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THE IWAKUNI APPROACH

Issue No. 21, Vol. 3 | Marine Corps Air Station Iwakuni, Japan



PHOTO COURTESY OF THE CHUGOKU-SHIKOKU DEFENSE BUREAU

An aerial view of the fully constructed runway. American and Japanese officials gathered at the new runway here to officially open it to flight operations in a commissioning ceremony May 29. The historic ceremony marked the conclusion of the \$2.6 billion, 13-year construction effort, which was designed to enhance the safety of flight operations and to decrease aircraft noise in the communities surrounding the air station. See full story on pages 6 and 7.

Fil-Am celebrates Pista sa Nayon

LANCE CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

The Iwakuni Filipino-American Association held the annual Pistahan sa Nayon, or Town Festival, at the Club Iwakuni ballroom here Saturday.

"This is an amazing night with amazing people," said Master Sgt. John B. Bass III, current Fil-Am President here. "Everyone is so well dressed, and everyone looks so good. I feel like I'm at the Marine Corps Ball."

The event included complimentary Asian-Pacific style entrees and deserts, Fil-Am Association representative speeches, and modern and

traditional Filipino dance performances.

"I think it was a good way to bring all the people together, especially all of us who don't know much about Filipino culture," said Staff Sgt. Mohammed Hossain, Fil-Am basketball team starting point guard.

Fil-Am has been around for 15 years. They host several events for service members and the Filipino community here to include recreational activities, monthly camping trips and fundraisers for Matthew C. Perry High School students.

On June 11, Bass and other Fil-

SEE FILIPINO ON PAGE 3

Students experience working world

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

More than 30 Matthew C. Perry High School students participated in the annual Advancement Via Individual Determination Job Shadow Day here May 27.

Students enrolled in the AVID program are tasked with working hard throughout the school year, taking on rigorous curriculum and learning vital organizational skills in order to prepare for college.

"AVID challenges them to take on a higher level, to take on harder courses and we support them through that process,"

said Shirley Cottle, AVID coordinator. "AVID is a college preparatory program that teaches children how to succeed first in high school, and the hope is that those habits carry on in college."

Luckily for the students at M.C. Perry High School, it's not all about work and no fun.

Students were given a special assignment to shadow service members from different units and organizations aboard the air station as an opportunity to experience a specific occupational field.

"The students were given the opportunity to shadow a men-

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General vs. Special: Learn more about powers of attorney

SUBMITTED BY
LEGAL ASSISTANCE OFFICE

A power of attorney is a written document that gives your agent the authority to act for you. There are several types of powers of attorney, but I want to discuss the two most used: a General POA and a Special POA.

A General POA gives broad, virtually unlimited authority to your agent, the person acting for you.

A General POA allows your agent to take any lawful action on your behalf that you could take yourself. For example: buy or sell a car, file taxes, deposit or withdraw money, open a credit card account and close your bank accounts. You are responsible for everything your agent does with your General POA. Because of this, you should only give such power to someone you trust completely.

Special POAs are limited to specific transactions, instead of every lawful action you can take. The key here is that the Special POA can only be used for the specific action identified in the POA. This kind of POA limits the potential for abuse by your agent.

You should consider a Special POA first. A Special POA may meet your needs. If you only need to ensure your friend can drive your car while you are deployed or that your mother can pay your bills, then a Special POA will work. Also, for the situations that require more powers, a Special POA can be drafted for multiple situations with multiple powers.

At the legal assistance office, our standard operating procedure is to include expiration

dates. An expiration date ensures that you renew the POA. We want you to re-evaluate the need for the POA and determine if you should change it. Our practice also helps limit the potential for misuse.

You can revoke (take back) a POA, even before the expiration date. To revoke a POA, you simply inform your agent that he can no longer act for you. However, it is important that you inform everyone who knew about the POA and dealt with your agent based on that POA. Otherwise, those other people will still believe that your former agent has your authority.

One final note, no person or business is required to accept a POA. A business can require you to use a standard POA it has drafted. However, if a business accepts POAs it has not drafted, then the business must also accept POAs executed by our office.

The POAs executed at our office are created under federal law. That law gives notaries, such as myself, the authority to notarize documents without meeting the form and requirements established by state law.

Under the federal law, a raised seal is not required. POAs, wills, and other notarized documents created by a military legal assistance office do not need a seal.

Powers of attorney can help servicemembers and their family throughout deployments and tours overseas. It does not take long to create a POA, and the benefits are many during separations. For more information, contact the Legal Assistance Office at 253-5591.

Safety: Swimming pool tips

SUBMITTED BY
STATION SAFETY OFFICE

According to the National Safety Council, drowning is the leading cause of death from unintentional injuries for all ages.

As a result, it is important to follow a few safety tips when swimming.

- Never swim alone. Always swim with a buddy.

- Watch out for the dangerous "toos" – too tired, too cold, too far from safety, too much sun.

- Do not chew gum or food while swimming; you could easily choke.

- Obey "No Diving" signs, which indicate the areas that are unsafe for headfirst entries. If unsure of the depth of the water, you should enter the water feet first.

- Never drink alcohol while swimming. It affects your swimming and diving skills and reduces your body's ability to stay warm.

Education: Aquatic safety

starts with the education of parents and pool owners regarding the dangers of swimming pools and all bodies of water such as ponds, lakes, ocean, baths, buckets, etc.

It is also essential to start educating children early and setting rules for the pool. Adults must be present before you can get in the water.

Supervision: There is simply no alternative to "constant eyes on" supervision when children are in or near water. Supervision also means being mindful of other aquatic risks when your children are not even in the pool.

Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing touch supervision.

Barriers: Your homes walls provide the first barrier between your child and the pool area. The walls, doors and windows can be effective only if they are locked and unable to be opened by an infant. A great barrier

between your child and the water in the kiddie pool in your yard is to drain it after each use.

Skills & Education: Teaching your child to swim provides him with the final solution should all other layers of protection fail.

This is the one layer of protection that goes with your child everywhere he goes, even when he is alone.

Being competent in the water provides your child with the basis for a lifetime of enjoyment in the pool.

Emergency Response: Having an emergency plan in place may be the difference between life and death for your child or a visitor. If you realize your child is missing, always check the pool first.

Know the local emergency phone number. Take a CPR course and maintain your skills. Practice emergency response with your children, including what they should do if they see another child in trouble in the water.

M.C. Perry students shadow occupational mentors

JOBS FROM PAGE 1

tor in the community who has an interest or job skills similar to what they might want to do in their career," said Cottle.

Students chose various occupational fields such as photography, journalism, law enforcement, electrical engineering, and firefighting.

Participating organizations provided mentors to the students from such units as Combat Camera, Marine All-Weather Fighter Attack Squadron 242, the Provost Marshal's Office and the Robert M. Casey Medical and Dental Clinic.

Upon completion of the assignment, students turned in a questionnaire with questions for their mentors about the professional and personal aspects of their jobs.

The questionnaire was intended to collect information such as the length of training and type of education required.

"There are all kinds of things to a career other than just the technical side and getting the training needed," said Cottle. "It is not always about the mentor's responsibilities, but whether they like it."

Some questions were more personal: students collected information about positive and negative aspects of the job, the type of personality characteristics that would be helpful in such a field and whether the career field interested the stu-

dents after experiencing an aspect of what it was like.

"Hopefully, from the experience the students will be able to determine whether they want to be in those job fields," said Cottle. "Some students come back and say the job they chose is what they want to do and others come back and say that it wasn't what they expected."

Even though Job Shadow Day was coordinated for AVID students, the activity was open to all high school students to participate. Robin Morin, a senior from M.C. Perry, participated in the job shadow as an extra curricular activity.

"I'm a senior and at the point in my life where I don't really know what I want to do," said Morin. "This opportunity came up through my school so I decided to participate."

Morin had a slight interest in becoming an emergency medical technician.

During the morning, Morin shadowed Petty Officer 2nd Class Jessica McDurmon, leading petty officer of Urgent Care.

"She showed me where they do the minor medical procedures, supplies and how they operate," said Morin.

Morin was also educated about urgent care procedures that involved rescuing patients, ambulance routes and how to treat patients.

"It looks like a lot of hard work, but I would definitely consider doing this job," said Morin.



LANCE CPL. JENNIFER PIRANTE
Capt. Preston Pack, pilot with Marine All-Weather Fighter Attack Squadron 242, gives Sarah Fox and William Saunders, Advancement Via Individual Determination students from Matthew C. Perry Middle School, a glimpse of what it is like to be a Marine Corps pilot during the AVID Job Shadow Day here May 27.



LANCE CPL. JENNIFER PIRANTE
Petty Officer 2nd Class Jessica McDurmon, leading petty officer of Urgent Care, shows Robin Morin, Matthew C. Perry High school senior, a day in the life of an emergency medical technician during the Advancement Via Individual Determination Job Shadow Day here May 27.

Iwakuni experiences Filipino culture

FILIPINO FROM PAGE 1

Am representatives plan on visiting M. C. Perry to give out scholarships to two students

During Pista Sa Nasyon, Bass was sworn in as the new Fil-Am president.

With a maximum count of 275 seats available for the event, this year's Fil-Am celebration almost hit capacity with a total of 273 people.

Bass, along with other Fil-Am representatives, said the attendance of people for this year's event was significantly more than anticipated.

"The event turned out good; I saw a lot more people than I expected to see tonight," said Hossain.

Along with the Filipino food and performances, there were singing performances during dinner, a Filipino style modeling show for both children and adults and recognition for the best dressed attendees.

Although this year's annual

celebration was a success, Bass said as the new president he plans on hosting more Fil-Am events this year, including an upcoming celebration in June.

"The first thing I'm going to do is have a celebration like we've never had before," said Bass. "We never had a celebration for the Filipino independence day, which is June 12, so June 12, we're going to have ourselves a little party."

With one Fil-Am event completed, Bass foresees a successful future for the Fil-Am Association, and he believes more people will become involved in Fil-Am activities this year.

"Last year was big, this year was even bigger, and I'm sure next year will be even bigger," said Bass. "More and more people are getting excited about the Filipino community."

For further information on upcoming Fil-Am events and activities, contact Bass at 253-6740.



LANCE CPL. MARCEL BROWN
Laila Valiente is escorted by Ericson Encabo in the show during the Pistanhan sa Nasyon celebration at the Club Iwakuni Ballroom here May 29. The fashion show displayed traditional Filipino style clothing.

One MAG-12 sailor reveals his road to success



LANCE CPL. JOHN RAUFFMAN

KUANTAN AIR BASE, Malaysia — Petty Officer 1st Class Lawrence W. Comdeco drinks rainwater from a funnel plant during a search and rescue exercise held here, June 28 as part of exercise Air Warrior 2009. The search and rescue exercise allowed U.S. Marine Corps and Royal Malaysian Air Force pilots the opportunity to improve bilateral cooperation in a practical application of pilot survival and operational readiness.

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

The Navy has a long tradition, filled with the honorable acts its sailors did in the name of their country and for the sake of their fellow shipmates.

Today, as yesterday, sailors live their lives using the Navy core values of honor, courage and commitment as a roadmap to success and leadership.

Many sailors aspire daily to be the best embodiment of the naval tradition they belong to.

Approximately 35 years ago, the department of the Navy developed the Sea Sailor of the Year program in an effort to recognize the best of those sailors.

After being recommended for the award and appearing before numerous boards, Petty Officer 1st Class Lawrence Comdeco, Marine Aircraft Group 12 aeromedical safety corpsman, was recently recognized as the Marine Forces Pacific Sea Sailor of the Year. "It's an honor (to be recognized as the MARFORPAC Sea Sailor of the Year)," said Comdeco. "It feels great to be recognized for something that you think of as your daily job."

Comdeco joined the Navy on June 6, 2001, and even before he joined, his path was laid out before him by what his grandfather Frank Comdeco taught him.

"When I was young, thinking that I could conquer the world, he told me a quote," said Comdeco. "The quote was, 'Judge your success by what you gave up in order to achieve it.' That's how I live my life; by that quote."

Sometimes you have to give things up and make sacrifices in order to be successful, especially in the military, Comdeco said. "Using that guideline has helped me progress quickly."

Throughout his naval career, Comdeco has had many memorable moments, always keeping in mind what his grandfather taught him and adding to his knowledge the lessons

he's learned along the way.

One of the highlights of Comdeco's career came when he served as the MAG-12 squadron gunnery sergeant from November 2008 to November 2009.

"For me, personally, that has to be one of the highlights of my career," said Comdeco. "It was definitely an honor to be able to do that."

When he first received his post as the MAG-12 squadron gunnery sergeant, Comdeco was questioned how was it possible that he, as a sailor, was leading Marines.

"My response to everybody was, leadership is leadership regardless of the service you're in," said Comdeco. "If you're an E-6 or an E-7, you should be able to be an E-6 or an E-7 no matter what service it is, if you're a good leader."

As Comdeco continued to do what was asked of him, his quality as a sailor and leadership abilities became apparent to both the Marines and sailors around him, and he was recommended to appear before a board to compete for Sea Sailor of the Year.

"For me, all throughout the year, it was not a thought in my mind that I would get sailor of the year," said Comdeco. The only thought in mind was to do the job and to do it right, he added.

Comdeco said he attributes his present success as MARFORPAC sailor of the year, to his present command and to the junior Marines and sailors under his charge.

"At this command, they care about succeeding," said Comdeco. "They care about me succeeding. When you have that environment around you, there's nothing else you can attribute to succeeding except for the people around you."

After appearing before numerous boards and returning to Iwakuni as MARFORPAC sailor of the year, few doubted he would succeed, but some were still surprised.

"Honestly, I couldn't believe it," said Lt. Austin Wade Latour, MAG-12 aeromedical officer and Comdeco's supervisor. "It's a long road; it's a tough road. I guess I wasn't

surprised, (when he received the recognition) but I was definitely excited. I was just happy for him."

Latour said he believes Comdeco is a good example for what junior personnel should strive for.

"He's a good person to emulate if you want to make rank fast and be a good leader," said Latour. "He knows how to do all that."

Comdeco's qualities and abilities have not been lost on the junior personnel under his tutelage.

Petty Officer Raulito Galgana, MAG-12 command career counselor, was sponsored by Comdeco when he arrived on board here two years ago. Galgana said Comdeco has been his primary mentor ever since he first arrived on station.

"I was meritoriously promoted last year, and I can actually say under his wing," said Galgana. "He guided me, he mentored me. When I was in a jam or I had decisions to make, I consulted with him and he provided his advice, and most of the time if not all the time I followed his advice. He came to be an outstanding mentor for my career."

Galgana said one of the things he learned from Comdeco was that at the end of every day he should ask himself what has he done for his junior personnel, the Navy and for himself.

"That only goes to show that whatever he does that day, whatever sacrifices he has made makes him that much of a better sailor," said Galgana. "He is what a sailor of the year defines. He is a poster-child-sailor. He is what people should look up to and want to be when they're at his level."

Although Comdeco is appreciative of the recognition he's received, he realizes some things continue to be more important than awards and recognition.

"It's not about an award," said Comdeco. "It's more about getting the job done. Doing it right the first time."

It's about taking care of the Marines and sailors around you and under your charge, he added.



LANCE CPL. JENNIFER PIRANTE

Lance Cpl.'s Vander Molen and Gerald Clark, Aircraft Rescue and Firefighting specialists, conduct a casualty drill here May 27. In order to maintain readiness and stay alert, ARFF performs regular training that requires meticulous focus and concentration.

ARFF stays cool when things get hot

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Station Aircraft Rescue and Firefighting is made up of a team of professionals trained to stay cool when things get hot.

These guys are always on the ready to respond to any emergency, day or night, which may involve a crash landing or a flight line ground emergency of an aircraft.

In order to maintain readiness and stay alert, ARFF performs regular training that requires meticulous focus and concentration. "All of our Marines are trained firefighters," said GySgt. Roy Clayton, ARFF crash chief. "They have to be able to respond to any type of emergency."

"Our primary mission is to save lives and protect property," said Lance Cpl. Andre Weid, ARFF specialist. "We train to save the lives of pilots, passengers and salvage what we can of the aircraft."

A basic ARFF team is made up of a crew chief, rescue men, and hand linemen.

"The crew chief is usually the one who drives the truck," said Cpl. Andre Park, ARFF specialist. "He's got to be the most experienced. The next position down is the rescue men, who are assigned as the ones pulling the casualties out. Then the hand linemen extinguish the fire."

All ARFF personnel are issued and maintain bunker gear used during an emergency or potential fire ignition.

One of the most vital pieces of equipment utilized by ARFF is the fire proximity suit that saves their lives and skin from the high temperatures, which personnel can often become exposed to when extinguishing live fire.

The suit is made up of vacuum-deposited aluminized materials designed to reflect high volumes of heat and radiation produced by large flames.

These shiny, metallic getups provide protection and can endure approximately 2,000 degrees of scorching heat.

The rescue men on the team, designated to rescue casualties from an aircraft, wear special nomex gloves that provide extra dexterity and protection to the hands.

ARFF practices donning their gear as quickly as possible so as to accelerate their response time. Personnel are timed as they drop everything to race outside to the truck where their gear lies ready so they can put it on and jump into the truck to reach their destination.

"We have to be prepared at any time for an emergency," said Park. "In an emergency, anything can happen."

Training is a huge part of what ARFF does overall, especially when it comes to familiarizing themselves with the ins and outs of specific aircraft that commonly land on the station runway.

"We conduct simulated drills to retain familiarity with the aircraft stationed here, as well as ones that are not normally seen here," said Weid. "It's a hands-on kind of thing where we identify danger areas and rescue points."

"If the pilot can't shutdown the aircraft themselves, we also have to know how to do that for them," said Park.

Fuel spills are also likely occurrences ARFF must be prepared for.

"We all know how to deal with hazardous material at an operational level," said Park. "There are a couple of us who are hazardous

material technicians, so we're always there standing by in case of fuel spills, making sure they don't ignite while the squadron cleans it up."

"There are a lot of things to take into consideration," said Clayton. "We have to consider elevation to make sure fuel doesn't roll underneath their vehicle and wind direction so they aren't breathing in smoke."

In addition to conducting drills, ARFF personnel attend quarterly and annual classes in order to gain knowledge about the medical aspects of providing medical aid to casualties as well as the scientific aspects of fire.

Every member of the team is expected to obtain the same knowledge and skill set.

"We're all proficient in every aspect of the job because if one man goes down we have to have another man to replace him," said Park.

Training isn't the only important aspect of being an ARFF specialist.

Trusting your teammates and maintaining effective communication is just as vital to the mission.

"We are definitely like a family," said Park. "We like messing with each other and picking on each other, but if anybody outside of us messed with one of our guys, we'll defend him."

Even though being an ARFF specialist requires the fulfillment of challenging and even dangerous tasks, the rewards consist of skills that can be obtained and applied as a civilian in this field.

"A lot of people don't even know the Marine Corps has firefighters," said Clayton. "It is a unique MOS that provides skills to take into the civilian world."



PHOTO COURTESY OF THE CHUGOKU-SHIKOKU DEFENSE BUREAU
An aerial view of the runway before any construction began in 1996. The Iwakuni Runway Relocation Project was first announced in 1992, and actual construction started in 1997.



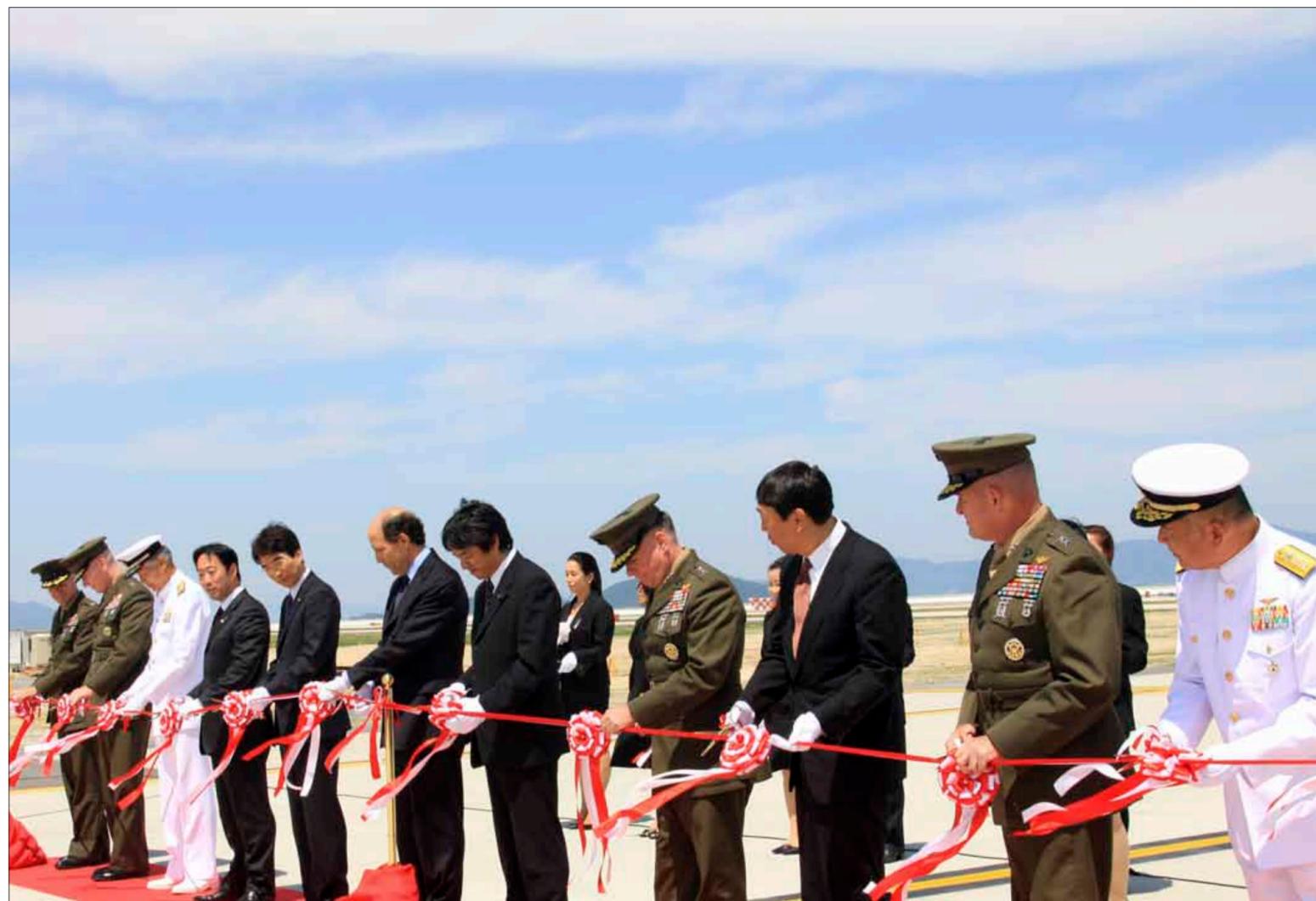
PHOTO COURTESY OF THE CHUGOKU-SHIKOKU DEFENSE BUREAU
A crane transports soil from a barge onto a conveyor belt during the process of building the newly finished runway. Construction of the new runway involved the joint efforts of the government of Japan, the Ministry of Defense, the Chugoku-Shikoku Defense Bureau, the Japanese construction industry, the U.S. Army Corps of engineers, the Naval Facilities Engineering Command Pacific, the Marine Corps Air Station Iwakuni Facilities Department and others.



PHOTO COURTESY OF THE CHUGOKU-SHIKOKU DEFENSE BUREAU
A large cement block is lowered by a large crane as a base for the south side seawall during the construction of the newly finished runway. Construction of the runway was accomplished in three phases. Phase one involved the construction of a new port facility which was completed in 2005. Phase two involved the construction of the north end of the runway while phase three concentrated on the middle.



PHOTO COURTESY OF THE CHUGOKU-SHIKOKU DEFENSE BUREAU
An aerial view of the fully constructed runway. A commissioning ceremony was held at the runway here to officially open it to flight operations May 29. The historic ceremony marked the conclusion of the \$2.6 billion, 13-year construction effort.



LANCE CPL. MARCEL BROWN
American and Japanese officials cut a ribbon, officially opening the new flight line here to flight operations during a commissioning ceremony May 29. After the ribbon cutting, a Marine F/A-18 Hornet and a Japanese Maritime Self-Defense Force P-3 Orion symbolically closed the old runway with a final take off from it and officially opened the new runway by landing on it.

American, Japanese officials commission new runway, open for use

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

American and Japanese officials gathered at the new runway here to officially open it to flight operations in a commissioning ceremony May 29.

The historic ceremony marked the conclusion of the \$2.6 billion, 13-year construction effort, which was designed to enhance the safety of flight operations and to decrease aircraft noise in the communities surrounding the air station.

John Roos, U.S. ambassador to Japan, said he considered the construction and completion of the new runway a notable accomplishment of the alliance between the United States and Japan.

"I want to recognize and thank the numerous Japanese partners who were involved in this undertaking, and I particularly want to thank and acknowledge the local residents," said Roos. "The successful completion of this new runway, a project of great importance to both of our nations, proves that the future of U.S./Japan partnership is bright indeed."

American and Japanese officials formally commissioned the runway with a bilateral ribbon cutting.

After the ribbon cutting, a Marine F/A-18 Hornet

and a Japanese Maritime Self-Defense Force P-3 Orion symbolically closed the old runway with a final take off from it and officially opened the new runway by landing on it.

"The fact that the flight evolution and this ceremony and the ribbon cutting itself is bilateral is representative of the long-term spirit of cooperation between our two nations," said Lt. Gen. Terry G. Robling, Marine Corps Bases Japan commander and III Marine Expeditionary Force commanding general. "On a broader level, commissioning the new runway in 2010, the 50th anniversary of our alliance, reminds us what our two countries can accomplish when we work together towards a common goal and speaks volumes about the strength and future of our alliance."

Construction of the new runway involved the joint efforts of the government of Japan, the Ministry of Defense, the Chugoku-Shikoku Defense Bureau, the Japanese construction industry, the U.S. Army Corps of engineers, the Naval Facilities Engineering Command Pacific, the Marine Corps Air Station Iwakuni Facilities Department and others.

The Iwakuni Runway Relocation Project was first announced in 1992 with actual construction starting in June 1997.

Approximately 22 million cubic meters of land from

nearby Atago Mountain was moved via conveyor belt and barge to the 533-acre construction site in the Seto Inland Sea.

Construction of the runway was accomplished in three phases.

Phase one involved the construction of a new port facility, which was completed in 2005.

Phase two involved the construction of the north end of the runway, and phase three concentrated on the middle section of the runway.

"The end result is nothing short of an engineering marvel and built on a scale that only a few countries in the world are technologically capable of achieving," said Robling.

Yoshihiko Fukuda, Iwakuni city mayor, said he considered the construction of the new runway the best way to resolve many of the noise issues and safety concerns of the local community related to the air station while maintaining the nation's defenses.

"We shall never forget that we are here today thanks to those who worked so hard towards this goal," said Fukuda. "It is no exaggeration to say today is a historical day for Iwakuni city because what the residents of Iwakuni have long wanted has been realized."

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



ARMY SGT. WHITNEY HOUSTON

AGADIR, Morocco – Lance Cpl. Justin Roy of Lafayette, La., an infantryman who serves with Company F, Anti-terrorism Battalion, 4th Marine Division, engages targets during live-fire urban combat marksmanship training conducted by U.S. Marines and Moroccan soldiers as part of Exercise African Lion 2010 at Morocco Military Base Tifnit, May 19.

Marksmanship training broadens horizons during African Lion '10

ARMY SGT. WHITNEY HOUSTON
MARINE FORCES AFRICA

AGADIR, Morocco — The joint weapons training being conducted as part of Exercise African Lion 2010 continued at Moroccan Military Base Tifnit as Marines serving with Military Police Company, Headquarters Battalion, 4th Marine Division of St. Paul, Minn., and Co. F, Anti-terrorism Bn., 4th Marine Div. of Lafayette, La., conducted urban combat marksmanship training with Moroccan soldiers May 19.

The Moroccans showed particular interest in the marksmanship training because much of their prior weapons training here has been based on targets at known and expected distances as opposed to what one would encounter in real combat situations.

"The Moroccans are used to shooting known distance targets," said Sgt. Christopher Schiff of New Orleans, an infantryman serving with Company F, Anti-terrorism Bn., who conducted the training. "What we're doing is teaching them how to operate if a target appears at close proximity, and how to engage that target, and do it effectively."

The Moroccan soldiers showed a lot of motivation as they received this up-to-date

training incorporated from lessons learned by the Marines from almost a decade of experience in urban combat.

"We are using things now that we've learned in different theatres of operation like Iraq and Afghanistan," Schiff said. "We're teaching the Moroccans how to perform in an urban environment, and I find it really amazing that they're so willing and able to subject themselves to any training that we do."

Reciprocity is central to the training and to Exercise African Lion in general. Just as the Marines train Moroccans in close-quarters marksmanship, the Marines receive weapons familiarization training on the AK-47 from the Moroccans which is their primary weapon of choice.

"A lot of the junior Marines have not used the AK's before and knowing how it works and fires will make them more well-rounded Marines," said Staff Sgt. Jason Odit of Baton Rouge, who serves with the Anti-terrorism Bn. as an infantry platoon sergeant.

During the exercise, the commander of the 4th Marine Division, Brig. Gen. James Lariviere of Springfield, Va., stopped by to greet the Marines in the field and see the training being conducted.

"It's a good mix as we learn from the

Moroccans and the Moroccans learn from us," said Lariviere about the training. "They've been friends to the United States since we declared our independence, and it's very important that we maintain that relationship so that we can work together and be interoperable."

Positive attitudes on both sides have helped the Marines and Moroccan soldiers overcome the most difficult hardship encountered during their time together: the language barrier.

"The language barrier is the biggest challenge that we're having," Schiff said. "But we've found soldiers in their ranks that speak English really well, and so we've been able to push through that."

As the Marines and Moroccan soldiers pushed through communication barriers and common hardships, the training has proved to broaden understanding on both ends. "Every time I train with a foreign service I feel like I take something from it, and I've implemented things from foreign services as I've been coming up through the ranks," said Gunnery Sgt. Christopher Bradley of Knoxville, Tenn., who serves with the Anti-terrorism Bn. "It broadens their horizons as well as ours."

COMMUNITY BRIEFS

5 Love Languages of Teens Seminar

Attend the Seminar at Yujo Hall June 12 from 9 a.m. to 5 p.m. Learn to recognize your teen's love language and learn tools for expressing your love to your teen in ways they will understand. Lunch and childcare provided. For more information or to reserve a spot, please call the Marine Memorial Chapel at 253-3371. This seminar is designed for parents of teens, not teens themselves.

Soap-Box Confessions Presents Spoken Word Poetry

Free and open to all adults, come vent what you feel or just sit back and relax with the vibe. Spoken Word Poetry takes place 7 p.m. Tuesdays, June 15 and 29 in the Botan Tower community room, Building 589.

For more information, please call 080-3700-7540 or e-mail hottecoffy@hotmail.com.

Combat Camera Web site

The new Combat Camera Web site can be viewed at <https://intranet.iwakuni.nmci.usmc.mil/CombatCamera/index.html>. The new site displays all pertinent information about Combat Camera and provides height and weight verification cards for promotion photos, as well as the funding approval form for commands outside of Station and Headquarters and Headquarters Squadron.

Iwakuni Teens

Join 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 Marine Memorial chapel

and Thrift Store, 6:30 – 8 p.m. every Tuesday. For more information, call the chapel at 253-3371 or call 080-4177-2060.

The Family Readiness Survey through June 18

The surveys are separated by category of participants: Commander Team Survey, Family Readiness Officers' Survey, Marine and Family Members' Survey, Marine Corps Community Services Family Readiness Support Personnel Survey, and Volunteer Survey. The surveys are voluntary and kept anonymous. For more information, refer to MARADMIN 258/10 or contact your unit's family readiness officer.

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society provides Quick Assist Loans to prevent active duty service members from falling prey to predatory lenders. These loans are interest

free, designed to assist with short-term living expenses, up to \$300 and must be repaid within 10 months. For more information, call the Iwakuni NMCRS at 253-5311 or stop by the Marine Memorial Chapel, room 148.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. The promotion is open to anyone with a birthday. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and Marine Corps Community Services take care of the rest. Every Friday, birthdays from the previous week will be announced and on the last Friday of every month there will be a random birthday cake giveaway for one birthday.

Emergency Phone Numbers Reminder

• Anti-terrorism force protection hotline: 253-ATFP(2837)
• Life limb or loss of vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual

capability: 082-721-7700.
• For security issues, contact the Provost Marshal's Office: 253-3303.
• To report without talking to a person, Crime Stoppers: 253-3333.

Station Goes TCCOR 4

The Station will go to Tropical Cyclone Condition of Readiness 4 beginning Tuesday. Typhoon season lasts until Nov. 30, and now is the time for station residents to prepare. A tropical cyclone is possible within 72-hours for the duration of the season.

Brief Submissions

To submit a community brief or classified request, please send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, at least one phone number and the information you would like published. Alternatively, submit your brief or classified in person at the Public Affairs Office, Building 1, room 216. The deadline for submissions is 3 p.m. every Friday. Submissions will be run the following Friday on a space-available basis. The Approach staff reserves the right to edit submissions.

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)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ

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

Latter Day Saints

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

Teen Programs

- High School Meetings (Club – grades 9-12)
- Junior High Meetings (Club JV – grades 7-8)
- HS&JR Bible Studies
- Retreats
- Service Projects
- Missions Trip
- Special Events Volunteer Training & Mentoring
- Parent Support Group

Call 080-4177-2060 or e-mail jletaw@ClubBeyond.org

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

Summer Hire Program

The 2010 Marine Corps Summer Hire Program runs through Aug. 14 for students attending Matthew C. Perry High School. The program is open to Status of Forces Agreement dependents, ages 14 to 18, of Department of Defense and U.S. civilian personnel assigned to Marine Corps Air Station Iwakuni. The Civilian Human Resources Office is accepting applications for the 2010 Summer Hire Program. M.C. Perry High School students may pick up applications at their school's counseling center or at the CHRO located in Building 1, room 104. For more information, call the Summer hire coordinator at 253-6828.

SAKURA THEATER

Friday, June 4, 2010

7 p.m. Why Did I Get Married Too (PG-13)
Premier
10 p.m. Robin Hood (PG-13)
Premier

Saturday, June 5, 2010

1 p.m. Shrek Forever After (PG)
4 p.m. Iron Man 2 (PG-13)
7 p.m. Ghost Writer (PG-13)
10 p.m. Hot Tub Time Machine (R)

Sunday, June 6, 2010

1 p.m. Shrek Forever After (PG)
4 p.m. Why Did I Get Married Too (PG-13)
7 p.m. Robin Hood (R)

Monday, June 7, 2010

7 p.m. The Bounty Hunter (PG-13)
Last Showing

Tuesday, June 8, 2010

7 p.m. Repo Man (R)
Last Showing

Wednesday, June 10, 2010

7 p.m. Robin Hood (PG-13)

Thursday, June 11, 2010

7 p.m. Hot Tub Time Machine (R)

The movie schedule is subject to change. Please check 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 or call 253-5291.

253-5291

CLASSIFIEDS

Homes

Temecula, Calif.

Three bedrooms, two and a half bathrooms. 1600 square feet. Will be available in November. \$1,700 a month. Heated pool in a gated community. Van pool to Miramar and back. For more information, call 951-553-5843.

For Sale by Owner in Jacksonville, N.C.

Beautiful home with four bedrooms and two and half bathrooms. Great location, near schools and in a quiet cul-de-sac. Asking \$204,900 OBO. For more information, call

Mess Hall Menu

Monday

Cream of mushroom soup, Creole soup, steak ranchero, sweet and sour pork, mashed potatoes, steamed rice, succotash, carrots, dinner rolls, brown gravy, potato salad, standard salad bar, mixed fruit salad, congo bars, marble cake double layer, blueberry crunch. Specialty Bar: Pasta

Tuesday

Cream of potato soup, chicken roodle soup, Cajun meatloaf, baked salmon filet, potatoes au gratin, steamed rice, french fried cauliflower, mixed vegetables, dinner rolls, macaroni salad, standard salad bar, deviled potato salad, chocolate chip cookies, spice cake, lemon meringue pie. Specialty Bar: Taco

Wednesday

Cream of broccoli soup, vegetable soup, turkey pot pie, oven roast, noodles jefferson, steamed rice, brussels sprouts, broccoli combo, biscuits, potato salad, standard salad bar, country style tomato salad, peanut butter cookies, double layer devil's food cake, cheese cake. Specialty Bar: Barbeque

Thursday

Cream of chicken soup, minestrone soup, Swiss steak with mushroom gravy, honey glazed rock cornish hen, parsley buttered potatoes, buttered pasta, Southern style green beans, vegetable stir fry, mushroom gravy, dinner rolls, macaroni salad, standard salad bar, German tomato salad, sugar cookies, strawberry shortcake, vanilla creamed pie. Specialty Bar: Mongolian

Friday

Tortilla soup, minestrone soup, beef fajitas, chicken fajitas, chili con carne, fish tacos, refried beans, beef burritos, Mexican corn, salsa, jalapeno corn bread, potato salad, standard salad bar, spinach salad, banana bread, shortbread cookies, Dutch apple pie. Specialty Bar: Hot Dog

910-451-5507 ext. 3264 or email sparulis@ec.rr.com.

Automobiles

Uzu Bighorn

JCI good until 2011. Road tax paid. Asking \$2000 OBO. For more information, please call 253-2097.

1994 Toyota Estima

JCI expires Dec. 2011. Seats Seven. Rear seats fold up for storage. Automatic transmission. Good A/C and heater. Power windows. Available now, asking \$1900. For more information, please call 253-2429 or 080-3522-3122.

1996 Nissan Skyline

Black, 4-door with power windows and locks. New battery, brakes and tires. Has 100,000 kilometers. For more information, please call 253-2233 or 080-3474-8869.

2001 CBR 929

Great gas saver. 20,600 kilometers. Two Brothers aftermarket exhaust, Scotts steering damper and new battery. Asking for \$3,500 OBO. For more information, call 253-2119 or 090-6017-6822.

1994 Mazda MS-8

Timing belt, radiator and alternator recently replaced. JCI good until Aug. 2010. Road tax paid. Six cylinder. A/C. Asking \$1200. For more information, please call 253-6340.

1998 Mazda Famila

Low mileage. Great on gas. Asking \$600. JCI good until Oct. 2010. Road tax paid. For more information, please call 253-6340.

1996 Black Mitsubishi Diamante

16-month JCI. One year road tax. Asking

\$2,500. For more information, please call 253-2759.

1994 Mazda MPV

Must sell. Seats seven. Road tax paid. JCI good until Aug. 2010. \$1200 OBO. Very Negotiable. For more information, please call 080-3417-6913.

Miscellaneous

Lost or Stolen Personal External Hard Drive

Black in color. Please return to PSC 561 Box 271 or call 253-2458.

Jobs

Housekeeper Wanted

Housekeeper wanted once per week. Will provide all cleaning supplies. Duties would include kitchen, bathrooms, mopping, dusting and vacuuming. For more information, please call 253-2011 (home) or 253-4562 (work).

Dental Assistants

The Robert M. Casey Medical and Dental Clinic is seeking two certified dental assistants for a great opportunity in dental healthcare services. For more information, please stop by the dental clinic in Building 111 or call 253-5252/3331.

Advertisement Submissions

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Marine Corps College of Continuing Education offers Master's Degree opportunities

SUBMITTED BY
COLLEGE OF CONTINUING
EDUCATION

The University of Oklahoma, in partnership with the Marine Corps College of Continuing Education, now awards 15 master's degree credits for the Command and Staff College Distance Education Program.

This arrangement is a first for the Marine Corps as the University of Oklahoma will grant graduates of the CCE's CSCDEP 8900 series, 15 graduate-level academic credit hours that Marines can use towards continuing their studies. The degree is a Master of Arts in Administrative Leadership and can be completed entirely online at a reduced tuition rate for military students. Only students who have taken the 8900 series CSCDEP without equivalency credit from the 8800 series program are eligible for this benefit.

The credit hours are broken down into nine graduate level credit hours that will count as degree electives, and will be transcribed as satisfactory "S" graded coursework. Students will receive three credit hours in Advanced Topics

in Interdisciplinary Studies (LSTD 5790), three credit hours in Investigative Interdisciplinary Studies (LSTD 5890), and three credit hours in Directed Readings in Interdisciplinary Studies (LSTD 5960). There will be no charge for these nine hours. Prospective students will also be enrolled in six graduate-level credit hours of LSTD 5950 Internship. All OU enrolled CSCDEP graduates will be required to submit an Internship essay detailing their career leadership experience.

If the Internship essay is found to be satisfactory, a grade of "S" will be assigned to LSTD 5950. This will complete the total 15 hours prior to continuing on to complete their MAAL degree. There is a \$50 transcript transaction fee plus university fees per semester hour.

Eighteen additional credit hours and a final assessment, beyond the 15 hours granted for the CSCDEP, are required by the university to complete the MAAL degree; all can be accomplished online.

For information, contact the OU Military Coordinator, Russ Tresner, at 405-325-1250 or 800-522-4389, or send an email at rtresner@ou.edu. Additional information can be found at www.ou.edu/cls/mals.

Yoga, pilates strengthen, rehabilitate

Service members take it easy on body

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

The demands of the working world can cause a lot of stress on the mind and body.

For service members and civilians alike, it is important to find a way to relieve stress and physically strengthen the body to continue to take on tasks from day to day.

The IronWorks Gym offers two effective ways to clear the mind, strengthen the core and relax the body, which include daily pilates and yoga classes in the aerobics room.

Joseph Pilates, born in Germany, originally developed pilates using eastern philosophies, yoga and various athletic techniques to rehabilitate injured Veterans during the First World War.

"Joseph Pilates was a sickly child who doctors had to create exercises for so that he could get out of bed," said Leah Novak, pilates instructor at IronWorks Gym. "As he grew up, he wanted to achieve great physical fitness. His idea was that if you work your mind to learn how to control your body you will build strength and fitness."

Joseph Pilates's idea worked and today, his exercises are practiced internationally.

"Pilates is great," said Novak. "It



Angela Tennon, class participant, and Christopher Carrier, a class participant, extend their arms to the side as they stretch during a daily yoga class at IronWorks Gym, May 29. Practicing yoga relaxes the mind and strengthens the body while enhancing flexibility.

strengthens and tones the body without creating too bulky of a muscle which can become prone to injury. It helps you center and coordinate your movement with the abdominal control that is required."

As a lengthening exercise, pilates allows the enhancement of balance and strength.

"Pilates is an idea that all movement begins from the center of the body," said Novak. "It works from your core which includes the abdominals, lower back, glutes and thighs."

When practicing pilates, it is important to remember to concentrate on breathing, physical alignment, and precision to control movements of the body.

"Not only does breathing oxygenate the body so that your muscles work efficiently, it also helps to release the toxins in your body that build up from going about your busy schedule," said Novak. "If you forget to breathe, it is very difficult to do some of the exercises."

Even though pilates can be a tough exercise to master, beginners do not need to be intimidated to participate in classes.

Pilates instructors are more than willing to modify exercises to suit the needs of service members and civilians of all fitness levels.

"For beginners, it might feel difficult to concentrate on the breathing at first," said Novak. "I also recommend beginners talk to the instructor about any injuries or medical issues they may have."

For injured service members and civilians, rehabilitation may require patience.

"It is recommended to go very slowly when rehabilitating the

body, but it does help strengthen those areas and support the area of the body that might be injured," said Novak.

Even though pilates is based off of yoga movements, service members and civilians may find similarities as well as differences between the two exercises.

Pilates focuses more on strengthening the core and toning the body whereas yoga concentrates more on flexibility and reaching toward the outer limits of the body's range of motion.

"I think the biggest difference is the breathing techniques," said Novak. "I thoroughly recommend people to try both."

Prakai Parsons, a yoga instructor at IronWorks Gym, applies different types of yoga practices to her routine such as Ashtanga, Hatha and Power Yoga.

Ashtanga yoga is beneficial to the strengthening of posture and the range of motion in the body during movements between postures.

Hatha yoga is a type of exercise that includes meditation and may be practiced by holding sitting, kneeling or standing poses.

Power yoga may also be practiced by participants of a more advanced physical level and requires much concentration, balance and strength.

"In yoga, positions require you to hold your body, lengthen your spine, lift your knees, roll your shoulders back, keep your chest up, chin up, and focus on your breathing," said Parsons. "It is different from pilates in this way."

Parsons has also found yoga to be beneficial to the rehabilitation of injuries and aches. After being involved in a motorcycle accident, Parsons suffered severe injuries and found yoga beneficial to her rehabilitation.

Beginners interested in taking yoga classes are recommended to go slow as their bodies adapt to the exercise, and they should not push themselves too hard because it is easy to do the wrong thing and hurt the body, said Parsons.

"Yoga is for you," said Parsons. "Not your competition."

For more information about pilates, yoga or any other Semper Fit classes, call the IronWorks Gym at 253-5051.



LANCE CPL. JENNIFER PIRANTE

Christopher Carrier, a class participant, inhales while holding a warrior's pose during a daily yoga class at IronWorks Gym May 29. Ashtanga, Hatha and Power Yoga are three types of yoga taught during each session.

Teams face off in close game

Da FAM defeats Goon Squad, 39-37

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Da FAM brought the heat when they defeated the Goon Squad 39-37 during an intramural basketball game at IronWorks Gym May 25.

Rajiv Douglas, guard for Da FAM, set the tempo when he seized an opportunity to score a fast-break layup during the first half.

A forward on the Da FAM team grabbed a rebound and pressed the ball up court.

Douglas received the ball and dashed across the court, leading a foot race to the basket for a quick two points.

Osmond Shortt, Da FAM point guard, attacked the Goon Squad's defense by consistently driving the ball to the basket to draw fouls.

Shortt saw it as nothing more than an opportunity to put a few points on the scoreboard from the free throw line.

"I go to the hole to get contact," said Shortt. "I thrive on contact because I want to go to the free-throw line and get as many easy points as I can so our team can win."

Toward the end of the first half, Shortt and Douglas both stirred the crowd when Shortt provided an assist to Douglas who managed to score the first 3-pointer of the game.

"Shortt drove in and kicked the ball back out," said Douglas.

"I was wide open for a three so I just took my time and followed through. It was an easy shot," he added.

Da FAM seemed to have the game in the bag by the end of the first quarter as they racked up points that put them in a comfortable lead.

When the buzzer signaled the end of the first half, Da FAM were ahead of the Goon Squad 23-16.

The game took a turn during the second half when the Goon Squad returned to the game with a determination to earn redemption.

The Goon Squad began to increase the pressure, tighten their defense and take more shots.

It wasn't long before the Goon Squad tied things up with the Da FAM.

"We got complacent," said Douglas. "We thought we had the game at halftime, and we allowed them to come back."

Da FAM began to pull through as they got back into the game, sped up their tempo and made sure to stay a step ahead of the Goon Squad throughout the rest of the game.

The game evolved into a wild closing as the clock wound down to the final buzzer.

The Goon Squad found itself in a desperate end-of-game situation with only 6 seconds left in the game.

The Goon Squad resorted to flagrantly fouling opposing players as they tried to drive the ball in for layups in an attempt to prolong the game.

"We kept making them," said Douglas. "So fortunately for us, their tactics didn't work."

"I guess they got motivated and thought that they could win the game," said Shortt. "We put a clamp on that."

Short managed to score the last two points of the game to put Da FAM ahead with approximately 2 seconds left on the clock.

"I had a good drive," said Shortt. "I wasn't concerned about it being the last shot of the game. I was just concerned about being open, getting a drive and shooting it."

After a brutal second half, Da FAM left the game victorious.

"What I like about this game so much is not only that it was close, but that we learned from this," said Douglas. "Now that we have played a team of this caliber, we'll be ready to take on better teams and play with intensity the whole time through."



LANCE CPL. JENNIFER PIRANTE

Osmond Shortt, Da FAM point guard, scores the last two points of the game with two seconds left on the clock during the intramural basketball game at IronWorks Gym, May 26.



LANCE CPL. JENNIFER PIRANTE

Elijah Franklin, Da FAM shooting guard, takes a shot from inside the arc during an intramural basketball game at IronWorks Gym, May 26.