess the needs of people in the area and refine how we can best support them with the capabilities we bring."

The major earthquake destroyed buildings and caused devastation throughout Port Au Prince and the surrounding areas Jan. 12. The 22nd MEU was ordered to assist the next morning and was fully embarked and underway aboard the ships USS Bataan, Fort McHenry and Carter Hall on Jan. 16 in the morning hours. The ships

of the Bataan Amphibious Ready Group were underway from Norfolk to pick up the Marines and their equipment on Jan. 14.

"Something that normally would take weeks to plan and execute happened in a matter of days," said Capt. Sam Howard, commanding officer of USS Bataan.

This sea-based force will bring added capabilities to aid the relief efforts without taxing the already strained infrastructure ashore. Comprised of heavy-lift and utility helicopters, trucks and humvees, assault amphibian vehicles, and logistics capabilities to include water purification and limited medical support, the 22nd MEU will further enhance the humanitarian relief efforts ashore.

The 22nd MEU is a multi-mission capable force comprised of an aviation combat element, Marine Heavy Helicopter Squadron 461; logistics combat element, Combat Logistics Battalion 22; ground combat element, Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment; and its command element.

## Showing support to forward-deployed service members

COMFORT FROM PAGE 1

it up and see all the support that they are getting from home and to know that even though they are individual augmentees, they are still being remembered, and we are still supporting them."

Streak said she knows, from having her husband deployed, just how hard it can be for forward-deployed Marines and sailors to obtain certain things and how much the care packages really help.

The program, which started Jan. 11, received various donations from community members in the form of children's letters, drawings, toothbrushes, toothpastes, MP3 players and other items.

Streak said she is extremely

grateful to everyone who supported Operation Comfort and Care with their donations and to the volunteering station members who came out to collect the items in the cold weather.

Approximately 45 station members volunteered their time to stand outside the Marine Corps Exchange and Commissary here to collect donations.

Operation Comfort and Care volunteers included station dependents, service members without the experience of being deployed and some who have deployed.

"I've been deployed," said Sgt. Gerald Vasquez, an Operation Comfort and Care volunteer. "I know how it feels when you don't have all the stuff that you actually need."

Vasquez said he believed his participation in the program was important because he is a Marine and feels it's important for Marines in garrison to support their fellow Marines who are forward deployed.

"If I can get one person to donate something, I've done my job," said Vasquez.

"If I get more than that, like ten or twenty, even better. It will feel good that at least I'm a part of something."

"Yes, I'm part of the Marine Corps, but I'm doing a little extra to help out. I mean they need volunteers, why not help out?"

During the latest drive, Operation Comfort and Care successfully raised enough donations for 90 care packages.

## Updated Marine Corps Uniform Regulations

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coats. The insignia will be placed on the collar in a line bisecting the angle of the point of the collar with the lower edge of the bomb equally spaced 1/2 inch from the sides of the collar of the utility uniform and 3/4 inch from the sides of the collar of the khaki shirt.

**WHITE SYNTHETIC UNDERSHIRTS:** White synthetic shirts are authorized for wear with the service and dress blue uniforms.

**HEADGEAR WITH THE DESERT FLIGHT SUIT:** Marine Corps combat utility uniform garrison and field caps/hats are authorized for wear with the flight suits at the commander's discretion. Green MARPAT with green flight suits, desert MARPAT with tan flight suits. Olive green service garrison caps remain approved flight suit headgear.

**EXTREME COLD WEATHER SYSTEM ITEMS:** The wear of command issued and personally owned generation 1 and 2 extreme cold weather system items, all purpose environmental clothing systems, combat desert jacket, Marine Corps Combat utility uniform

caps/hats are immediately prohibited for wear as civilian attire.

**RIBBONS AND BADGES ON FEMALE DRESS AND SERVICE COATS:** CMC approved the changes to the placement of ribbons and badges on the female dress and service coats. The order states, "On coats without the faux pocket, the top of the bottom row holding bar will be placed on a horizontal line 1 1/2 to 3 1/2 inches above the top of the first visible coat button and centered. On women's coats with horizontal pockets and on women's khaki shirts, ribbon bars will be placed even with or up to 2 inches above the top of the first visible button and centered. On coats without the faux pocket, ribbon bars will be placed on a horizontal line with the bottom edge of the ribbon bar 1 1/2 to 3 1/2 inches above the top of the first visible coat button and centered so that they are in about the same position as when worn on the shirt. On women's coats with horizontal pockets, ribbons will be worn as prescribed above. To determine the proper location for marksmanship badges on women's coats with slanted upper pockets, a hori-

zontal line tangent to the highest point of the pocket is considered the top of the pocket. On women's khaki shirts badges will be placed even with or up to 2 inches above the top of the first visible button and centered. On coats without the faux pocket, badges will be placed on a horizontal line 1 1/2 to 3 1/2 inches above the top of the first visible coat button and centered so that they are in about the same position as on the shirt. On the khaki maternity shirt, badges are worn in the same manner as on the standard khaki shirt, except they are placed 1/2 to 1 inch above the horizontal yoke seam stitching and may be adjusted to the individual to present a military appearance.

**MARINE CORPS COMBAT UTILITY UNDERSHIRT COLOR AND FABRIC:** Undershirts for both the desert and woodland uniforms will continue to be the olive green undershirt. Marines will be required to maintain 6 green cotton undershirts. Up to 3 may be synthetic at the individual's option.

Anyone wishing to view the details of this MARADMIN order can visit [www.MARCORSYS.COM.USMC.MIL/SITES.MCUB](http://www.MARCORSYS.COM.USMC.MIL/SITES.MCUB).

# Dancer, fashionista becomes 'down and dirty' Marine



PHOTO COURTESY OF LANCE CPL. SHADEL MESTRE  
Lance Cpl. Shadel Mestre waits outside the Landing Zone here as she prepares to dance during the costume contest for Halloween Oct. 31.

LANCE CPL. MIRANDA BLACKBURN  
IWAKUNI APPROACH STAFF

Standing tall at a mighty 4 feet 11 "and three quarters, to be exact," Lance Cpl. Shadel Mestre, a 19 year-old Puerto Rican from Jacksonville, Fla., is one of four female Marines in her shop as an aviation electronics technician with Marine All Weather Fighter Attack Squadron 242.

Since middle school, Mestre has known that she wanted to join the military. Living next to Naval Air Station Jacksonville her entire life, she always dreamed of working on jets.

**"That's why everyone was so surprised when I said I was joining the Marine Corps. They were like 'those girls get down and dirty.'"**

Lance Cpl. Shadel Mestre  
Aviation Electronics Technician

"I used to see jets fly by every day," said Mestre. "I thought I was going to join the Air Force but ended up changing my mind."

Growing up, Mestre watched her mother go through the struggles of being a single mother and taking care of two children on her own, motivating her to want to make it on her own. "The summer before 11th grade, my mom got sick," said Mestre. "She ended up in the hospital and almost died."

Two years later her mother was diagnosed with Neuromyelitis Optica, a disease in which a person's own immune system attacks the optic nerves and spinal cord.

"If they didn't treat it, she could've died or become paralyzed," she said. "I knew that if anything happened to her I wanted my younger sister to be set, so that's what kept me wanting to join the military."

In August of 2008 Mestre left for recruit training. After graduating from her military occupational specialty school, she received orders for a two-year tour to Marine Corps Air Station Iwakuni Japan.

Working as an aviation electronics technician, Mestre is responsible for leveling, inspecting, testing, maintaining, and repairing modules, cards, printed circuit boards and micro-miniature components of F/A-18 jets.

"Being a female in my job field is hard," said Mestre. "You've got to work a lot harder to prove yourself and being my height you've got to reach to get to certain parts of the jet. I'm still getting used to it but I like it."

"Being away from my family is probably the hardest part about being in Japan, but as far as training and my job I just have to adapt and overcome."

As far as her off-time goes, she loves to dance. "I've been dancing since I could walk," Mestre said.

On weekends, she will likely be seen making the dance floor of the Landing Zone her stage as she dances the night away.

If not in the Marine Corps, Mestre said she would most likely be pursuing a career in dancing or fashion.

"That's why everyone was so surprised when I said I was joining the Marine Corps," Mestre said. "They were like 'those girls get down and dirty.'"

But as of right now, Mestre plans on making the Corps a career.

"I'm not positive but if I do stay in, I'll retire," she said. "It'd be nice to be Master Guns Mestre someday."



PHOTO COURTESY OF LANCE CPL. SHADEL MESTRE  
Lance Cpl. Shadel Mestre poses for a photo after the Marine Corps Birthday Ball. Mestre is an aviation electronics technician with Marine All Weather Fighter Attack Squadron 242.



PHOTO COURTESY OF LANCE CPL. SHADEL MESTRE  
Lance Cpl. Shadel Mestre (back row, second from the left) poses for a photo with her high school dance team while living in Jacksonville, Fla.

# BLACK HISTORY MONTH

On January 18 we celebrated Martin Luther King Jr.'s birthday (Jan. 15, 1929), and in February we will recognize all those who played a vital role in black history. In preparation for the coming month, the Iwakuni Approach staff has compiled a page of noteworthy facts, books and events happening around the station.



## READ THIS

**BLACK LIKE ME**  
John Howard Griffin

Discover the true story of one white journalist's experience as a black man in a racially segregated 1960's America.



### FACT

Black History Month was originally Negro History Week. Negro History Week began in 1926 and was held on the second week of February to correlate with the birthdays of Abraham Lincoln and Frederick Douglass.

## MENU

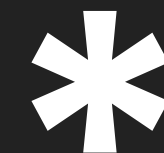
### MESS HALL'S BLACK HISTORY MONTH MEAL

Feb. 10, 2010

Louisiana gumbo soup, southern fried chicken, barbeque spareribs, southern fried catfish, mashed potatoes, steamed rice, orange glazed sweet potatoes, cream gravy, simmered black-eyed peas, southern style greens with ham hocks, standard salad bar, hot corn bread, assorted breads/ dinner rolls, pound cake, pecan pie, sweet potato pie.  
Specialty Bar: Barbeque

### HISTORY IN THE MAKING Beyonce Knowles

According to Forbes, Beyonce is the world's highest earning black female performer of all time.



## I HAVE A DREAM

### 10 facts about Martin Luther King Jr.

- 1 Martin Luther King Jr. was originally born Michael Luther King Jr. when he was born on Jan. 15, 1929.
- 2 King graduated high school at the age of 15.
- 3 King received his B.A. from Morehouse College, the same college his father and grandfather attended.
- 4 From 1957 to 1968, King traveled more than six million miles.
- 5 In 11 years, King wrote five books.
- 6 Over the course of his career in the civil rights movement, King gave more than 2,500 speeches.
- 7 King campaigned for President Lyndon B. Johnson.
- 8 King was arrested upwards of 20 times and assaulted upwards of four times.
- 9 King was awarded five honorary degrees.
- 10 At the age of 35, King was the youngest man to have received the Nobel Peace Prize.



Students dance to the macarena at the homecoming dance Saturday at Club Iwakuni. Most students agreed that the dance was the perfect way to wrap up the basketball season.

CPL. KRISTIN E. MORENO

# M.C. Perry unites through school spirit

CPL. KRISTIN E. MORENO  
IWAKUNI APPROACH STAFF

Homecoming is a time-old tradition for high schools, colleges and universities all across America. Normally held in September or October, homecoming brings the current student body and alumni together, joining to support their team in their final home game of the season. But homecoming is much more than just a basketball game. It's about school spirit, getting the students' minds temporarily off academics and recognizing the seniors for their hard work.

And what better way to get your mind off academics and support your school than spirit week?

Matthew C. Perry High School celebrated their spirit week Jan. 11-15, and they were allowed to dress to a different theme each day – Color Splash Day, Hobo Day, Superhero Day, School Colors Day and Class Color Day. Each morning, the classes were judged and awarded points based on participation. The seniors earned the most points for Hobo Day and Class Color Day. The sophomores took the top for Superhero day, and the 8th grade took first for School Colors Day.

The juniors and 8th grade tied for best hall decorations. However, the competition between the classes didn't stop there. The juniors took first place in the float competition after countless hours of decorating their golf cart for M.C. Perry's first-ever homecoming parade, and the 8th grade had the best class banner.

"(Homecoming) is a period where we celebrate the basketball season, and we have a senior dedication for the seniors," said Jordan Young, a 12th-grade Samurai basketball player. "I think it motivates our school and shows school spirit by getting people together."

Since the basketball players were going to get all the fame and glory at the homecoming game Saturday, the females in each class got to put

together a team and show their skills in a Powder Puff Football game Jan. 13. The 8th grade took first place, and tied for points were the freshman, sophomores and juniors. The seniors fell in behind them, and the 7th grade took last place.

One of the biggest traditions of homecoming, other than the actual game, is the bon fire in which the students join to throw items emblematic of the rival school into a controlled fire for good luck. Unfortunately, the bon fire was cancelled due to high winds.

standers pumped up. The Marine Corps Junior Reserve Officers' Training Corps color guard, the three-time Far East JROTC champions, presented the American flag proudly while the other JROTC members marched behind them.

The first game against the Zama American High School Trojans was only a matter of hours away. The crowd gathered to support their team, cheering and chanting to motivate the players. Both the Samurai boys and girls lost to the Trojans, but it wasn't over yet. Their actual homecoming game wasn't until the next morning

and that gave the players plenty of time to rest and develop a game-winning strategy.

"It doesn't matter whether we win or lose the game, as long as we have school spirit," said Patricia Mojica, a 10th-grade Samurai cheerleader.

The crowd gathered once again Saturday to cheer on their team in the final games. The senior players were announced prior to taking the court, a momentous occasion for them whereas it would be their last time ever playing on their home court. The boys won 64-52, but the girls lost 53-38 in double overtime after a vigorously fought game.

"I feel kind of relieved and sad at the same time (that the season is over) because I like to travel, but no more sprints, so that's good," said Young.

To celebrate the end of the basketball season, a homecoming dance was held at Club Iwakuni. The students danced the night away and the homecoming court was announced.

The nominees were called to the stage and introduced. After what seemed like days, the winners were announced – Michael Cheaney was the homecoming king and Meredith Brown was his queen. They took their first dance together as king and queen, but before the song had come to an end, the rest of the students flooded the dance floor.

It was a very long and exciting week for M.C. Perry High School, but the festivities joined the student body together and gave them a much-needed break from the stresses of school.



Michael Cheaney and Meredith Brown were crowned homecoming king and queen at the homecoming dance Saturday. After being crowned, they took the dance floor for their first dance as king and queen.

CPL. KRISTIN E. MORENO

# Homecoming: An American tradition

*Numbers shown indicate the points earned in each event.	Color Splash Day	Hobo Day	Superhero Day	School Colors Day	Class Colors Day	Hall Decorations	Class Banners	Floats	Dodgeball	Knockout	Tug-o-war	Powderpuff	Total
Seniors	2	6	3	3	6	2	1	5	2	1	2	3	36
Juniors	5	2	4	5	1	6	5	6	6	3	6	4	53
Sophomores	4	1	6	5	4	3	3	2	5	5	5	4	47
Freshman	1	5	1	2	3	4	4	3	2	2	2	4	33
8th Grade	6	4	5	6	5	6	6	4	6	4	4	6	58
7th Grade	3	3	2	1	2	1	0	1	4	6	2	1	26



The Marine Corps Junior Reserve Officers' Training Corps color guard marches with the colors after the playing of the national anthem at the pep rally Jan 16. The Matthew C. Perry Marine Corps JROTC is a three-time Far East JROTC champion.

CPL. KRISTIN E. MORENO



Class parade floats from right to left: 7th grade, 8th grade, freshman, sophomores, juniors and seniors. The students worked countless hours decorating their golf carts for Matthew C. Perry High School's first-ever homecoming parade. The band, basketball players, cheerleaders and Marine Corps Junior Reserve Officers' Training Corps participated in the parade. Students followed their class floats, throwing candy to the crowd as they passed.

CPL. KRISTIN E. MORENO

# CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

## Marines host forum to promote Afghan solutions for Afghan problems

CPL. ZACHARY J. NOLA  
REGIMENTAL COMBAT  
TEAM 7

**FORWARD OPERATING BASE CAFERETTA, Nimruz Province, Afghanistan** — Third Battalion, 4th Marine Regiment blended the old with the new when they hosted a large shura Jan. 9, where tribal elders from the city of Delaram, surrounding villages, and towns situated in the nearby provinces of Farah and Helmand, came to talk with one another about local concerns and hear from the local government.

When most Americans think "government" they likely think of the president, the constitution and Washington D.C., where elected officials gather to help run their nation.

Most Afghans, however, know very little about centralized government. When not ruled by communists, soviets, warlords or the Taliban, Afghans have chosen to govern themselves through tribal means.

While this tribal rule is similar to most other forms of government with rules, customs, traditions and village elders acting as leaders, it has presented challenges to Afghan and coalition forces, and the reconstruction effort they support.

One challenge is showing support for the Afghan government while at the same time respecting Afghan tradition.

However, the shura on Jan. 9 incorporated the ancient tribal tradition with the modern day centralization.

"The provincial governor and the district governor are here," said Maj. James Coffman, 40, the civil affairs officer for 3/4. "This is designed specifically for them as a forum for them to gain more momentum, more trust and confidence and to show the populace here that the government of Afghanistan is here, [the Afghan government] is going to stay here and going to help [the populace] rebuild."

The meeting also helped 3/4, Afghan national security forces, International Security Assistance Forces and non-government organizations meet many Afghan elders for the first time.

"This shura is great opportunity for all of us to develop good relationships with key leaders in the local area," said Coffman a native of Rome, Ga. "It's a good opportunity for us to get a lot of the leaders in one location at one time. Some of [the elders present], especially those from some of the smaller villages and some of the villagers further out, we've never met."

While hearing from local leaders and meeting coalition forces will help the process to secure and rebuild Delaram, the primary goal of the meeting was to facilitate a discussion between local Afghans on how they themselves can stabilize and secure the area.

"The biggest thing is Afghan solutions to Afghan problems. They have to be able to have the Afghan solution for these Afghan problems," said Coffman.

"We need to see everything through an Afghan lens and the easiest way for us to do that is to say 'here's the problem' and take



FORWARD OPERATING BASE CAFERETTA, Nimruz Province, Afghanistan — Capt. Ryan Benson, the commanding officer of India Company, 3rd Battalion, 4th Marine Regiment, welcomes an Afghan man to a shura hosted by 3/4 here Jan. 9.

their advice on how to solve it and then help facilitate and support them in that process."

While security was the topic of most conversations other concerns included water, reconstruction and winterization needs.

"I would like to ask [local leaders] if they are able to provide electricity because winter is coming and I would like to have some heat," said a local school teacher, through an interpreter.

During his address to the shura Col. George S. Amland, deputy commander of Marine Expeditionary Brigade - Afghanistan, emphasized coalition support for the areas elders and government officials while assuring local leaders that such support would not impede Afghan culture and traditions.

"International forces, and Americans, and Afghan National Army will come soon in greater numbers. They will support your district governor, they will support your provincial governor and they will support your local security forces. They will provide once again that opportunity for you to choose the path that the people of Delaram will take," said Amland.

"And while we are here, we want you to know we have the utmost respect for your religion, your culture and your customs. We are not here to interfere with any of them, we are not here to take your property, we are not here to change your religion and we are not here to change any of your customs."

While centralized government is not common in this part of the world the events of Jan. 9 showed a democratic, Islamic republic can coincide with Afghan traditions.

Some Afghans present traveled a mile or so to attend the meeting, others traveled many miles. But the point isn't about who traveled farther. The point is they came. They came to work with coalition forces, the government, each other and except the responsibility of supporting a government run by Afghans for Afghans.

"We are here to help you rebuild your community and offer you that opportunity that even Americans take as one of our most precious rights," said Amland. "It is the right for you to choose a better life and to do it without looking over your shoulder or worrying about someone else taking it away from you."



FORWARD OPERATING BASE CAFERETTA, PROVINCE, Afghanistan — Col. George S. Amland, the deputy commander of Marine Expeditionary Brigade - Afghanistan, speaks to elders from throughout the provinces of Farah and Helmand, Afghanistan during a shura Jan. 9.

## COMMUNITY BRIEFS

### H1N1 Vaccine

The vaccine is now available for all beneficiaries during normal clinic working hours. It will be administered on a first-come, first-served basis until all quantities are gone. The seasonal influenza vaccine is also available to all beneficiaries at this time.

### Koto and Taiko Drum Concert

Experience the sounds of the national instrument of Japan as well as the dynamic style of Japanese Taiko drumming here Jan. 31 at the Station Chapel. This concert is a fun-filled event with something for everyone. The event is free to all SOFA status personnel. For more information, call 253-2785.

### University of Phoenix

### Registration

Registration is now open for the on-site MBA program which will begin Feb 15. Registration dead line is Feb. 8. Classes will be held every Monday night 6-9 p.m. in Rm. 115 Building 411. All UOPX online classes start every Tuesday. For more information, contact Thomas Keating at 253-3335.

### Mammo-Van Visit

The Mammogram van is scheduled to be here during the first week of February. To make an appointment through radiology, patients must first make an appointment with their primary care provider to get a referral for a mammogram. Once the referral consult is put into the system, patients can then check in at radiology, fill out a brief survey,

and then schedule their appointment. For more information, please call 253-6354.

### Teen Movie Night

Iwakuni teens, join your friends for a free movie, food and fun Saturday at 7 p.m. at the Yujo Hall. The movie is a surprise but it's always something great. For more information, please call 253-3371 or e-mail jletaw@ClubBeyond.org.

### IT&T Service for Snow Days

As long as the expressway is open, the Marine Corps Community Service Shuttle Bus service remains the same as normal. If the expressway is closed, the service will be canceled and 100 percent will be refunded. Customers also need to bring in their luggage three days prior to flight day instead of two for luggage delivery service to the airport. For more information, call 253-4377.

### Upcoming American Red Cross Courses

The following American Red Cross course is available in the month of January; the Adult, Child and Infant CPR/AED Course will be held Jan. 30 1-6 p.m. for \$40. For more information, call 253-4525.

### Pediatric Dental

### Specialist

The dental clinic is pleased to announce a new patient service and improved capability to be available in 2010. Once a quarter or as the need dictates, a pediatric dental specialist for toddlers and children will be visiting from Okinawa. The first visit is scheduled for Jan. 25-29. Dental exams and treatment will be provided; however, appointments will be limited so please contact the dental clinic today for an appointment or for additional information at 253-3331.

### Wood Hobby Shop Temporarily Closed

The Wood Hobby Shop, located on North side, will be closed until further notice. For more information, contact K.C. Rich at 253-5284.

### UMUC Spring Registration

Registration for spring sessions is underway. Registration is running until Monday. On site classes start from Monday to Mar. 14. Distance Education classes start Monday to April 4.

### CTC Spring Registration

Registration for spring sessions is underway. Registration is running until Sunday in Building 411 Room 109. Classes will begin Monday. For more information, call 253-3288.

### Hornet's Nest Renovations

The Hornet's Nest is currently undergoing

renovations scheduled to be completed June 2010. The recreational areas will be under renovation until March 1. The gym area will be closed March 1-June 1. Single Marine Program trips will continue and can be paid for in the Cyber Café or the Marine Lounge. For more information, contact Jay Stovall at 253-3585.

### Dental Assisting Training Program

The American Red Cross is offering a Dental Assisting Training Program. To receive your certificate you will receive 40 hours of didactic course and 500 hours of supervised clinical experience and chair side instruction. The program must also be completed within six months of the start day. For more information or requirements, call 253-4525 or email iwakuni@usa.redcross.org.

### Iwakuni Teens

Join us for Club Beyond every Tuesday night. Enjoy games, music, food and fun plus a short Bible lesson. Club Beyond is held in Yujo Hall, between the chapel and thrift store, 6:30 to 8:00 p.m. Call the chapel at 253-3371 or call John at 080-4177-2060.

### Station Vandalism

The Criminal Investigation Division is looking for information concerning vandalism as a result of graffiti at various locations. If you have any information, call 253-3333.

## SAKURA THEATER

### Friday, January 22, 2010

7 p.m. Twilight Saga New Moon (PG-13)  
10 p.m. Everybody's Fine (PG-13)  
Premiere

### Saturday, January 23, 2010

1 p.m. Fantastic Mr. Fox (PG)  
4 p.m. The Princess and the Frog (G)  
7 p.m. Alvin and the Chipmunks "The Squeakquel" (PG)  
9:30 p.m. Astro Boy (PG)

### Sunday, January 24, 2010

1 p.m. Old Dogs (PG)  
4 p.m. Everybody's Fine (PG-13)  
7 p.m. Sherlock Holmes (PG-13)

### Monday, January 25, 2010

7 p.m. Invictus (R)  
Last Showing

### Tuesday, January 26, 2010

7 p.m. Pirate Radio (R)  
Last Showing

### Wednesday, January 27, 2009

7 p.m. Men Who Stare at Goats (R)  
Last Showing

### Thursday, January 28, 2009

7 p.m. Twilight Saga: New Moon (PG-13)

The movie schedule is subject to change. Please check [www.mccsiwakuni.com/sakura](http://www.mccsiwakuni.com/sakura) often for updates, or call the Sakura Theater at 253-5291 for the latest schedule.

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.

253-5291

# CLASSIFIEDS

## Automobiles

### 2001 Honda CBR 929

Asking \$5,000 OBO. Low miles 20,500 kilometers. Two Brothers aftermarket exhaust, Scotts steering damper, new battery. This bike runs excellent. New oil change and regularly greased chain. Will include necessary riding gear for a little extra including: Icon riding gloves, Joe Rocket riding Jacket, KBC or OBK riding helmet. If interested, call 253-2119 or 090-6017-6822

## Miscellaneous

### Couch and Love Seat

## Mess Hall Menu

### Monday

Manhattan clam chowder, chicken and rice soup, swedish meat ball, roast turkey, buttered noodled, mashed potatoes, Louisiana style smothered squash, green beans and corn, chicken gravy, macaroni salad, German style tomato salad, coconut raisin cookies, double layer almond cake, chocolate cream pie.

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, three bean salad, cucumber and onion salad, butterscotch brownies, apple pie, spice cake.

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, spring salad, deviled potato salad, peanut butter cookies, sweet potato pie, coconut cake.

Specialty Bar: Barbeque

### Thursday

Minestrone soup, cream of broccoli soup, ginger pot roast, Creole shrimp, steamed rice, oven glo potatoes, broccoli patesan, peas and carrots, cheese biscuits, brown gravy, potato salad, spinach salad, double layer devil's food cake, coconut pecan frosting, pumpkin pie, oatmeal raisin cookie.

Specialty Bar: Deli sandwich

### Friday

Beef barley soup, Spanish soup, rock cornish hen, chili con carne, grilled cheese, steamed rice, mashed potatoes, beets with orange and lemon sauce, green bean combo, chicken gravy, mixed fruit, Italian style pasta salad, apple and cherry turnovers, bread pudding, crisp toffee bars, chocolate pudding.

Specialty Bar: Mongolian

Just like new. Steel color microfiber. Great for kids. Asking \$450 OBO. For more information, please call 253-2119.

### Free cat to good home

One year old male orange and white tabby cat, all shots, micro-chipped, neutered. Very playful and good with kids. Food, bowls and cat litter all come with him. If interested, call 253-2505 or email Nbear15@aol.com.

## Jobs

### Rainbow Home Day Care

Have openings for full-time, part-time,

and hourly children from 7 a.m. to 5 p.m. Mondays – Fridays. Have 13 years of experience working with children, First-Aid and CPR certified, and have a degree in early childhood education. For more information, call 253-2246.

### NMCRS Volunteer Opportunities

Every day sailors, Marines and their families come to the Navy-Marine Corps Relief Society in emergencies. Be that friendly person who lets them know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply for this opportunity, call 253-5311.

### Dental Assistants

The dental clinic is seeking two motivated dental assistants for a great opportunity in dental healthcare services. For more information, stop by the Dental Clinic, Bldg. 111 or call 253-5252 or 253-3331 to speak with HM1 Taft or HMC Cadavos.

## Slated upcoming Commander's Cup Challenge competitions

### MONTHLY CHALLENGES

11 A.M. - 1 P.M.

1ST PLACE - \$100 UNIT PARTY FUND AND TROPHY

2ND PLACE - \$75 UNIT PARTY AND TROPHY

**THE LONGEST YARD - FRIDAY, FEB. 27, GOLF COURSE**

**BASKETBALL SHOOTOUT - FRIDAY, MARCH 20, IRONWORKS GYM**

**SUMO BASHO - FRIDAY, APRIL 16, IRONWORKS GYM**

**BIATHLON - FRIDAY, MAY 14, IRONWORKS GYM**

**INDOOR TRIATHLON - FRIDAY, JUNE 18, IRONWORKS GYM**

**INTERACTIVE BOWLING CHALLENGE - FRIDAY, JULY 16, BOWLING ALLEY**

**AQUA FITNESS FEUD - FRIDAY, AUG. 20, WATERWORKS OUTDOOR POOL**

**EARTH BALL SOCCER TOURNAMENT - FRIDAY, SEPT. 24, PENNY LAKE**

**GLADIATORS (9 EVENTS) - FRIDAY, OCT. 22, IRONWORKS GYM**

**BONUS POINT EVENTS INCLUDE: OPEN BENCH PRESS COMPETITION, FRIENDSHIP FITNESS FESTIVAL, STRONGMAN COMPETITION, AMAZING RACE AND THE TUESDAY TUNE UP**

## Emergency phone numbers for the station

### Anti-Terrorism Force Protection Hotline 253-2837

This line should be used to report suspicious persons or vehicles, suspicious activities or to report people taking pictures aboard the air station.

### All Emergencies 119 or 911

This line should be utilized for "life, limb or loss of vision threatening" emergencies, nearby building(s) on fire, medical assist, assaults, domestic violence, rape and sexual assaults, traffic accidents, hazardous material spills, dead persons or suspicious packages.

### From a Cellular Telephone (0827) 21-7700

This line should be utilized to report emergencies requiring bilingual capability (Japanese - English) or to report emergencies using a cell phone while aboard the station.

### Provost Marshal's Office – Security Issues 253-3303

# Adrenaline junkies eat their hearts out

CPL. JOSEPH MARIANELLI  
IWAKUNI APPROACH STAFF

There's a faint smell of war, but mostly just the stink of paint.

A few seconds go by and then ... sound and fury.

Projectiles whiz through the air, punctuated by the steady tempo of gas bursts and the ever present thwapping sound of paintballs bursting in all directions at once.

The fight doesn't seem to last more than 30 seconds, but one team has already vanquished the opposing forces. The dead have already walked off the field; they'll get another chance in this war.

Really, this is just another day at the Crossfire Paintball range where legends can be born roughly every four to five minutes.

The sport of paintball has garnered quite a dedicated following, providing recognition for the sport and generating significant changes.

Although some generations might remember jaunting through the woods attempting a stealthy takedown, Crossfire Paintball range is speedball.

"Electronic markers dominate the market now," said Sgt. Matthew McMahon, a paintball veteran. "It's computer chips and adjustable rates of fire."

New players to the sport might find the tempo established by modern guns a bit intimidating at first.

"You have a rope of 30 rounds coming at you in a second, the rush is a lot greater than just the pop pop pop coming at you," said Staff Sgt. Ernest Lawson, who has been playing since the mid-90s.

Depending on what play-style you seek, the increased speed may be just the adrenaline fix you're looking for. Either way, the increase in the sport's popularity has brought about other positive changes.

"It's revolutionized the sport; obviously it's a lot more competitive now, the markers are easier to use, they're a lot more customizable and they're easier to breakdown as well," said McMahon.

Still, a good gun is no substitute for a solid skill set.

"I'll let somebody borrow my gun so they can see the difference; it really isn't the gun," said Lawson.

Lawson may be underestimating the intimidation factor; however, one maxim of the sport can't be denied.

"The pain is the same no matter where you are, and it's really not that painful," he said.

Even amongst the players who took the field to practice for the upcoming Commander's Cup event, there were players successfully using the tried and true rental guns offered by the range.

Sgt. Robert Davis had some tips for every player, no matter their equipment endowment.



Sgt. Robert Davis, a Marine Wing Support Squadron 171 paintball team member, uses a power slide to get to the next bunker and make ground against the opposing team during a practice session at the Crossfire Paintball range here Monday. Johnson and his teammates will support MWSS-171 in the second major Commander's Cup event scheduled to begin at 8 a.m. today.

"First, have fun, and make sure you keep a low profile," he said. "Keep your gun close to you, and try and get behind a bunker as best you can."

Another tip provided is something even seasoned veterans have to be reminded of.

"Tunnel vision," said McMahon. "A lot of times you'll get too focused into battling one person, and you'll completely forget about everything else that's happening on the field."

In the end, there is no substitute for actually hitting the field and taking the inevitable bruises and lumps necessary to learn.

"The number one thing you need to do is practice," said Lawson.

A core group of players usually end up at the range on the weekends, and these salty paintballers are not only willing to help but want new players to join in to help the sport grow.

"Get with a player that knows how to play and hook up with them and learn as much as you can from them," said Lawson. "A lot of the players here, they'll hold little on-site clinics to help the newbies out."

"This place can't grow unless people come out," said McMahon. "If you're interested, this is a lot cheaper and I think a lot more fun than just going out and getting wasted. And you don't have to worry about that hangover, just the bruises."

For more information about Crossfire Paintball range, visit the Web site at <http://www.mccsiwakuni.com/paintball/> or call 253-3822, the same number for Outdoor Recreation.



Staff Sgt. Ernest Lawson, a Marine Wing Support Squadron 171 paintball team member, lays down ropes of paint to suppress opposing team movement and provide cover fire for his teammates to advance at the Crossfire Paintball range here Monday. Lawson brings his own, more advanced paintball gun, or marker, to paint-slinging contests, which gives the already seasoned paintball veteran an even greater advantage.

# HANDS ON GREEN...

You are just one action away from "greening" your base. Any one of the actions below can make a big difference.



Shut off all lights when you leave a room empty.

1



Keep doors and windows closed when the heat or A/C is on.

2



Maintain average temperatures at no lower than 78 degrees in the summer and no higher than 68 in the winter.

3



At the end of the day, shut down your computer, monitor, printer and anything else that doesn't need to be on.

4

