

THE IWAKUNI APPROACH

Issue No. 3 Vol. 6 | Marine Corps Air Station Iwakuni, Japan

Ironman Competition challenges Marines, sailors | Pg. 6 & 7



LANCE CPL. BENJAMIN PRYER

An Ironman Team Competition athlete touches the top of the obstacle course rope climb here, Jan. 18, 2013. Challenges included: 400 push-ups, the obstacle course, and then a resupply run while answering knowledge questions along the way. The competition was held in commemoration of the battle of the Chosin Reservoir, with the winning team scheduled for a flight by Lt. Col. Frederick L. Lewis, Headquarters and Headquarters Squadron commanding officer, to Korea for a professional military education trip this weekend.

Private businesses open for station residents

Lance Cpl. Nicholas Rhoades
IWAKUNI APPROACH STAFF

Most Marines, sailors and spouses have hobbies, but some wish to take their hobby to the next level and make money while helping the community.

This not only puts a little extra cash in their pocket, but helps to bring a specific service to the station.

"Privately-owned businesses bring the community together through helping each other with services that aren't already provided here, either through Marine Corps Community Services or other means," said Staff Sgt. Victor T. Delaflor, administration law chief with Headquarters and Headquarters Squadron.

There are many rules and regulations for privately-owned businesses operating either on or off base, which station residents need to be aware of before setting up a business.

"MCCS must sign off on all private businesses and won't allow any competition between privately owned businesses or the services they already offer, but (here at legal) we try to provide viable options for people to create their businesses," said Delaflor.

There are many rules to follow when setting up a

SEE BUSINESS ON PAGE 3

Kiosk helps speed up employment process

Lance. Cpl. J. Gage Karwick
IWAKUNI APPROACH STAFF

Marine Corps Community Services is implementing a new employment kiosk in the Crossroads Mall here to simplify the employment process.

Not only will the kiosk quicken the employment process, it's also designed to make seeking a job easier and less stressful.

"MCCS wanted to make sure that all applicants and/or current employees have a more convenient means to research and pursue their next career goal," said Jaime M. Wallace, MCCS Director of Non-Appropriated Funds Human Resources. "With the help of the Marketing and Design Departments, the kiosk was developed. The food court was the best location based on the operating hours and high visibility."

The kiosk uses the program PeopleSoft, to

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SAMURAI
Boy's basketball dominates | P. 4



MAINTAIN
Fenders, wheels and engines | P. 5



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Discipline through pain | P. 11





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CHAPLAIN'S CORNER

'This is my body'

Lt. Fulgencio L. Legaspi
H&HS STATION CHAPLAIN

When you hear the statement, "This is my body," what comes to mind?

"This is my body, it's mine." "This is my body, I am responsible for it." "This is my body, I have to take good care of it." "This is my body, I have to respect and love it."

These are the few thoughts which enter my mind. I am sure you have your own.

Of all the living creatures on this planet, only we humans can express clearly in our words and thoughts the statement, "This is my body." Animals and plants, on the other hand, don't express

this statement in words thoughts.

The human body is amazing. It can take care of itself. For example, it is amazing that cuts and wounds heal on their own.

One time, I cut open my left thumb and a large portion of my skin was taken off, including my fingerprint. Several days later, my skin and fingerprint were restored because of the miracle of healing.

Our body has the power to repair itself with the process of cell regeneration. There are many amazing things which happen in our bodies. The body we have is the one we have to nourish with good food, sleep and regular exercise. In addition to this, we must pray and meditate to become fit and have a healthy body.

I know a person who said a long time ago, "This is my body." By uttering these words, he was

thinking of a noble purpose. His purpose was to give his body in order to give life to others. I am talking about Jesus.

"While they were eating, Jesus took bread, said the blessing, broke it, and gave it to his disciples saying, 'Take and eat; this is my body.'" (Matthew 26:27).

What a great person Jesus is and what a lucky person he who receives his body is.

Saint Paul said our body is sacred personal property: "Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body." (1 Corinthians 6:19-20).

Whether we are Christian or not, it is always ethical that we take good care of the body we call "my body." Make that body "semper fit" meaning "always fit!"

All Six School Participation

Free Admission 入場無料

M.C.Perry High School
米海兵隊前国航空基地
M.C.ペリーハイスクール

M.C.Perry Elementary School
米海兵隊前国航空基地
M.C.ペリーエレメンタリースクール

Iwakuni Municipal Kawashimo Elementary School
岩国市立川下小学校

Iwakuni Municipal Marifu Junior High School
岩国市立麻栗布中学校

Otake Municipal Otake Junior High School
大竹市立大竹中学校

Suo-Oshima Town Municipal Wada Elementary School
周防大島町立和田小学校

Play

U.S.-JAPAN Friendship Concert in IWAKUNI

日米交流合同コンサート

Sat, 2 Mar 2013, 2:00pm
Doors Open at 1:00pm

Sinfonia Iwakuni 1F Concert Hall
1-1-1, Mikasa-machi, Iwakuni-shi, Yamaguchi-ken

Access

- About 10 minute walk from JR Iwakuni Station.
- About 5 minute walk from Mikasa Bridge bus stop.
- About 20 minutes by car from JR Sanyo Shinkansen Shin Iwakuni Station.

To avoid traffic congestion, please use public transportation.

【POC】Local Coordination Division, Planning Department, Chugoku-Shikoku Defense Bureau / Tel 082-223-7153

- Hosted by Chugoku-Shikoku Defense Bureau
- Supported by Iwakuni City, Iwakuni City Board of Education and MCAS Iwakuni
- Co-sponsored by Yamaguchi Prefecture, Otake City and Suo-Oshima Town
- Sponsored by Defense Facilities Environments Improvement Association and Japanese American Society

WHAT'S THE POINT?

Pro gun control, Anti-crime

Lance Cpl. Nicholas Rhoades
IWAKUNI APPROACH STAFF
COMMENTARY

The issue of stricter gun-control laws has become a very hot topic for Americans over the past few months.

One of the biggest arguments used against gun control is the misconception, "If you outlaw guns, then only the outlaws will have guns."

According to americansforgunsafety.com, "... guns start out legal. Then they enter the black market one way or the other. So if you have less legal guns then there will be fewer guns entering the black market and consequently fewer outlaws owning guns. Nations with very strict gun-control laws, such as the United Kingdom, Australia, and Japan have much lower gun crime rates than the U.S. The most probable explanation for this is criminals in the U.S. have much greater access to guns due to less gun control.

Saying 'If you outlaw guns only the outlaws will have guns' is very misleading and completely absurd.

People who are against gun-control laws often use the statistics that Washington D.C. has very strict handgun control laws, but has failed to serve their purpose.

According to Colin Loftin, Ph.D.,

David McDowall, Ph.D., Brian Wiersema, and Talbert J. Cottey, M.S. of the New England Journal of Medicine, In Washington D.C., the adoption of the gun-licensing law coincided with an abrupt decline in homicides by firearms (a reduction of 3.3 per month, or 25 percent) and suicides by firearms (reduction, 0.6 per month, or 23 percent).

No similar reductions were observed in the number of homicides or suicides committed by other means, nor were there similar reductions in the adjacent metropolitan areas in Maryland and Virginia.

There were also no increases in homicides or suicides by other methods, as would be expected if equally lethal means were substituted for handguns.

In a world wrought with increasing violence and senseless slaughter, the opportunity to help stop such tragedies by enacting gun control laws is an obvious choice.

Americans should be allowed the freedom to feel safe and protected in their homes, schools and everywhere else in their community, a freedom that will be brought to fruition through stricter gun control laws.

Gun control doesn't reduce crime rates

Lance Cpl. B. A. Stevens
IWAKUNI APPROACH STAFF
COMMENTARY

Following the Sandy Hook Elementary School shooting, a big push for new reform regarding current gun control laws is at the forefront.

When President Obama took office in 2008, he stated he wouldn't push for new gun

laws, but instead reinforce already existing ones.

People who are going to commit acts of violence with a firearm aren't going to follow gun control laws. For example,

it is illegal to carry a concealed weapon inside an elementary school in the state of Connecticut, but that didn't stop the Sandy Hook Elementary shooting.

One idea which has been thrown around is a possible registry database for all weapons.

This is just going to be a greater inconvenience to people who actually follow it and the people who are committing the crimes aren't going to submit their weapons to a national database.

Most guns used in crimes are stolen, either from homes or gun dealers. Who in their right mind thinks someone who stole a gun

is going to report it to a national database?

Washington D.C. passed some of the strictest handgun laws in the nation more than 25 years ago, but the laws have failed to serve their purpose.

Street crimes involving handguns didn't decrease. In retrospect, all the law did was waste time and money in our court systems.

Twenty-five years after the ban, Washington D.C. has a death rate of 46.4 per 100,000 but just across the river in Arlington, Virginia the death rate is a mere 2.1 per 100,000.

President James Madison once said "A government that does not trust its law-abiding citizens to keep and bear arms is itself unworthy of trust."

The only thing that is going to stop a bad guy with a gun is a good guy with a gun.

Gun control doesn't work, statistics show that. It may work in other countries, and that is great for them, but it doesn't work in America and it never will.

It's the same concept of parents being too strict on their children, it leads to rebellious and poor behavior.

The harder the United States government clamps down on gun control, the higher crime rates will rise.

VS

KIOSK FROM PAGE 1

incorporate a user-friendly interface, making it easier to use for those who are not familiar with electronic employment opportunities.

"The Kiosk is designed to be user friendly and intuitive for those seeking employment, applying for a specific position and inquiring the status of their application," said Wallace.

Due to the online applications, the kiosk helps eliminate some of the nervousness of the ever-dreaded first interview, also allowing numerous features to help the potential future employers know their potential future employee.

"The kiosk is a huge benefit to air station residents," said Wallace. "Based on the ability to apply for jobs online and at their own pace in a centralized location. The kiosk is one part of a larger online streamlining of the employment process. The steps involved in the hiring process have decreased, while eliminating the need to

visit the employment office during open hours. Applicants and employees will be able to create a personalized homepage to track job search activities online, search for jobs by keywords and update information."

The kiosk is not limited to certain jobs or age groups.

"Kiosk users will have all MCCS vacant positions," said Wallace. "These include NAF full time positions, part time, flexible, child youth and teen and crafts and trade positions."

Many station residents have already found success in the use of the kiosk.

"I'm comfortable with using PeopleSoft, so it was easy," said Michelle R. Cox, kiosk user. "I liked it because you can go through the process at your speed and can apply to jobs privately. In less than five minutes, my resume was already saved on my MCCS profile, so I think that quickened the process."

With the goal of employment in mind, the kiosk, located

BUSINESS FROM PAGE 1



LANCE CPL. J. GAGE KARWICK
A station resident uses the employment kiosk located in the Crossroads Mall. It is designed to be user-friendly, allowing job seekers to build a portfolio to apply to all levels of employment.

privately owned business. Fortunately, there is already a step-by-step process set in place to help station residents start up their business.

"In order for someone to set up a privately owned business, they need to first come here to the legal office and fill out an On-Base or Off-Base Business Application Form," said Delaflor.

The process may take two weeks to complete and informs hopeful entrepreneurs which services are available to help privately-owned businesses.

Some of these services include advertisement options and business space.

Out of the numerous business options available, some of the most common professions include photography, candle sales and personal fitness trainers.

Danielle Archambault, a station resident and business owner for the past seven months, has her privately owned business selling fitness shakes.

The goal of her business is to help station residents get in shape and perform at their best.

She says her business is running great and hopes to pass it on in the future in order to continue helping other station residents.

in the Crossroads Mall is currently up and running and awaiting its next possible future employee success story.



ASHLEY STARNES

The Matthew C. Perry High School boys Samurai set up in a 1-3-1 defense during their game against the Kinnick High School Red Devils Jan. 11, 2013. The defense was especially strong on Friday night, holding the Red Devils to 40 points. The Samurai went on to win the game 55-40 in front of a packed gym.

Samurai boys extinguish red hot devils 55-40

Ashley Starnes
IWAKUNI APPROACH
INTERN

January 11, 2013, was one of the most anticipated nights of the entire high school basketball season. The Nile C. Kinnick High School Red Devils endured a thirteen hour bus ride from Yokosuka Naval base to play the Matthew C. Perry High School Samurai basketball team. Although Kinnick high school is a Division 1 school with almost 700 students, nearly triple the number of Perry's 250 students, the Samurai were not deterred by Kinnick's pool of students, talent and overall selection in athletes.

Those statistics clearly weren't a threat for the Perry boys. Although the starters for the Devils visibly beat the Samurai in height and muscle, the Samurai stole the game from the very beginning. Perry led the first quarter 14 - 10, and the points only multiplied from there. The Samurai held a continuous lead of almost 20 points, ending the game with a score of 55-40.

Perry starting players and brothers Jon and Sam Cadavos directed the court, as well as the score board. Sam and Jon both received the honorable title "All Far East" last basketball season and they continued to show that same leadership Friday night. Jon led the board with 27 points and Sam followed close behind with 15.

The game was certainly a victory in the coaches' eyes.

"We wanted to prove to our community that although we're a small school, we can compete against Division 1 schools, and we definitely did that," said Dwayne Pigge, Samurai basketball coach.

The game proved to be exciting as every inch of the bleachers was filled by exuberant onlookers.

"Having that many people cheering you on motivates

you to just try that much harder," said Toshiaki Primus, Samurai basketball starter and senior. "Winning felt so good, I've never experienced having a full crowd cheering after a win."

However, the win was much more significant than an "exciting game" to some.

"We are a pretty good team because we're the smallest school in the Pacific and we beat a school that has around 700 kids, and that's a big deal," said Jon Cadavos. "I think that when schools come and play us, they won't take us lightly anymore. They'll show us respect because we earned it."

Team captain and junior DQ Bernard said that although his expectations have always been high, he expects his Samurai to push even farther.

"I hope for our team to be more fearless," said Bernard. "Some of the boys play basketball against the Marines on their spare time to better their game. As captain, I would want my whole team to play with men in order to help them improve."

Jon Cadavos also explained that he feels his team is on the right track for the Far East Tournament at Camp Zama, Japan, February 22, 2013.

"I feel that we can go far in the tournaments that we're going to participate in," said Jon. "We have really good chemistry for a first year team together and we're also close off the court."

As for the rest of the season, the boys said they are especially looking forward to the Far East Tournament at Camp Zama.

"I hope for the team to bring the banner home," said Pigge. "It's been 16 years for Perry boys' basketball. With the boys I have, at least four of them have been playing together for two to three years. It's important to bring the banner home and we have just the right team to do it."

The last home games for the Samurai basketball teams are Feb. 1 and 2.



ASHLEY STARNES

Matthew C. Perry High School sophomore Jon Cadavos drives to the basket for a layup against the Kinnick High School Red Devils Jan. 11, 2013. Cadavos was the top scorer of the game with a total of 27 points, leading the Samurai to a 55-40 win.

CLC-36 maintains station vehicles

Lance Cpl. Nicholas Rhoades
IWAKUNI APPROACH STAFF

Vehicles are highly important during operations and exercises, and it is vital for Marines with the maintenance division of Combat Logistics Company 36 to be capable of repairing any vehicle that needs it.

Maintenance Marines with Marine Wing Support Squadron 171 constantly deploy on a variety of training missions and are able to fix a majority of vehicular problems. But for the tough fixes, they rely on the experience and specialized capabilities of CLC-36.

"(MWSS-171) maintains their vehicles up to second echelon, while we handle the third echelon repairs," said Chief Warrant Officer 2 Aaron T. Isaac, CLC-36 maintenance officer. "We also help them out with second echelon repairs when their work flow starts getting backed up."

The maintenance Marines of CLC-36 not only repair broken gear, but also focus on preventative maintenance to make sure when they send out a vehicle to the field, it is in top shape and ready for anything.

"First, the motor transportation operators will take a look at the vehicle and see if they can fix small repairs while in the field. These are mostly the first echelon repairs," said Lance Cpl. Douglas A. Rojas, CLC-36 motor transportation mechanic. "Then, if they cannot fix the problem, or they just can't find it, then they will send it up for second echelon repairs."

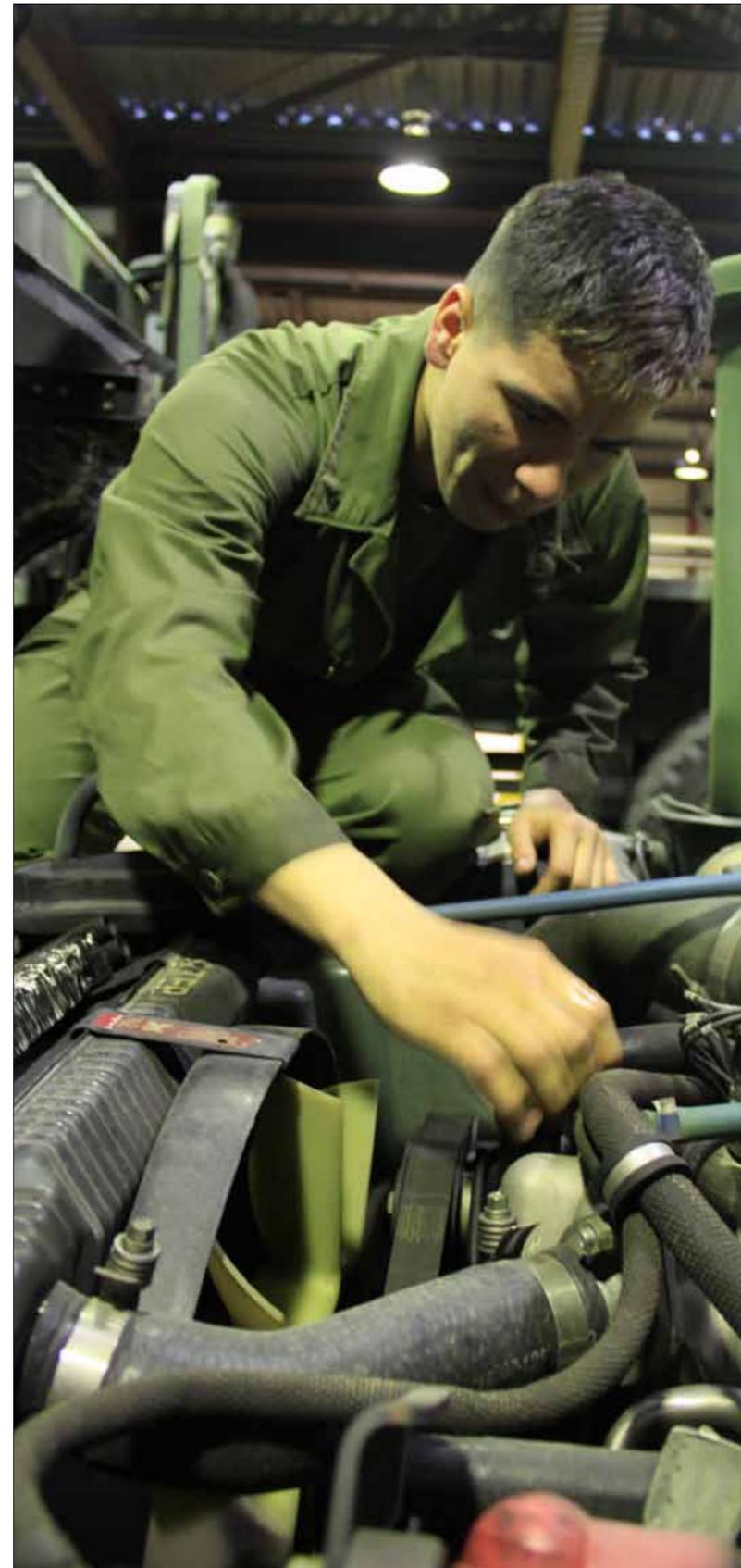
Second echelon repairs are most often made in the field and will often fix the problem. But when it doesn't work, it is labeled as a third echelon repair and given to the Marines of CLC-36.

"When we get (the vehicles), they usually have some sort of serious problem and need maintenance on critical parts," said Rojas.

The maintenance division at CLC-36 is home to a variety of military occupational specialists, including motor transportation operators, mechanics, and welders along with many others, which gives them the experience and skills to work on a diverse assortment of vehicles and gear.

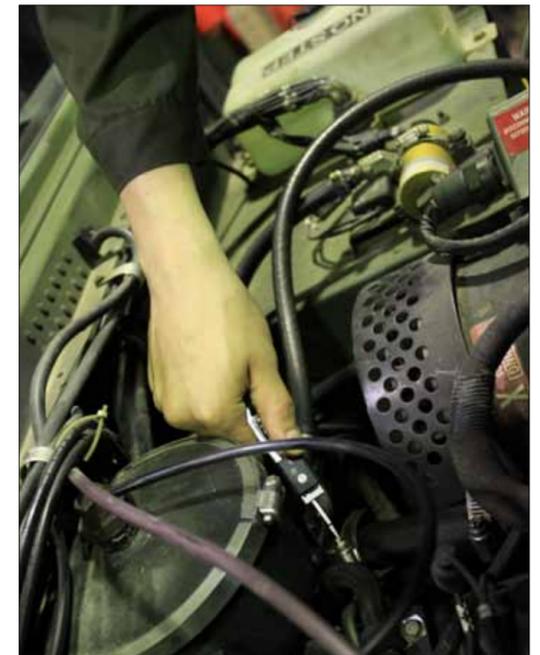
"Mostly we work on different troop/cargo trucks, (Medium Tactical Vehicles Replacement) or the 7-tons you always see," said Rojas. "We can also fix a bunch of other gear like generators, heavy equipment, and pretty much anything that they send our way."

CLC-36 maintenance division is made up of a diverse group of Marines who all work together, bringing their own specialized training that allows CLC-36 to be a well-oiled and adaptable unit.



LANCE CPL. NICHOLAS RHOADES

Lance Cpl. Douglas A. Rojas, a Combat Logistics Company 36 motor transportation mechanic, performs standard checks on an assortment of vehicles used by CLC-36 and Marine Wing Support Squadron 171, Jan. 17, 2013. The vehicles are used during various deployments year round throughout the Pacific. MWSS-171 uses these vehicles for training in Australia, Guam, Tinian, and a multitude of other training grounds, but also keeps the vehicles prepared to deploy anywhere around the Pacific.



LANCE CPL. NICHOLAS RHOADES

Lance Cpl. Douglas A. Rojas, a Combat Logistics Company 36 motor transportation mechanic, performs standard checks on an assortment of vehicles used by CLC-36 and Marine Wing Support Squadron 171, Jan. 17, 2013.

MARINES, SAILORS BATTLE TO BE IRONMAN CHAMPION

Lance Cpl. Benjamin Pryer
IWAKUNI APPROACH
STAFF

Headquarters and Headquarters Squadron Marines pushed through pain and discomfort in the frigid morning air Jan. 18, 2013, to strengthen brotherly ties and relish in healthy rivalry during the Ironman Team Competition. "Today, we did this in remembrance of those Marines, sailors and soldiers who went before us in the Korean War," said Gunnery Sgt. Anthony Melton, H&HS squadron gunnery sergeant. "This morning it was around 38 degrees. This event in particular gives the Marines kind of a taste of what those Marines before us went through and the standard that they set." Teams battled it out in several timed events, starting with a 400 push up challenge, fighting to get a grip on the wet bars and logs of the obstacle course, then ending with a grueling resupply run.

commanding officer. "It's important to get people out and enjoying some physical activity and building camaraderie."

The air traffic controller team proved itself the most dedicated to winning, coming in first with minutes to spare before the next competitors.

"We won because we have heart, every one of these guys has heart," said Cpl. Mark Villione, H&HS air traffic controller. "You don't have to be the strongest person in the world, you don't have to be the fastest person in the world; if you have heart, then you can do it."

While the satisfaction of healthy competition is enough for many Marines and sailors, winners will also receive a scheduled educational trip to Korea and the demilitarized zone, in honor of the "Frozen Chosin," and to learn more about the history of those Marines who fought so valiantly.

"These Marines are going to be able to go to the DMZ and peer across and see North Korea, they'll be able to feel the tension in the air," said Lewis. "It's not something in a book; the Chosin Reservoir is our history, but we're living part of that history right now."



Lance Cpl. Justin Coverdale, Ironman Team Competition participant, cheers on Lance Cpl. Ronald Watts, Ironman Team Competition Participant, during the Ironman Team Competition, which started at the obstacle course here, Jan. 18, 2013.

LANCE CPL. BENJAMIN PRYER



LANCE CPL. BENJAMIN PRYER

Ironman Team Competition athletes fight to reach the top of the obstacle course rope climb here, Jan. 18, 2013. Teams were challenged by having to execute 400 push-ups, complete the obstacle course, and then perform a resupply run while answering knowledge questions along the way. During the resupply run, teams had to carry water jugs, sand bags, plastic rifles, ammunition cans and a stretcher. The last leg of the run required teams to carry a designated "casualty" as well.



LANCE CPL. BENJAMIN PRYER

(Left) Lance Cpl. Douglas Do and Lance Cpl. Mason McGerry, Ironman Team Competition participants, climb over a wall as a part of the obstacle course here Jan. 18, 2013. The competition was held in commemoration of the battle of the Chosin Reservoir. Winners will receive a scheduled educational trip to Korea with Lt. Col. F. Lance Lewis, Headquarters and Headquarters Squadron commanding officer, as the pilot.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Reserves receive first MV-22 Osprey squadron; looking for good Marines

Sgt. Ray Lewis
U.S. MARINE CORPS FORCES
RESERVE

EDWARDS AIR FORCE BASE, Calif. — Marine Forces Reserve has never had a V-22 Osprey squadron—until now. Marine Medium Helicopter Squadron 764 transitioned into the Reserve's first Marine Medium Tiltrotor Squadron during a three-part ceremony here Jan 12, 2013.

"It was kind of one big last event to say goodbye," said Lt. Col. David A. Weinstein, commanding officer of VMM-764.

The event started with a change of command where Lt. Col. Scott A. Craig, a CH-46E Sea Knight pilot, relinquished command of HMM-764 to Weinstein, an Osprey pilot.

"It has been a busy two years supporting operations and executing the transition plan of action," said Craig, about the tiltrotor transition. "But it's opening doors with the Osprey and we did our best to set those guys up at Miramar."

Weinstein gladly accepted the torch, and said he is very eager to demonstrate the capability the Osprey can provide for the 4th Marine Aircraft Wing. After Weinstein took command, the re-designation ceremony began.

"Over the past 48 years, the CH-46 has flown every clime and place around the world," said Brig. Gen. William Collins, commanding general of the 4th MAW. "It has supported our Marines literally everywhere. It served a mark in our legacy. It has been tested under fire in countless conditions. It's delivered combat troops, supplies, MEDEVACs and has earned the title of the 'battle frog.' We will never forget."

The CH-46 was flown in Vietnam, Iraq and Afghanistan. It's hardworking. It has saved a lot of Marine and sailor lives, said Navy Capt. Josh M. Lieberman, a Reserve flight surgeon.

The ceremony reflected on the history of the CH-46 and the future of aviation with the tiltrotor capability.

"This last year marked a significant milestone... as we just past 100 years of Marine aviation," Collins said. "How fitting it is to go into this 101st year with another milestone, and that milestone is for this squadron to transition to a new aircraft."

The Marines of the squadron agree.

"We were the last to fly on the CH-46 in the Reserves and the first to transition to a new aircraft," said Sgt. Jacob L. Anthony, an Active Reserve aviation operations Marine. "It feels historical."

Sgt. Maj. David M. Dyess, sergeant major of VMM-764, said the transition has been a little tough, but the change opens a new door for a new generation of

Marines.

"I had a Marine who is going to school to be a V-22 crew chief come up to me yesterday and say that he enjoyed the school and is looking forward to working on the Osprey," Dyess said. "It is a learning curve for the Marines but once they get in, it will be an excellent opportunity to carry grunts around."

After the re-designation ceremony came the official relocation of VMM-764 from Edwards AFB to Marine Corps Air Station Miramar, also in California. But they couldn't leave without a thank you and goodbye to their brothers and sisters in the Air Force.

For more than 13 years, the airmen here have provided Marines with outstanding overall support, said Collins. "We have established relationships that, at this point, we are sad to see go. But as always we will remain friends, and we look forward to seeing you all in the future."

Weinstein said the Marines of the squadron are very excited to relocate, get started, get airplanes and get flying.

Although VMM-764 is officially a tiltrotor squadron, the unit has to establish programs, obtain qualifications and pass inspections before it can receive the V-22 Osprey -- the first delivery is expected in November 2013. The unit plans to be a fully operational tiltrotor squadron by mid-2014. The Marine Corps will transition the one remaining Reserve CH-46 squadron, HMM-774, to a tiltrotor squadron by 2017.

"As we transition to the V-22, the airplane itself has a new capability... that has taken us to the next chapter of Marine Corps history," Collins said. "It, right now, is providing our commanders across the globe... an unprecedented level of performance in the tactical, strategic... and operational options for our commanders. We look forward to the transition of this capability within 4th MAW."

The Marines who stayed with the squadron are Active Reserve Marines who lateral moved from CH-46 to V-22.

That only left VMM-764 with a fraction of what the unit needed. The tiltrotor unit now needs to fill 70 percent of their enlisted Selected Marine Corps Reserve slots.

Marine recruiters are looking for V-22 specialists for airframes, avionics, general support equipment, flight equipment and the seat shop to send to school over the next couple years, he said.

Marines interested in affiliating with VMM-764 should contact the prior service recruiter at Site Support Miramar at 858-577-8345.



SGT. RAY LEWIS

Lt. Col. Scott A. Craig, commanding officer of Marine Medium Helicopter Squadron 764, relinquishes command to Osprey pilot Lt. Col. David A. Weinstein, during a change of command and re-designation ceremony at Edwards Air Force Base near Lancaster, Calif., Jan. 12, 2013. After Weinstein took command, HMM-764 was re-designated to Marine Medium Tiltrotor Squadron 764. The unit's move to Marine Corps Air Station Miramar will be complete Jan. 18, 2013.



SGT. RAY LEWIS

Helicopter pilot Lieutenant Col. Scott A. Craig, commanding officer of Marine Medium Helicopter Squadron 764, renders a final salute during a change of command ceremony at Edwards Air Force Base near Lancaster, Calif., Jan 12, 2013. Craig relinquished command to Osprey pilot Lt. Col. David A. Weinstein before HMM-764 was redesignated to Marine Medium Tiltrotor Squadron and relocated to Marine Corps Air Station Miramar.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Substance Abuse Prevention

If you or anyone you know struggles with substance abuse or for more information on services provided, please contact the Substance Abuse Counseling Center at, 253-4526 or visit Building 411 Room 219.

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 designed to assist with short-term living expenses up to \$300, interest free 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.

Lending Locker Program

The Lending Locker Program is available to provide small home appliances and utensils for incoming and outgoing command-sponsored members for up to 60 days inbound and 30 days outbound. A copy of PCS orders are required to check out items, and the program is by appointment only. The Lending Locker is located in Building 411, Room 101. Appointments are 8 a.m. - 3:30 p.m. For more information, call 253-6161.

Off-limit Establishments

The following establishments in Iwakuni and Hiroshima are hereby off-limits:
• The multi-tenant building "NOW." Tenant occupant's names change frequently. Past names for this building include

Ran, Massage Parlor, Welcome American, Follow Me and F-18.
• Hiroshima's Tougan Goods Company.
• Spice Ecstasy
4-4 Nagarekawa, Naka-ku Hiroshima City, Japan
• Buri Buri Nomi
1-18 Horikawa-cho, Naka-ku Hiroshima City, Japan
• Joint
3-22 Yayoi i-cho Naka-ku Hiroshima City, Japan

Emergency Phone Numbers Reminder

Put these numbers in your wallet and phone:
• 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.
• Sexual Assault: To make a confidential report of sexual assault or harassment, contact the victim advocate at 253-4526 during working hours. For afterhours, weekends and holidays, call 090-9978-1033 or 080-3427-0835. You can also call the installation Sexual Assault Response Coordinator at 253-6556 or 080-5865-3566.

Brief and Classified Submissions

To submit a community brief or classified advertisement, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, a phone number and the information you would like to be published. You may submit your community brief or classified advertisement in person at the Public Affairs

SUPER BOWL XLVII NEW ORLEANS

Meet NFL Cheerleaders available for photos and autographs. Enjoy our free breakfast buffet. Win prizes throughout the game.

FEBRUARY 4, 2013
CLUB IWAKUNI BALLROOM
PRE-GAME 6 AM
FREE ADMISSION

Amway SUMIBI YAKINIKU KURAYA KIKUTEI

Office, Building 1, Room 216 or you may call 253-5551. Please provide all the requested information to simplify the

request process. The deadline for all submissions is 3 p.m. every Friday. Submissions will run the following Friday.

MCAS Tax Center: Fast & Free Tax Service

Free Federal Income Tax Service

The MCAS Iwakuni Tax Center will open Monday, Feb. 5, 2013. The Tax Center is located on the first deck in Building 608 at the Station Judge Advocate's office. Hours of operation will be Monday - Friday 8 a.m. to 4 p.m. and Saturdays in March from 8:00 a.m. to noon by appointment only.

Tax filers need to bring the following:

- Proof of a valid social security number or ITIN Numbers for both the tax filer and all dependants claimed on this year's tax return
 - W-2 (wage and tax statement)
 - Form 1099 (interest statements from banks earned on savings or checking accounts)
 - Child care expenses
 - Records reflecting spousal or child support payments
 - Mortgage interest statement
 - Individual retirement account (IRA) contributions
 - Dividends, interest, and capital gains and losses from the sale of stocks, bonds or property
 - Charitable contribution records
- The general deadline for filing your tax year 2012 federal income tax return is April 15. For those stationed outside the continental U.S. the deadline is June 15.**

Officer and Spouses' Club to host 10th Annual Asian Antiques, Furniture Auction

The MCAS Iwakuni Officer and Spouses' Club will host its 10th Annual Asian Antiques and Furniture Auction in the Club Iwakuni Ballroom Feb. 2, 2013.

Each year, the OSC hosts an auction as a way to raise scholarship money for Matthew C. Perry High School seniors and active duty military spouses. One hundred percent of the money raised goes toward scholarships.

The Auction brings one-of-a-kind items from all over Asia, including decorated porcelain, lamps, hand-tied rugs, clocks, carved jade, silk screens, wall hangings, artwork and unique furniture of all shapes and sizes. Doors open at 12:30 p.m., with a preview of the silent auction starting at 1 p.m. The live auction will start at 2 p.m. There will be several door prizes, plus free food while you shop. A \$5 paddle fee will be charged at the door. Cash payments for purchases will also be encouraged with a raffle.

The OSC respectfully requests no children under age 12 accompany you to the event, since many of the items on auction are breakable. Babies in arms are okay, but please, no strollers.

For more information about the Asian Antiques and Furniture Auction or if you are interested in volunteering to help, please email Jamie Tippit at jamieblake@gmail.com or "Like" The OSC on Facebook at "McasIwakuni Osc."

INFOTAINMENT

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

Mon. — Thurs. 11:30 a.m. Weekday Mass

Protestant

Sunday 9:30 a.m. Lutheran Service
10:30 a.m. Protestant Service
10:30 a.m. Children's Church
10:30 a.m. Church of Christ Meeting
1 p.m. Contemporary
5:30 p.m. FLOW (Youth Group)

Monday 7 p.m. Men's Bible Study

Tuesday 9 a.m. Ladies' Bible Study
5 p.m. Working Women Bible Study

Wednesday 10:30 a.m. Ladies' Tea
5:45 p.m. AWANA (Bldg. 1104)

2nd Saturday 7:30 a.m. Men's Discipleship

Bahai Sunday 11 a.m. Bahai Meeting

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

Photo of the week



LANCE CPL. TODD F. MICHALEX

The Hiroshima Atomic Bomb Dome is illuminated amid the shadows in Hiroshima, Japan, Jan. 12, 2013. If you would like to submit your own photo, you can submit to the Public Affairs Office by e-mailing them to iwakuni.pao@usmc.mil or submit them in person at the Public Affairs Office in Building 1 Room 216. Entries will be judged by the Iwakuni Approach Staff and the top selection will run in the next edition of the Iwakuni Approach. For more information call 253-5551.

SAKURA THEATER

Friday, January 25, 2013
7 p.m. Playing for Keeps (PG-13)
10 p.m. Killing Them Softly (R)

Monday, January 28, 2013
7 p.m. Red Dawn (PG-13)

Saturday, January 26, 2013
4 p.m. Rise of the Guardians (PG)
7 p.m. Red Dawn (PG-13)

Tuesday, January 29, 2013
Theater closed

Sunday, January 27, 2013
4 p.m. Life of Pi (PG)
7 p.m. Gangster Squad (R)

Wednesday, January 30, 2013
Theater closed

Thursday, January 31, 2013
7 p.m. Killing Them Softly (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 \$3/ Ages 6-11 are \$1.50/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

253-5291

THE IWAKUNI APPROACH CULTURAL LESSONS



CPL. VANESSA JIMENEZ

The common Japanese diet is filled with seafood. It's everywhere you go in Japan, from the world's finest sushi shops to simple street vendors.

Japanese rank tenth in world population and eat six percent of the world's fish harvest, 81 percent of it is fresh tuna, and a significant chunk of all salmon, shrimp, and crab. Japan also imports more seafood than any other country and caught 4.2 million metric tons of fish in 2008.

Japanese consume approximately 8.1 million tons of seafood per year. This amounts to an approximate \$22.2 billion seafood industry in Japan alone.

According to research

conducted by The University of British Columbia, Japan comes in second in catch and consumption of fish, behind only China. The United States places third on the list.

Japan is also home to the world's most expensive fish. A Bluefin Tuna was sold for approximately \$1.8 million at Tokyo's Tsukiji Market recently.

It was sold to the owner of a chain of sushi restaurants that claims to be Japan's first 24 hour, 365 days-a-year sushi bar.

Japan is also leading the world in finding new ways to avoid overfishing. Overharvesting of certain species has led to endangered populations.



LANCE CPL. BENJAMIN PRYER

Willie Dearinge, Open Bench Press Competition athlete, performs a bench press during the competition, which took place inside the IronWorks Gym Sports Court here, Jan 19, 2013. Athletes competed in their specific weight classes and were judged by how much total weight they were able to lift in three attempts.

Japanese, U.S. athletes compete during Open Bench Press Competition

Lance Cpl. Benjamin Pryer
IWAKUNI APPROACH STAFF

The sound of heavy metal thundered throughout the gym as athletes forced their bodies to their limits during the Open Bench Press Competition, inside the IronWorks Gym Sports Court here, Jan. 19, 2013.

"This is a great opportunity for people who like to bench press," said Abe Roman, bench press competition judge. "It's a popular exercise and a great opportunity to be able to come out and showcase people's strength."

While each individual's efforts were reflected in their total amount of weight lifted during the event, the benefits of such a competition carry on through a person's physical and mental state.

"Strength means self-confidence, self-confidence breeds success," said Roman. "Why do people want to improve at anything? Again, self-confidence breeds success. Yes, there is pain, but at the end of the day, there is a goal."

A total of 23 servicemembers, dependents and Japanese

nationals participated in the event.

The athletes were broken up into their respective weight classes and were judged by the total amount of weight they were able to lift in three attempts.

The overall male winner of the contest was Atsuo Kozuki, who totaled 640 kilograms, 1,408 pounds, with his three lifts.

Being stationed in Japan and having open competitions such as this provides an opportunity for Japanese nationals to participate, which strengthens the bond between the U.S. and Japan.

"(My trainer and I) came from Tokyo, and we just happen to know Mister Abe Roman from our Japanese national championship," said Atsuo. "It was through him that I found out about being able to participate in the events on base, which is a very rare opportunity for a Japanese civilian to visit the base."

Atsuo also said he looked forward to being able to bring



LANCE CPL. BENJAMIN PRYER

Makoto Kawate performs a bench press during the Open Bench Press Competition, which took place inside the IronWorks Gym Sports Court here, Jan 19, 2013. Athletes competed in their specific weight classes and were judged by how much total weight they were able to lift in three attempts.

more members from his gym to the station, in the hopes of having more fun and enjoyable times with servicemembers.

"You don't have to be strong to participate in these events, it's

just for the fun," said Atsuo. Including this event, SemperFit hosts two bench press competitions annually, as well as a powerlifting contest.

The Iwakuni Time Machine

In the Jan. 31, 1992, issue of the Torii Teller, Marines reported on the tax benefits for Gulf War veterans, the Shuhodo Cave and the arrival of Marine Fighter Attack Squadron 115 from Marine Corps Air Station Beaufort, S.C. The issue highlighted Staff Sgt. Defraties, the armory chief for Combat Service Support Detachment 36 as well as Matthew C. Perry Elementary 1st graders visiting the Provost Marshalls Office here.

Torii

Marine Corps Air Station
Iwakuni, Japan



Teller

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VMFA-115 Arrives