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EIWAKUMAPPR()A()H

Issue No. 44, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Mango Languages offers dependents, spouses new tongue

LANCE CPL. JENNIFER PIRANTE IWAKUNI APPROACH STAFF

Marine Administrative Message 629/10 was released Nov. 5 to give notification of a new languagelearning software available to service members, family and ci-

vilians through station libraries.
According to MARADMIN
629/10, the new MARADMIN
supersedes MARADMIN 228/10,
Rosetta Stone Online Foreign
Language Classes for Family Members and Other Eligible Library Patrons.

Due to the expense and inabil-Due to the expense and manity of Rosetta Stone to meet high usage demands, Marine Corps Community Service libraries replaced the software with Mango Languages, a language-learning software made free and available for everyone.

According to Jessica Ossiander, library technician, the lack of time restriction placed on the user to use the program is a benefit of Mango Languages.

Language-learners can use the software at their pace and leisure as many times as they like.

as many times as they like.

"People could only use (Rosetta Stone) for a limited amount of time," said Ossiander. "Six months was the limit. Whether they used it or not, they were done and couldn't use it anymore. With Mango, everybody can use it. There is no limit. It doesn't

The Mango Languages software is also available to any station library patron. An account with the library is the only requirement.

'Mango Languages is an online language program that is for everybody who uses the library whether they are stationed here or not," said Ossiander. "All they have to do is register with their own e-mail, their own password and then it asks for a library card number" number.'

Service members and dependents can also take advantage of Mango Languages at MCCS libraries on base, overseas or even while on deployment as long as they have access to the Internet.

"If somebody who is deployed

SEE MANGO ON PAGE 3

NCA cheer clinic gives Far East squads new moves



Matthew C. Perry High School Samurai cheerleaders Karly Chambers, Patricia Mojica, Lydia Pierce and Destynee Santiago prepare for a stunt as part of their team routine during the final competition of the National Cheerleading Association cheerleading clinic held at the Matthew C. Perry High School gymnasium

LANCE CPL. MIRANDA BLACKBURN IWAKUNI APPROACH STAFF

Twelve cheerleading teams and approximately 120 youth of the Department of Defense Dependents Schools-Pacific and Domestic Dependent Elementary and Secondary Schools-Guam made their way to Iwakuni for a weeklong NCA cheerleading clinic held at the Matthew C. Perry High School Gymnasium here Nov. 8-12 to progress as individuals and transport individuals and teams.

According to the Cheerleading Association Web site, NCA championships provide cheer teams with a company that

produces top-rate competitions.

They lead the industry in fairness, professionalism and allure while always honoring the primary role of school cheerleaders ... to promote school cheirleaders ... to promote school cheir spirit and cheer on their teams to victory.

The Daegu Warriors, Ernest J. King Cobras, Edgren Eagles, Guam Panthers, Kadena Panthers, Kinnick Devils, Kubasaki Dragons, M.C. Perry Samurai, Osan Cougars, Seoul-American Falcons, Yokota Panthers and Zama Trojans participated in the clinic.

Cheerleaders were taught cheers, dances, stunts and jumps, and focused on teaching

teamwork and leadership skills.

"Overall, they get to learn squad unity and spirit," said Andrea McGillen, the regional staffing director for NCA. "They learn how to be a leader in their community and in their school." and in their school.'

On the final day of the clinic, a competition was held to show what they had learned over the course of an intense week of training.

SEE CHEER ON PAGE 3

Station members tear through commissary aisles for prizes

LANCE CPL. CLAUDIO A. MARTINEZ IWAKUNI APPROACH STAFF

The station Exchange New Car Sales, in partnership with the station Defense Commissary Agency, hosted an Autumn Super Race Challenge at the Commissary here Saturday.

The challenge was a shopping cart race through the commissary aisles.
Capt. Michael Barriball, Marine Aviation Logistics

Squadron 12 airframes and aviation life support systems officer-in-charge, Sgt. Burton Breazeale, a MALS-12 production controller, and Alicia Saiki, an 11th grade student at Matthew C. Perry High School here, were chosen from a name drawing to participate in the race. Richard Dudley, E

Exchange New Car Sales representative, said the race allowed

SEE RACE ON PAGE 3



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

> $\mathrm{PSC}\ 561\ \mathrm{Box}\ 1868$ FPO AP 96310-0019

CHAPLAIN'S CORNER

an offer from the Navy Marine

interest-free loan to pay for my

from my command, shuttle bus

travel, annual leave approved

tickets to the airport, at least

three chaplains who expressed

care and concern, and coverage

for my normal work activities.

All I can say is, "Wow, what

morning I was on the way home

members and being with them as

we said goodbye to a good man.

experienced with my family was

We talked and talked about my

grandfather, looked at pictures

through old letters and articles

life well lived.

he had written and celebrated a

of him throughout his life, went

The warmth and love that I

incredible and very healing.

a team!" By 5 a.m. the next

and several jet-lagged hours

later, I was embracing family

Corps Relief Society to extend an

'Love and support in difficult times'

LT. ROBERT E. MILLS STATION CHAPLAIN

A few weeks ago, I received an e-mail from my dad. In it, he informed my brothers and I that our grandfather, his father, had passed away.

It was a sad message to receive even though my grandfather had lived a full life and had died in his sleep at the age of 94.

What greatly impressed me was what happened next.

As soon as they found out, the ladies at the Red Cross office got on the phones and computers, and within less than two hours, had generated an official Red Cross case number just in case I needed funding from the Navy Marine Corps Relief Society or

emergency leave. The Headquarters and Headquarters Squadron command element quickly approved annual leave for me, I didn't qualify for emergency

When we came together for the memorial service, the love was tangible as we sang, prayed, celebrated, cried and shared some really great food too. leave because my grandfather did not raise me, and within three hours I had tickets home, The reason I share this very

personal story with you is to let you know that here at Iwakuni, we take care of each other.

At some point in your tour here, something serious could happen at home in the states.

Whether it is the death of a loved one, a serious illness or some type of accident, we all are subject to these unpleasant and awful things.

What is really important is that we take care of each other.

I want to say a public thank you to those who supported me when I was grieving, and to those who made quick arrangements for me to get home where I could be with family.

When something bad happens to you, let us know so we can help get you home to be with your loved ones. Contact your chaplain or chain of command right away to begin the process. We'll take good care of you.

Leadership - Part 2: Recognition

RALPH B. MORA STAFF PSYCHOLOGIST BRANCH HEALTH CLINIC

Recognizing employees with incentive awards is probably the most flexible motivation tool we have as leaders.

Public recognition of superior ideas and outstanding individual and group performance helps build morale.

This can also help us as leaders to build and maintain a highly motivated and productive

organization.

Our subordinates will perceive that new ideas and high performance are welcome and valued. There are three categories of recognition: monetary, honorary and time off.

All are meant to serve as motivators for the

Effective use of awards requires consideration

of the nature of the contribution and the needs and interests of subordinates.

At times, it is more appropriate to grant an honorary award to someone for long and distinguished service, while a monetary award might be more appropriate for an individual's innovative idea or sustained superior job

All too often awards are granted without judicious consideration, especially in the area of performance awards.

This can lead to the impression that it is an entitlement.

Thus, it is important to grant awards only when they are deserved by those who have met the criteria, which should be clearly explained in writing.

This way, leaders will maintain their subordinates' confidence in the value and integrity of the awards granted.

What can you do to help prevent suicide?

APRIL LOMBARD
MATTHEW C. PERRY TEACHER

According to the Center for Disease Control, each year in the U.S. more than 33,000 die by

suicide.

Over the past couple of years the armed forces have seen a rise in suicide rates, and in 2009 the Marine Corps reported the highest suicide rate among the armed forces.

The good news is that suicide is often preventable.

Raising awareness, learning about risk factors and warning signs are the first steps to help reduce the number of deaths by

This summer I lost my father to suicide, and it has now become

through the silence and stigma surrounding this serious issue.

After my father passed, it became very clear how taboo this topic has become. Since no one really talks about suicide, I felt that I was now part of a small community of survivors. However, after speaking with friends and colleagues at work, I quickly learned that I was not alone.

Even in my small work community at Matthew C. Perry Elementary School, I discovered several colleagues that have been personally affected by suicide.

Why is it that we feel we cannot discuss suicide?

By not talking about suicide we are only adding to the stigma. In order to help prevent a suicide

my personal mission to break loss, we first need to be educated about risk factors and warning While most depressed people are

not suicidal, most suicidal people are depressed.

Some important risk factors to note are:
Psychiatric Disorders

At least 90 percent of people who kill themselves have a diagnosable and treatable psychiatric illnesses such as major depression, bipolar depression, or some other depressive illness, including:

■Schizophrenia

or drug abuse ■Alcohol particularly when combined with depression

■Posttraumatic stress disorder, or some other anxiety disorder

SEE SUICIDE ON PAGE 10

M.C. Perry hosts cheerleader clinic, takes most improved award for performance



The Zama Trojans perform their team routine during the final competition of the National Cheerleading Association cheerleading clinic held at the Matthew C. Perry High School gymnasium here Nov. 12. The Trojans took 3rd place in the Department of Defense Dependents Schools-Pacific and Domestic Dependent Elementary and Secondary Schools-Guam small-school division.

CHEER FROM PAGE 1

NEWS

The competition consisted of team routines as well as a Top Gun portion for individuals and small groups who wanted to compete in tumbling, stunting, dance and jumps.

Teams and individuals were awarded for their efforts in the competition.

Taking 1st place in the small-school division was the Edgren Eagles, followed by the Daegu Warriors in 2nd and the Zama Trojans in 3rd.

For the large-group Guam Panthers took 1st, followed by the Kadena Panthers and Falcons. Seoul-American

says they want an account, we can help them

set it up," said Ossiander. "That way every-

Once logged in, the Mango Languages Web-

site provides a simple platform for library

patrons to navigate through, which includes

a dashboard, list of courses, a translation

"Mango Languages is very straightforward," said Ossiander. "It's in English and it's a little bit more traditional."

Mango Languages offers 12 foreign language courses for English speakers.

The Foreign languages offered through Mango Languages include Arabic (Levan-

tine), Chinese (Mandarin), French, German,

Hebrew, Italian, Japanese, Korean, Por-

tuguese (Brazil), Russian, Spanish (Latin

Mango Languages also offers three English

MANGO FROM PAGE 1

body has access.

tool and support tab.

America) and Tagalog.

Falcons were awarded the Herkie TEAM Award, named after the founder of NCA for demonstrating the most unity, values, leadership, teamwork and sportsmanship.

'We have really learned so much from this year's camp," said Alexis Rabsatt, cheerleader for the Seoul-American Falcons. "We trust each other as a team now and have learned to count on each other. I am so proud of my entire

The M.C. Perry Samurai received the most improved award.They not improved on their skills and technique, but most of all in the confidence they

Seoul-American exuded by the end of the camp.
"They have all progressed

so much and done so well," said McGillen.

The NCA staff also nominated a select-few athletes that stood out above their peers for the All-American team. Nominees competed in one of six categories and an All-American cheerleader was chosen from each team making them eligible to try out for the NCA All-American team.

Overall, the clinic focused on building confidence, positive attitudes and teamwork, transforming individual cheerleaders into teams.

courses for Japanese, Korean and Spanish

According to the MARADMIN. Mango

courses are designed to teach beginner and

intermediate level language learners. Each

language course includes interactive listen-

ing, speaking, reading, and self-testing mod-

According to Marissa Krueger, library tech-

nician, each chapter takes about 10 minutes

to go through and covers very basic language

"It tells you what you're going to learn first and then it goes through the basics," said Kreuger. "It breaks it down in color and

Rosetta Stone is still available to service

For more information, contact the station

library by calling 253-3078 or stop by Build-

members online at www.marinenet.mil.

words and phrases.

makes it very easy."

ing 411. 3rd floor.

Squeeling wheels: Station residents burn rubber through commissary

RACE FROM PAGE 1

station DeCA and the New Car Sales to give back to the community during Military Appreciation

The DeCA and New Car Sales offered a \$250 DeCA gift certificate as the 1st place grand prize. They also offered a \$150 DeCA gift certificate for 2nd place and \$100 gift certificate for 3rd place. Approximately 400 community members submitted their names for a chance to participate

in the race Out of the three that were chosen from the 400. Breazeale was declared the winner of the competition at the end of the race.

Breazeale won the competition by collecting a total of \$896 worth of products.

"I came by (the day before) and just walked up and down the aisles and just looked at prices, said Breazeale. "I think that's what gave me my advantage."

The race was over as quickly as it started with the three competitors racing through the aisles.
"I thought (the race) went very well," said Dudley. "It was very exciting. They were really

moving out there.' The rules of the competition required competitors to fill their carts with different products while they raced down the aisles of the commissary with a time limit of 90 seconds Competitors were only allowed to fill their cart with two of the same item. The competitor who collected the total highest dollar value of items

at the end of the race won the competition. "This event was basically just to pay honor to our service members," said James Dellinger, station Commissary store director. "It was good for the car sales and the DeCA to come out and be able to do this joint effort just to show how

much we appreciate the service." The race is one of many events the station Exchange New Car Sales, station Commissary and station Marine Corps Exchange have offered

Exchange New Car Sales in partnership with the station MCX is also offering prizes to community members over the station radio. A trivia question is asked over on American Forces Network radio Power 1575 two times a month every other Thursday. The station member who answers the question correctly receives a \$25 gift certificate for the MCX.

It's nice to have all these extracurricular activity, command sponsored and (Marine Corps Community Services) events to really bring the base together as a family," said Breazeale.

For more information on upcoming Exchange
New Car Sales raffles and chances to win, call

Free language program offers more flexibility to learn

The Exchange New Car Sales and the MCX is planning to offer more raffles and chances for the community to win prizes later in the future.

"Approach" Corrections

■David Rasmussen, not Andrew Park, was the Yellow Jackets player most clearly pictured in the top photo ("Mighty Strikers kick Yellow Jackets out of playoffs," 11.5.2010 edition).

■The course being taught at the pool was MCIWS, Marine Combat Instructor of Water Survival, not MCITWS ("Marines get back to roots, hit pool for water combat," 11.12.2010 edition).

NEWS

MAG-12

McQueen IV, Kelly W. Reighter, Marcus A.

Lance Cpl. Chase, Tyler J. Garcia, Alice J. Juliana, Christopher A. Ordenana, Stephanie A. Pulliam, Caressa L. Sanders, Kyle M.

Cpl. Henderson Jr., Kevin A. Smallwood, Kendall K. SimonPerez, Rogelio A.

Sgt. Molano Jr., Larry J. Thomas, Taurean C.

MWSS-171

Lance Cpl. Barden, Dayne W. Boyd, Keisha L. Carolan, Daniel V. Cota, Richard A. Duer, Anthony S. Frampton, John P. Henbest, Ariel L. Ludrowsky, Craig R. Martinez, İsrael Merriman, Joseph K. Mullins, Nicketie L. Pijanka, Neil P. Truong, Quang D. Williams, Kevin L. Winskey, Cody M.

Cpl. Ebana, Donard M. Finly, Joshua A. King, Joshua B. Nelson, Phillip K. Schenkel II, Jay L.

Scott, Phillip B.

Sgt. Dudek, Derek M. Flores, Jacob A. Michel, Michael Rivera, Fernando A. Snell, Derrick Stoneberger, Jeremy W.

Staff Sgt.Bazile, Waner Burton II, Raymond J. Elsmeirat, Joseph H. Franklin, Adam H. Hall, David R. Lora, Felix A. Spinosi, Jonathan J. Suy, David Vargas, Ronald T.

Gunnery Sgt. Camarillo Jr., Bernie J. Jones, Joshua B.

Detachment Bravo

Fry, Austin W. Jimenez Jr., Carlos A. Renfro, John

Sgt. Cobb, Steven K.

MALS-12

Lance Cpl. Aguirre, Carlos X. Daza, David Dubose, Jeremy T. Escobedo, Carlos A. Gil Jr., Juan Haberman, Daniel K. Jennings, Justin T. ones Jr., Grady N. Noriega Jr., Felipe Quackenbush, Carl E. Ramos, Amanda A. Russell, Julia M.

Cpl. Brightwell, Brian K. Dobbs, Robert A. Gervais, Christopher M. Hanselman, Casey L. Mcmillian, Terrence A. Meza Jr., Roberto Penn, Spencer E. Phillips, William A. St. Pierre, Michael J. Wells IV, Lonnie Williams, Katia E.

Guerrero, Jimmy A. Lantz, Travis L. Wenck, Gregory L.

Staff Sgt. Burchett, Kristopher M. Cooley, Ross A. Debruyn II, Stephen F. Fuentes, Oscar Young, Shaquan

VMFA(AW)-242

Durazo, Nathan A.

Lance Cpl. Acuna, Travis A. Gillman, Wesley L. Gotobed, William J. Harper, Daniel L.

Artap, Marcjoseph A. Galvan III, Samuel Grisham, Keaton N.

Sgt. Katt, Joshua A. Kendrick, Roshan Pelletier, Joshua D. Seiverling, Adam L. Vivona, Marc J.

H&HS

Lance Cpl.
Bowens, Stephanie A.
Clukey, William M. Collins, Nathan J. Garcia, Christian Greenhill, Hannah E. Huston, James S. Martinez, Jose A. McKenna, Austin J. Mizrahi, Ashley Siemer, Ryan M. Sinclair, Jordan F. Snyder, Christopher M. Stephens, Daniel E. Trujilloabarca, Edgar York II, Edward C. Reyes, Leslie A.

Bass, Anthony G. Brenden, Jeffrey L. Brown, Brad E. Campbell, Joseph R. Guffey, Darren A. Hernandez, Jesus E. Kopasz, Ryan C. Lapan, Sean B. Lemon, Gregory L. Linder, Sean G. Mays, Jacob S. Myers, Andrew P. Nguyen, Tho B. Payne, Shanaya E. Shen, Cheng W. Venegas, Gabriela Williams, Robert M.

Henderson, Edwond M. Jones Jr., Gerard Laha, Anne M. Lettko, Michael L. McCourt, Patrick J. Saintfleur, Mike Tinsley, Matthew L.

Staff Sgt. Good, Bryce C.

Gunnery Sgt. Waiau, Ekewaka S.

CLC-36 Lance Cpl. Daniels, Siredward H. Kasperowski, Davin J. LandaverdeDiaz, Jose A. Miller, Spencer A. Neeley, James L. Schiner, Nicholas E. Thompson, Elizabeth T.

Cpl. Graham, Frederick A. Nguyen, Anh T. Regan, Steven E. Smith IV, Robert M.

Sgt. Bell, Richard M. Rogers, Christopher L.

Bridging the generation gap Has the Corps really gone soft?

THE IWAKUNI APPROACH, NOVEMBER 19, 2010

CPL. KRISTIN E. MORENO IWAKUNI APPROACH STAFF

In all my time in the Marine Corps, as short a time as it may be, I can't recall the number of times I've heard some older, higher-ranking Marines say the Marine Corps isn't what it used to be. They say this new generation of Marines does nothing but complain, they're too sensitive, don't like being called devil dog and know nothing of hazing. While there may be some truth to this, has this new generation somehow managed to weaken the image and strength of our beloved Corps? Has our Corps really gone soft?

Over the past several years, there has been a lot of talk about changing how basic training is run, and it's not just the Army or the Air Force, it's every branch of the U.S. armed forces. They're reducing the amount of physical training and yelling because with today's technology and the types of recruits now going through training, some senior officials feel it's no longer necessary or effective.

The deliberately harsh introduction to the military lifestyle, screaming drill instructors and rigorous physical training is meant to make service members strong, effective in combat and able to perform in the most stressful of situations. However, people are beginning to believe ever-changing technology lessens the need to be overtly brutal, which is leading to basic training ultimately going soft.

Obviously, these changes they're trying to implement are highly controversial, most often with those "salty" Marines.

The supervisor of training at Lackland Air Force Base, San Antonio, Texas, told Time Magazine during an interview that, "We're no longer the charge-the-beach, stogie-inthemouth, gracing hard decided." the mouth, cussing, hard-drinking, woman-chasing, World War II guy."

That's still how America portrays their Marines though. Is it not? If they saw some of the Marines who by some grace of God made it through basic training, weigh a buck-ten and play video games all day, they probably wouldn't be too confident in our warfighting

Yes, the Marine Corps is slowly beginning to move in a new direction, but change is good. The only thing negative about the process is those older Marines who are afraid of the change. They say, "Well, that's not how things used to be. We've always done it this

way." Does that necessarily make it right? Does that automatically mean it's the best possible solution?

Despite the generation gap and changes in the way things are done in the Marine Corps, Marines are still able to effectively lead their troops in war, just as the Marines of the past did, but in a new way. In no way has the leadership and quality of Marines decreased through the years.

On April 22, 2004, Cpl. Jason L. Dunham died in Bethesda, Md., after using his body to shield his comrades from a grenade explosion in Husaybah, Iraq, where he was serving in support of Operation Iraqi Freedom.

Because of his courageous and unselfish act, Dunham was posthumously awarded the Medal of Honor.

More than 17 Marines have been awarded

the Navy Cross, the second highest award given for extraordinary heroism while engaged in action against an enemy of the U.S., for their actions in the war on terror.

Pfc. Christopher S. Adlesperger, Lance Cpls. Dominic D. Esquibel, Todd Corbin and Joseph B. Perez, Cpls. Jason S. Clairday, Jeremiah W. Workman, Robert J. Mitchell, Jr. and Marco A. Martinez, Sgts. Scott C. Montoya, Anthony L. Viggiani, Aubrey L. McDade, Jr., Jarrett A. Kraft and Willie L. Copeland, III, Gunnery Sgt. Justin D. Lehew, First Sgt. Bradley A. Kasal, 1st Lt. Brian R. Chontosh and Capt. Brent Morel are some who have received the Navy Cross.

Did they not all display the same leadership traits as John Basilone, Daniel Daly or Smedley Butler? Did they not demonstrate the same core values by which we have al-

ways lived by?
We might not be the screaming, vulgarmouthed Marines with some undying need to kill people as the many Marines of the past have been portrayed, but we still follow the traditions that were set before us and we still look to the past for success in the future. We still have those same core values and leadership traits instilled into our heads and hearts, as proven by our recently fallen comrades, and we are just as loyal to God, country and Corps as ever.

That is what is important.
*Editors note: The Iwakuni Approach Staff welcomes commentary submissions. Please submit all commentaries to iwakuni.pao@ usmc.mil or in person at the Public Affairs

Sgt. Maj. Daniel Daly Nov. 11, 1873 - April 27, 1937





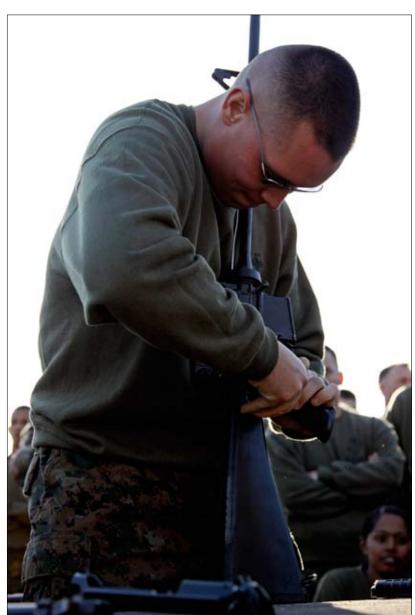






LANCE CPL. CLAUDIO A. MARTIN

Marines race through the casualty relay competition during the annual Marine Aircraft Group 12 field meet at the Penny Lake fields here Nov. 10. Other events included during the competition were soccer, ultimate Frisbee, tug-of-war and more.



LANCE CPL. CLAUDIO A. MARTIN

Cpl. Nicholas Roco, a Marine All-Weather Fighter Attack Squadron 224 armorer, disassembles an M-16 as part of the weapons disassembly and reassembly competition during the annual Marine Aircraft Group 12 field meet at the Penny Lake fields here Nov. 10. The field meet is held as an annual event by all MAG-12 units to celebrate the Marine Corps birthday.



LANCE CPL. CLAUDIO A. MARTINEZ

1st Lt. Harold Hamilton, Marine All-Weather Fighter Attack Squadron 242 intellegence officer, wrestles with Staff Sgt. Matthew Stuart, a VMFA(AW)-225 air framer, as part of the own-the-bone competition during the annual Marine Aircraft Group 12 field meet at the Penny Lake fields here Nov. 10. During the own-the-bone competition, two competitors, each representing his unit, would hold onto the handles of a bow-shaped iron and try to wrestle it free from his opponent's hand with one hand secured behind his back.



LANCE CPL. CLAUDIO A. MA

Marine All-Weather Fighter Attack Squadron 224 Marines struggle to win the tug-of-war competition during the annual Marine Aircraft Group 12 field meet at the Penny Lake fields here Nov. 10. Although the Marine Aviation Logistics Squadron 12 Marauders came out victorious in the tug-of-war, it was the VMFA(AW)-242 Bats who took the trophy and honors for the overall competition.

MAG-12 units face off in annual birthday ball field meet

LANCE CPL. CLAUDIO A. MARTINEZ IWAKUNI APPROACH STAFF

All through history, warriors who were brothers in arms faced each other in competitions that tested their strength and abilities.

The Greeks faced off during their well-known Olympic Games.

The Scottish warriors contended their skills during their annual Highland Games and Gatherings; and the Medieval knights of Europe would joust and face each other in sword tournaments

each other in sword tournaments.

Following the same tradition, Marines and sailors from squadrons who fall under the command of Marine Aircraft Group 12 gathered at the Penny Lake fields here for a field meet, which pitted them against each other in a friendly competition Nov. 10.

MAG-12 Headquarters, the Marine All-Weather Fighter Attack Squadron 225 Vikings, the VMFA(AW)-242 Bats, the VMFA(AW)-224 Bengals and the Marine Aviation Logistics Squadron 12 Marauders were all present at the competition.

"It's a team-building event in celebration of the Marine Corps' 235th birthday," said Col. Stephen G. Nitzschke, MAG-12 commanding officer. "It's an annual event that MAG-12 does to build esprit de corps and camaraderie."

The squadrons gathered at the Building 1 parade

deck here before the sun rose. After warming up and stretching in the cold morning, all five squadrons formed up for a short base run. Their motivated shouts and cadences echoed

through the station's streets as they jogged behind the scarlet and gold Marine Corps colors. Vehicles stopped and Marines in the street saluted

Vehicles stopped and Marines in the street saluted their flag as the long formation jogged by.

After the short run, the squadrons reached their destination at Penny Lake where the field was set for their competition.

The field meet was comprised of a weapons disassembly and reassembly competition, soccer games, ultimate Frisbee and more.

"(These friendly competitions) help conduct the war mission better," said Nitzschke. "If you know, trust and appreciate the people you work with, you are going to fight (alongside) them that much better."

Although the competition between the squadrons was intensely felt, the camaraderie between them

was equally apparent as they shouted friendly jeers at each other and laughed together.

"What happened here today was not just the spirit of competition, but Marines sharing their birthday and celebrating it in a motivating fashion," said Sgt. Maj. Karl Villalino, MAG-12 sergeant major.

With all the squadrons being warfighting units, the competition was a great way to enjoy themselves while strengthening their ties to accomplish whatever mission they might be faced with, he added.

The Marines and sailors fiercely faced each other as they raced through casualty relays and fought one another in own-the-bone competitions.

During the own-the-bone competition, two competitors, each representing his unit, would hold onto the handles of a bow shaped iron and try to wrestle it free from his opponent's hand with one hand secured behind his back.

The overall competition reached its climax with the final event: the tug-of-war. The squadrons yelled wildly in support of their competing members and in derision of their opponents.

Although the Marauders came out victorious in the tug-of-war, it was the VMFA(AW)-242 Bats who took the trophy and honors for the overall competition.

"It was a great time to get to know each other," said 1st Lt. Harold Hamilton, VMFA(AW)-242 intelligence officer. "I meet Marines, and I know they'll know my face and I'll know their face, and we're that much closer now. It's a good thing. We're cemented now."

Hamilton said it's very seldom all the squadrons can come together like this because of the high deployment tempo, and he appreciates the opportunity to bond with them.

After the field meet was over, amid all the friendly jeering and laughter, Villalino called the squadrons to silence and one Marine stepped forward to lead them in the Marines' Hymn.

The members of all five squadrons proudly stood at attention and sang each verse of the hymn as one voice. After the last line of the hymn was sung, the Marines broke off in cheers and screams of happy birthday before they walked off the field to continue their day.

They walked away with a stronger bond between them and some already looking forward to next year's competition.

-7:30 p.m. Nov. 28 in

several theaters located

in Iwakuni, Hiroshima

passes are available at

the four participating

theaters and the

and Fukuyama. One-day

Damah Film Festival in

Nov. 26 are 1,000 yen in

advance and 1,200 yen at

the door. Tickets for Nov.

27 and 28 are 1,500 yen in

advance and 1,700 yen at

the door. For information

about the event, visit

Weight Loss Support

Group
Weight loss support

group meetings are held on Mondays at 5

p.m. outside of Building

657. Service members,

family and civilians are

welcome to attend. For

more information, call

090-9147-0409 or e-mail

verasavage@gmail.com.

programs.html.

http://www.dama.jp/en/

Hiroshima. Tickets for

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



NEWS

MARJAH, Afghanistan — Lt. Col. James R. Fullwood, commanding officer of 2nd Battalion, 9th Marine Regiment, hands toys out to local Afghan children outside a shura during a clear, hold, and build operation, Oct. 21, in Northern Marjah, Afghanistan. The main purpose of the operation was established security for the construction of a new patrol base while conducting searches of local's compounds in the area. Locals were invited to

Marines conduct full-fledge clearing operation boosting security in Northern Marjah

LANCE CPL. ANDREW D. JOHNSTON REGIMENTAL COMBAT TEAM 1

MARJAH, Afghanistan

- Engines roaring, a massive convoy charged toward Sistani, a region in Marjah notorious for remnant Taliban fighters who harass the local population.

The enemy got the message. Without any resistance, 2nd Battalion, 9th Marine Regiment cleared the area, Oct. 21.

They set up a 360-degree security while Marine engineers converted an abandoned bazaar into a fully-operational outpost.

After setting security and beginning construction, the unit launched into the counterinsurgency operation.

Marine squads, partnered with the Afghan National Army, swept across the surrounding farmland and engaged the local populace one compound at a time.

Local villagers in the area Marines, welcoming them into their homes and allowing them to search weapons, bomb-making materials, contraband and Taliban propaganda.

"It was ANA led on all the searches of the compounds," explained 1st Lt. Jason M. Quinn, battlefield commander during the entries, and the operation was strictly non-kinetic. We used soft knocks to try and get invited in.

We searched the compounds with the families and invited them up to a security shura we were hosting to let them know what was going on."

At a nearby location, key Marine leaders addressed the locals concerns.

"We discussed the patrol base we were building and how it would affect them, their crops, and improve security as well," said Quinn. "They all understood it, and they all agreed on why we were searching their compounds.

The outcome and the number of local nationals who got involved in the area is the most we have ever seen.

The atmospherics were very, very positive.

Throughout the day, Marine engineers constructed walls, guard posts and vehicle entry points. The abandoned bazaar began to take the form of fully-

operational patrol base.
Sgt. Michael E. White, the lead combat engineer with 2/9 during the construction in Sistani, said every Marine lent a helping hand, contributing to one of the fastest builds he has seen here.

Cpl. Phillip J. Hargrave, a

operation. "There were no forced combat engineer attached to 2/9, more smoothly than anyone expanded on White's comments and talked about how smoothly things went for his team.

"We executed everything very efficiently, productively and progressed in a timely manner," said Hargrave. "By the time we were on site and started, we completed our task within 14

By the end of the operation, children were seen running up to Marines who were handing out candy and toys in an area that was virtually a ghost town due to enemy activity weeks prior.

There is a lot of Taliban in that area, which a lot of elders and families fear," said White. "Based on what I know, the patrol base is going to provide the needed security to local nationals there, hopefully allowing the families and children to move more freely and attend schools. It should allow elders the opportunity to be involved in more shuras and key leader engagements in hopes of putting the Taliban on the move."

With as many moving parts as the operation had, Quinn said the outcome was phenomenal -a result he attributed to quality planning, good timing and excellent cooperation shown by the locals

Quinn said the operation ran

anticipated, especially based on the amount of enemy resistance they have encountered there before.

"Everybody that participated brought something special, some unique characteristic and combatmultiplier to the mission," said Quinn. "Everybody, from the female engagement team all the way to our non-kinetic fire teams, had something to offer.

For 2/9, Operation Sistani had added meaning. Not only does it disrupt terrorist activity in the region, it's a reminder of the sacrifices made by men of the battalion. Dubbed Patrol Base Zaehringer, it's a tribute to the late Sgt. Frank R. Zaehringer, an assaultman with Weapons

Company.

Zaehringer made the ultimate sacrifice, Oct. 11, while conducting combat operations in Northern

"It's hard work out there, and everyone came together," said White. "Every Marine, regardless of MOS or rank, was in there, participating and making that place strong and stout just like the Marine he was.

In Sistani, smiling children and merchants slowly return to the streets once inhabited by the ghosts of Taliban oppression.

COMMUNITY BRIEFS

Three-Club Scramble

Win a turkey. Take three clubs and a partner to play at Torri Pines Golf Course 8 a.m. – 1 p.m. on Saturday. For more information, call 253

Provost Marshal's Office

The PMO Community Relations Office has new hours of operation for fingerprinting, flight-line access, passport reentry stamps, and the lost and found. New office hours are from 7:30 to 11:30 a.m. daily.

American Red Cross

The American Red Cross is offering an adult, child, infant first aid and CPR course from 8:30 a.m. -4:30 p.m. Dec. 4. There is also a Baby Sitting Course available from 9 a.m. - 3 p.m. Dec. 11. For more information, call 253-5715.

Holiday Tree Lighting Ceremony

Looking for Santa

Exchange needs a volunteer to be Santa for this holiday season. To fill out a form, stop the Marine Corps Community Services Human Resources office on the 2nd floor of the Crossroads Mall. For more information, call 253-5715.

The Damah Film Festival p.m. Nov. 27 and 10 a.m.

The ceremony will be at Cherry Blossom Triangle from 5 - 7p.m. Nov. 27. There will be cookies, cider and hot chocolate. Prizes will be raffled during the event. For more information, call 253-3727.

The Marine Corps

Damah Film Festival

is scheduled to run 7-10p.m. Nov. 26, 10 a.m. – 10

Hours The Thrift Store will be

Thrift Store Holiday

closed Nov 26

Stuffed Animal Collecting The Boys & Girls Club here is collecting used or new stuffed animals for Iwakuni area and stateside children until Dec. 10. Animals may be dropped off at the Youth and Teen Center.

Kuragake Castle Festival

The Kuragake Castle Festival will be held Sunday in Iwakuni City near the JR Kuga train station. The parade starts at 11:30 a.m. Come enjoy the Japanese culture Iwakuni has to offer.

Day After Thanksgiving

Party Come enjoy free snacks and have fun at the Marine Corps Lounge Thanksgiving party from 12-2 a.m Nov. 26. Open to all single and unaccompanied service members. For more information, call 253-

Thanksgiving Day Buffet

All unaccompanied and single service members may eat 12 - 6 p.m. Thursday at the Club Iwakuni Grand Ballroom. For more information, call

Recruiting 2010 Gospel Christmas Concert

Recruitment has begun for the choir in the 10th annual Christmas concert. For practice times, call 090-4104-1541

Brief Submissions

To submit a community brief, send an e-mail to iwakuni.pao@usmc.mil. Include contact name, phone number and the information you would like published. You may submit vour brief in per son at the Public Affairs Office, Building 1, Room 216.The submissions deadline is 3 p.m. every Friday. Submissions will run the following Friday on a space available basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

Chapel Services

Roman Catholic

4:30-5:15 p.m. Confession 5:30 p.m. Mass

Sunday 8:30 a.m. Mass 9:45 a.m. Religious Education

11:30 a.m. Weekday Mass Tues. - Fri.6 p.m. Inquiry Class for adults Wednesday

Protestant

Saturday

9:30 a.m. Seventh-Day Adventist

Sabbath School 11 a.m. Seventh-Day Adventist

Divine Worship 9:30 a.m. Sunday School, Adult Sunday

Bible Fellowship 10:30 a.m. Protestant Service

11 a.m. Children's Church 6 p.m. Awana (Bldg. 1104) 6:15 p.m. Adult Bible Study

Church of Christ

9:30 a.m. Bible Study (small

chapel) 10:30 a.m. Worship Service

(Capodanno Hall Chapel)

Latter Day Saints

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

- · 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.

Nov. 20th National Survivors of Suicide Day

Do you feel like you are dealing with a suicide loss alone? Please know that you are not alone! Join other survivors at the Yujo Hall multipurpose room 1 - 2 p.m. Nov. 20. This will be an opportunity to connect with other survivors here on base. Light refreshments will be served. For more information, please contact April Lombard at 253-2545 or e-mail a-tran@hotmail.com.

SAKURA THEATER

Friday, November 19, 2010 7 p.m. Easy A (PG-13)

Premier 10 p.m. Devil (R)

Saturday, November 20, 2010

1 p.m. Alpha and Omega (PG) 4 p.m. Hereafter (PG-13) 7 p.m. The American (R)

Sunday, November 21, 2010 1 p.m. Alpha and Omega (PG)

4 p.m. Easy A (PG-13) 7 p.m. Devil (R)

Monday, November 22, 2010 7 p.m. The Resident Evil (R)

Tuesday, November 23, 2010 7 p.m. Takers (PG-13)

Wednesday, November 24, 2010 7 p.m. Hereafter (R)

Thursday, November 25, 2010

4 p.m. Megamind (PG) Premier 7 p.m. The Town (R)

FOR THE MONTH OF NOVEMBER, ADMISSION IS FREE FOR ALL ACTIVE DUTY PERSONNEL AND VETERANS.

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.

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CLASSIFIEDS

1994 Toyota Corsa Complete with CD player. JCI good until October 2012. Asking for \$500. For more information, call 253-7716.

Honda Prelude

Vehicle is in great condition. Seats 4. Has 2 doors and sunroof. Air conditioner and heat works great. JCI good until June 2011. Asking for \$1,500 OBO. For more information, call 080-3557-3430.

Mess Hall Menu

Monday

Bean with bacon soup, shrimp gumbo soup, Caribbean flounder, countrystyle steak, steamed rice, macaroni and cheese, hush puppies, broccoli combo, calico cabbage, dinner rolls, potato salad, cucumber and onion salad, standard salad bar, peanut butter brownies, double-layer marble cake with butter cream frosting and banana cream pudding. Specialty Bar: Pasta

Tuesday

Tomato soup, vegetable soup, lasagna, roast pork, au gratin potatoes, whole kernel corn, mixed vegetables, toasted garlic bread, cream gravy, countrystyle tomato salad, coleslaw, standard salad bar, cherry pie, Boston cream pie, andoatmeal raisin cookie. Specialty Bar: Taco

Wednesday

French onion soup, cream of broccoli soup, baked tuna and noodles, breaded pork chop creole, garlic-roasted potatoes, carrots, steamed mixed vegetables, dinner rolls, mushroom gravy, cabbage, apple and celery, three bean salad, standard salad bar, chocolate-chip cookies, Dutch apple pie and devil's food cake with butter cream frosting.
Specialty Bar: Barbecue

Thursday

Manhattan clam chowder, split-pea soup, chicken parmesan, Italian sausage, buttered pasta, ovenbrowned potatoes, eggplant parmesan, cauliflower gumbo, alfredo sauce, marinara sauce, garlic bread with cheese, macaroni salad, mixed fruit salad, standard salad bar, sugar cookies, German-chocolate cake and banana cream pie with whipped topping. Specialty Bar: Deli Bar

Friday Chicken-noodle soup, cream of mushroom soup, Southern-style fried catfish, savory-baked chicken, frenchfried cauliflower, macaroni and cheese, candied sweet potatoes, Southern-style greens, jalapeno corn bread, cream gravy, potato salad, country-style tomato salad, standard salad bar, coconut raisin drop cookies, doublelayer Florida lemon cake with butter cream frosting and chocolate cream pie. Specialty Bar: Hot Dog

Travel Counselor

CWTSatoTravel has a travel counselor position available at the government travel office here. This position is responsible for booking air, car and hotel reservations for military travelers in official duty status using the SABRE CRS. Desirable for the candidates to have travel agency or airline experience, and SABRE CRS experience.

Knowledge of government travel regulation is also preferred. Send all inquiries and resumes to mkenat@cwtsatotravel.com. No phone inquiries.

SUCIDE FROM PAGE 2

Past history of attempted suicide

Between 20 and 50 percent of people who kill chemselves had previously attempted suicide. Those who have made serious suicide attempts are at a much higher risk for actually taking

Genetic Predisposition

Family history of suicide, suicide attempts, depression or other psychiatric illness. Neurotransmitters

A clear relationship has been demonstrated between low concentrations of the serotonin metabolite 5-hydroxyindoleactic acid (5-HIAA) in cerebrospinal fluid and an increased incidence of attempted and completed suicide in psychiatric patients.

Impulsive individuals are more apt to act on suicidal impulses.

- Demographics

 Sex: Males are three to five times more likely to die by suicide than females.
- ■Age: Elderly Caucasian males have the highest suicide rates.

While some suicides occur without any outward warning signs, most people who are suicidal do give warnings. Below are some key warning signs to keep in mind. Observable signs of serious depression:

■Unrelenting low mood

- ■Pessimism
- ■Hopelessness
- Desperation
- ■Anxiety, psychic pain and inner tension
- ■Withdrawal and not wanting to participate in family or social activities

Items for sale

Toddler bed (new) - \$60.

Superhero squad 4-piece toddler bedding set

For more information, call 080-3557-3430.

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

- ■Increased alcohol and/or other drug use
- unnecessary risks
- ■Threatening suicide or expressing a strong wish to die

- such as poisons or medications
- ■Unexpected rage or anger

of these warning signs please seek help.

- \blacksquare Chaplain 253-3371
- Finally, please know that if you are a survivor

of suicide you are not alone. Saturday is National Survivors of Suicide

There will be a brief meet and greet 1–2 p.m. in the multi-purpose room at Yujo Hall. other survivors here on base.

Health, U.S. Centers for Disease Control, American Foundation for Suicide Prevention, and USMC-MCCS Suicide Prevention.

MCCS and Commissary Holiday hours

Typhoon Motors Gas Station

Nov. 24: 8 a.m. – 6 p.m.

Dec. 25: Closed

Jan. 1: Closed

Dec. 24: 10 a.m. – 6 p.m.

Dec. 25: Closed

Jan. 1: 10 a.m. – 6 p.m.

North and Southside Marine Mart

Nov. 25: 6:30 a.m. – 8 p.m. Dec. 24: 6:30 a.m. – 11 p.m. Jan. 1: 6:30 a.m. – 11 p.m.

Nov. 25-26: Closed

Crossroads Food Court

Nov. 25: 7 a.m. – 8 p.m.

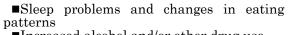
■Pizza Hut:

Soba Express, Subway, Taco Bell:

Nov. 25: Closed.

Miscellaneous

Ad Submissions



- ■Recent impulsiveness and taking
- ■Making a plan
- ■Giving away prized possessions
- ■Sudden or impulsive purchase of a firearm ■Obtaining other means of killing oneself

If you or someone you know is displaying any

By speaking up, you could be saving a life. There are several ways to get help on MCAS Iwakuni base. Please contact one of the

- following offices: ■Medical 253-3445
- MCCS Family Services 253-4526
- ■Military & Family Life Consultant 090-6005-8412 or 090-6654-2351

This will be an opportunity to connect with

Light refreshments will be served

Sources: National Institute of Mental

Nov. 25: Closed Dec. 24: 8 a.m. - 6 p.m.

Dec. 31: 8 a.m. – 6 p.m.

Marine Corps Exchange

Nov. 25: Closed

Dec. 31: 10 a.m. – 6 p.m.

Dec. 25: 6:30 a.m. – 8 p.m. Dec. 31: 6:30 a.m. - 11 p.m.

Commissary

Nov. 22: 10 a.m. – 7 p.m.

■Burger King

■KFC Express Nov. 25: Holiday Meal pick-up only

Nov. 25: 11 a.m. – 8 p.m.
■Crossroads Cafe, Gorilla Juice Bar,

Paul Torres, quarterback for Da Freaks, holds the ball out for a touchdown after a ten-yard scramble during an Intramural Flag Football game at the Penny Lake football field here Monday. Da Freaks blew the Wreckin

Da Freaks come out at night, bash Wreckin' Crew 37-19

THE IWAKUNI APPROACH, NOVEMBER 19, 2010

CPL. SALVADOR MORENO IWAKUNI APPROACH STAFF

Crew out of the water with a 37-19 beat down before the game was called due to the mercy rule.

The Wreckin' Crew took on Artemis in a Intramural Flag Football game at the Penny Lake football field here Monday.

defeated the Wreckin' Crew 37-19 with just under two minutes left in the game. "We are no longer Artemis; we are Da Freaks and we are coming for you," said

Paul Torres, quarterback and safety for Da

Artemis, now calling themselves Da Freaks,

If a team is ahead by 18 points at the second half two-minute warning. The game ends due to the mercy rule. With just over a minute left in the game, Da Freaks allowed Wreckin' Crew to score a touchdown just to

extend play for a couple of minutes.

That play alone pretty much told the story of the game. The story being Da Freaks controlled the game on both sides of the ball not leaving any chance for the Wreckin' Crew to

contend.
With first possession of the ball Da Freaks set the tempo by scoring on their first play of the game on a 60-yard touchdown pass to take a 7-0 lead after the extra point conver-

"We wake up and piss excellence, defecate greatness and wipe with success," said Samuel Graviet, wide receiver and cornerback for Da Freaks. The Wreckin' Crew got the ball on its own

With possession of the ball again, the beating continued with another touchdown scoring drive ending with a failed extra point conversion to extend the lead to 13-0.

20 and managed to get to mid-field at the 40-yard-line before turning the ball over on

It was clear as water that if the Wreckin' Crew wanted to stay in the game that they needed to put something on the board with less than 10 minutes left in the half.

After a few ball moving plays the Wreckin' Crew was within scoring distance sitting on Da Freaks 20 and second and goal. Byron Johnson, quarterback for the Wreckin' Crew, improvised a guarterback sneak for six to make it a 13-6 game.

Johnson made an interception on Da Freaks 35 and once again they were in scoring distance. After a few failed plays the Wreckin' Crew was faced with a fourth and goal situa-

tion in which they converted

Following the touchdown

for six again to nearly even the score. By this point, down by one, they simply went for the tie just before half and converted the extra point conversion with a bootleg

run by Johnson to even the game at 13-13. Da Freaks didn't want to go into the half tied or even giving the illusion that this was going to be a close game, so with 1:15 on the clock Torres aired one out to Graviet to connect for a 50-yard touchdown to regain the

lead 19-13. "I feel like it was easy," said Graviet. "We just had more talent."

The second half of play wasn't too beneficial for the Wreckin' Crew as they didn't get anything going early on.



Randy Bascom, quarterback for Wreckin' Crew, loses his footing as he scrambles for a first down during a losing effort against Da Freaks at the Penny Lake football field here Monday. Da Freaks routed the Wreckin' Crew 37-19 utilizing the mercy rule. For Da Freaks it was an entirely different

story. They put up two more touchdowns to take a commanding lead of 31-13 with 7:18 remaining in the game. Due to the mercy rule Da Freaks were all shouting "let them score" as the Wreckin'

Crew was faced with a fourth and goal with only 3:35 left in the game. The players all realized with the two-minute warning coming soon it was in their best interest to allow the points to continue the

The Wreckin' Crew scored making the game 31-19; however, with less than two minutes left in the game, Da Freaks put another one in the end zone to end the game by mercy



Now Accepting Applications

Apply Now!

Now -**December 23**

For more information: www.mccsiwakuni.com/hr **253-3030**

