



IWAKUNI APPROACH

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Canine unit trains to maintain efficiency

LANCE CPL. KRISTIN E. COTE
IWAKUNI APPROACH STAFF

Four dog handlers and two canines from the Provost Marshal's Office canine unit completed an hour-long training exercise Jan. 9 at the station flight line.

The aircraft customs sweep training was held to maintain unit efficiency and improve the skill sets of the handlers and their devoted canine partners.

When an aircraft lands on the station from another country, the canine unit must conduct a search to ensure the aircraft is safe to stay until its next scheduled departure.

Aircraft lands and the canines have to go through the process about twice a week, said Lance Cpl. Andrew Buckley, dog handler with the PMO canine unit. The dogs may get complacent from doing the routine so often, so practice exercises where there are actually things for the dogs to find helps to keep them efficient.

During the training, various objects were concealed within the different compartments of the aircraft. The canine entered the aircraft, sniffing around to find the objects as the handler followed.

Upon completion of the task, the dog and handler exited the aircraft and the objects were concealed once again for another trial.

We try to make the training as realistic as possible, for both the handlers and the canines, said Sgt. Ryan S. Baer, kennel chief trainer.

It's important for the handlers to get used to different search areas and get comfortable with the process in a controlled situation because you never know what



Sgt. Ryan S. Baer, a dog handler at the Provost Marshal's Office here, searches the outside of an aircraft with his military working dog during a customs sweeping exercise Jan. 9.

may happen in real life and what obstacles may occur.

This training is just a fraction of the training the canine unit will undergo this month. Every day

they will be doing a small portion of training, simulating different scenarios in order to train the dogs sensibly and keep them prepared for future incidents.

All public pools closed indefinitely

■ Station waiting for pool facilities to be safeguarded per new DoD standards

PFC. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

All swimming pools on the station here are closed indefinitely due to a new U.S. Department of Defense order that came into effect Dec. 19, 2008.

The Congressionally-enacted Virginia Graeme Baker Pool and Spa Safety Act requires the installation of anti-entrapment drain covers and eviscerations in all public pools and spas to keep American families safe.

Stephanie Brown, the aquatic director at IronWorks Gym said that Marine Corps Community Services safety, MCCS Supplies, Station Safety, and Station Facilities have all been working together to get the necessary drain covers and eviscerations as outlined in the Act to re-open the pools on the station.

The drain covers are a measure, as stated by the act, to prevent the entrapment and drowning of children by pool or spa drains.

The public law also states that all public pools be closed until fitted with unblockable drains so no human body can block it enough to create suction.

In addition, the pools will remain closed until they are fitted with

SEE **POOLS** ON PAGE 3

Phone office offers online bill-paying

LANCE CPL. KRISTIN E. COTE
IWAKUNI APPROACH STAFF

Waiting in long lines and inconvenient hours of operation at the station telephone office have always been a hassle for those who typically work 9-hour days, but the telephone office now offers a solution.

In addition to paying bills in

person or dropping off a check in the drop-box during after hours, the office now offers an online bill-paying service at no additional charge.

"It's difficult to pay the phone bill because of my work schedule, so paying online will make it easier for me to make my payments on time," said Cpl. Nicholas Rickert, an air traffic controller.

The process of getting the online billing system set up started around November 2008. The service was not successfully started until January 2009.

The office added this service to facilitate the customers, said Chief Warrant Officer Roger A. Escobar, station telephone officer.

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CHAPLAIN'S CORNER

'Resolutions or goals?'

LT. J.G. ROBERT MILLS
STATION CHAPLAIN

Well, the gifts are unwrapped. The Christmas goose (or chicken at Iwakuni) has been eaten. The services attended, the trees taken to the trash rooms and so on. Now what?

Right around this time of year, most people make a list of resolutions — usually a laundry list of things that they want to start doing or stop doing. Some examples are: "I will stop eating chocolate," "I will work out at least 20 minutes a day — three days per week," "I will stop yelling at the dog (or kids, or spouse)," etc... By the way, you and I both know that most of these resolutions are broken before January is done. So what can we do to make the New Year more successful than the last year?

I would like to propose a different type of New Year's resolution. Instead of just

making a laundry list of things you would like to do or not do this year, I invite you to take a look at four great goals for 2009.

Make 2009 a year when you seek wisdom. In the Hebrew Scriptures, young King Solomon took the throne of his father, King David. God asked Solomon what he wanted and Solomon did not ask for riches or fame — he asked for wisdom. In the process of gaining this wisdom, Solomon became probably the most rich and perhaps the most famous person in the world at the time.

Renew your relationships with God this year. When King Josiah took the throne of Israel, he repaired the ancient temple and renewed the covenants between Israel and their God. He capitalized on the most important relationship there is — that saving, loving relationship between God and people. Reaffirm your faith in 2009.

In the Christian Scriptures

there is a story of a man named Saul. Saul was on a crusade to stamp out the followers of Jesus and had successfully prosecuted many. On the way to Damascus to capture more Christians, Saul met the glorified Jesus on the road. He was immediately changed and became such a completely different person that even his name was changed. Saul (now Paul) immediately began sharing his new joy with other people.

In 2009, we too can share the things that make us happy with others. Jesus himself performed his first miracle at a wedding in the tiny Galilean village of Cana. He turned water into wine so that the bridegroom at the feast would not be embarrassed by the fact that he had run out. Jesus blessed the family relationships by performing this miracle first in his work on earth.

So we have four things that we can do in 2009 to make us better people: seek wisdom, renew or restore our spiritual relationship, share our joy with others and strengthen our families.

These are my goals for 2009 — may God bless your year too!



Inbox

F-bombs spread verbal shrapnel

In the short time that I have lived here, I have been bombarded with profanity spewed forth in the most casual manner. On the base shuttle, I've had to ask young ladies in uniform to please refrain from using the "F" word in the presence of my daughter and myself. When having lunch with my daughter, the man at the table directly behind ours also peppered his conversation with the expletive. I was particularly shocked that after apologizing to us, he resumed his conversation with his lunch partner to reveal that he also had a daughter! When working out in the gym, two young ladies came in complaining about a conflict within their peer group, and again, the "F-bomb" was dropped! These are only three examples of the many times I've had to hear others flagrantly using profanity in public areas.

I would like to ask my fellow residents here to please be considerate of others when in common areas and public places. While I certainly do not believe

in censoring one's freedom of expression, I do believe in common courtesy. The person next to you may not want to hear your offensive language. The child nearby should not learn those words either. Please be kind and considerate and respectful of others and in turn, you will be treated accordingly, as opposed to receiving annoyed looks and requests for you to modify your speech. In closing, I would like to leave this thought, "Profanity is the attempt of a lazy and feeble mind to express itself forcefully."

— Angela Boleyn

Re: Command's Perspective

Marines are expected to be as professional and courteous as possible at all times. Civilians, women and children shouldn't have to be exposed to that every time they go to the Crossroads. Unfortunately, being on a Marine Corps base, you're going to hear it from time to time.

— Sgt. Maj. Gerard J. Calvin,
H&HS sergeant major

Corps Question

Q. Where do I go to begin filing my taxes for 2008?

A. The station tax office, located next to the Provost Marshal's Office here, is slated to open for business Feb. 2. Taxpayers should bring their social security card and W-2 form.

Station pools closed until further notice

POOLS FROM PAGE 1

a system capable of providing vacuum release — should someone be entrapped by the suction of the pool or spa drain.

Brown said that there is no time frame for when the station pools will re-open.

"It sucks," said Essence Robinson-Laboy, a local resident and swimmer at station pools.

Like many swimmers anticipating the summer months,

Robinson-Laboy had just selected a new bathing suit and took the news as a real inconvenience.

"We're doing everything we can," said Brown.

Brown said all the key players have met and are taking steps to make the pools on the station safe and ready for use as per the Pool and Spa Safety Act.

Outlined in the safety act is a research study that shows that in 2004, 761 children, 14-years-old and under, died as a result of

unintentional drowning and that the installation and proper use of barriers and vacuums could substantially reduce the number of childhood drowning and near-drowning.

The Virginia Graeme Baker Pool and Spa Safety Act is named after the granddaughter of former Secretary of State James Baker who died in a dreadful incident June 2002 after the suction of a spa drain trapped her under water.

New: online phone bills

BILLS FROM PAGE 1

With the online billing service, customers can pay their bills from the convenience of their home.

The online process takes about five to 10 minutes to complete and two days to verify a payment. An account number and a credit card is all that is needed. Interested customers can contact the station telephone office by calling 253-5555 or visit <http://www.pay.gov> and type in the keyword, "Iwakuni," to utilize the new service.

Financial Fitness

Bonnie Lewis

IWAKUNI APPROACH FINANCIAL COLUMNIST

Tuition for spouses

We all know the importance of a college education, but as military spouses, we may not think we have a lot of resources available to us to help pay for college. I would like to share a resource with you. It is the National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship. I applied for and received this scholarship myself while I attended college. NMFA's Joanne Holbrook Patton Military Spouse Scholarships range from \$500 to \$1,000 and are awarded to spouses of service members to obtain professional certification or to attend post-secondary or graduate school. Scholarship selection is based on the completion of some survey questions that will help NMFA advocate for education changes on your behalf. Applications are due by midnight Feb. 1, 2009. Go to www.nmfa.org to fill out an application.

As quoted from the Stars and Stripes' Jan. 2 newspaper, "Tuition program now offering loans only." The Navy-Marine Corps Relief Society will no longer be offering Overseas Spouse Tuition Assistance in the form of grants. The article stated that "officials said the organization's education funding financed through interest accrued from its investment holdings slid under the current economic downturn. Under the new program, qualified active-duty spouses can receive up to \$3,000 in interest-free loans for each year of their studies." For more information on this new loan program contact the local NMCRS at 253-5311.



LANCE CPL. KYLE T. RAMIREZ

Lt. Col. Tray J. Ardesi receives a Bronze Star with a "V" device in front of service members and guests at the Station Chapel here Dec. 19. Ardesi received the decoration for his actions as an air controller and fire-support officer with a joint-task force in direct support of Operations Iraqi Freedom and Enduring Freedom. He used the opportunity to reiterate the importance of readiness to the service members around him.

The Camera Guy

Lance Cpl. Kyle T. Ramirez

IWAKUNI APPROACH PHOTOGRAPHY COLUMNIST

Enter the camera guy. Pull your point-and-shoot out at a party and he'll snatch it away from you and start reviewing your work. He'll wave expensive terms at you like, "EXIF info," and "Highlight-Tone Priority Functions." He's an unsung idol of photo-social networking Web sites like Flickr.com and Pbase.com. He's here to help, but he'll make you wish you left your camera at home.

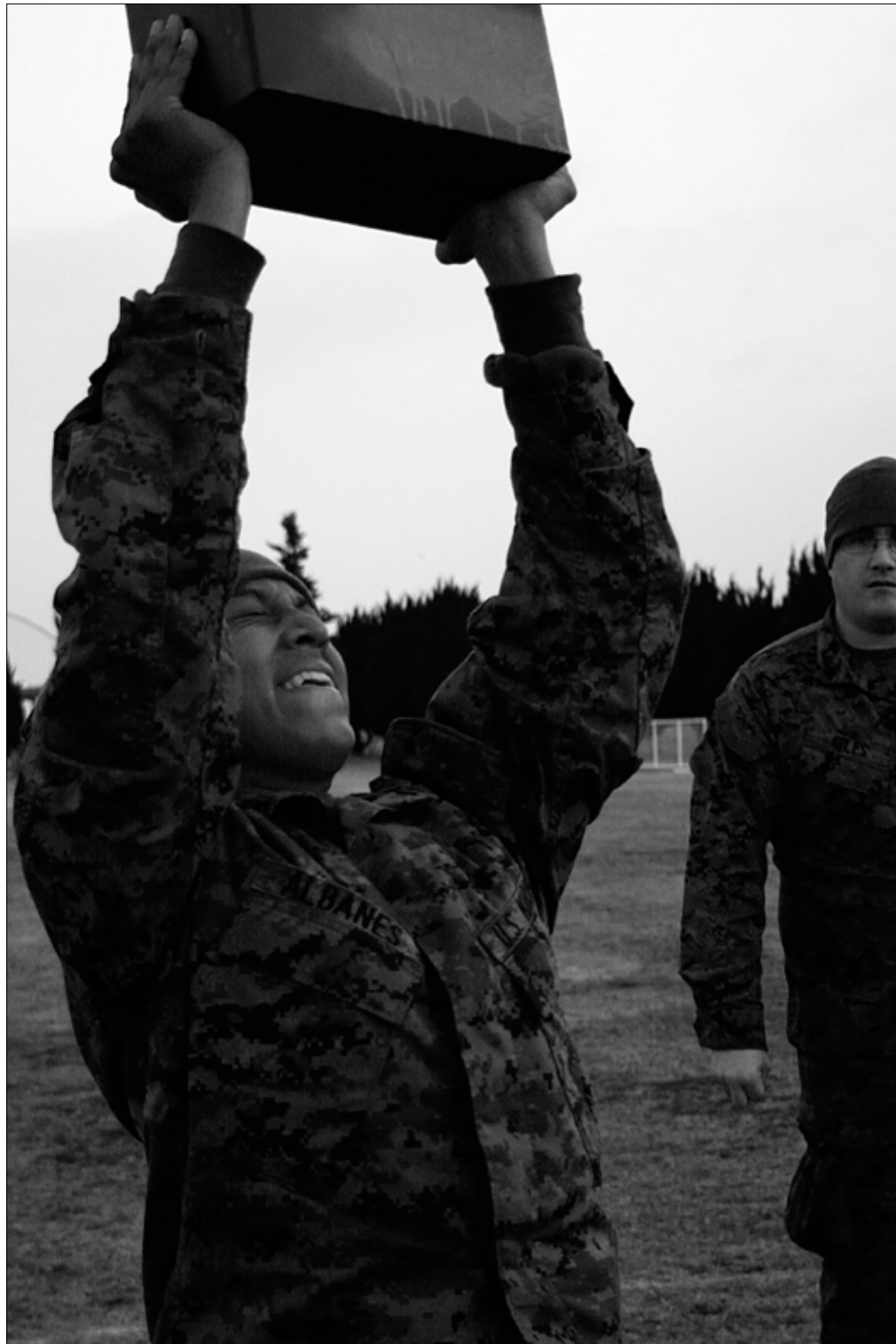
First things first — I'm a little concerned with the imagery I've been seeing lately from my

friends around the Marine Corps. My in-box is loaded with subject lines reading, "Pictures from Denver," or, "My new baby boy," or, "Good times in Honolulu." The thought is nice, but the pictures are terrible! When you're making a real photo album or even just a screen-saver to put on at work, you're not going to want a bunch of shaky photographs of you holding the camera at arms-length, pointing toward you. You're going to want the shots that mattered. You're going to want the shots that speak 1,000 words in any language. You're going to want the shots that move you like no other.

Most improvements will come from developing that "eye" for moments. There's no magic here. After a long time of observing

people, things, places and ideas, you simply become a better observer. You become better at capturing people at their finest and not-so finest moments. In photos, you can communicate ideas, move people, change a perspective, make someone laugh or cry. This year, begin a colorful journey toward speaking with light.

Here is how to start: Sit down in a room with your camera. Look it straight in the lens and say, "I am through taking bad photos. From now on, I will use you to your full potential." Let that be the end of it. I am here to help. On top of responding to letters and questions, I'll be offering tips throughout the remainder of my time here. Let's make some good pictures.



Pfc. Patricia Albanes, Marine Corps Integrated Material Manager System technician with Marine Wing Support Squadron 171, struggles to lift an ammunition can over her head during the Combat Fitness Test at Penny Lake field here Jan. 10. The event requires Marines to continuously lift a 30-pound ammunition can over their head for two minutes.



Sgt. Ronnie Joyce, Marine Wing Support Squadron 171 assistant ground safety manager, carries ammunition cans during the maneuver under fire portion of the CFT. To pass the CFT, Marines are required to maneuver through the obstacle course in less than five minutes.



Pfc. Claudio A. Martinez
Capt. Tanzania Jaysura, Marine Wing Support Squadron 171 adjutant and headquarters company commander, lays in the prone awaiting the signal to begin the maneuver under fire portion of the CFT. Once Marines receive the signal to start the course, they jump up and sprint through cones to begin the event.

CFT tests physical endurance during combat situations

Pfc. Claudio A. Martinez
IWAKUNI APPROACH
STAFF

Marines from Marine Wing Support Squadron 171 took part in a Combat Fitness Test at Penny Lake field here Jan. 10.

The CFT is a newly implemented fitness test for Marines that involves exercises closely related to what is experienced in battle.

"It's good because it helps put some realism into some of our training," said Capt. George Sweetland, MWSS-171 squadron operations officer. "You're never going to be in a combat zone or even in a deployed status wearing go-fasters and silky-shorts — you're going to be in uniform."

Sweetland said the CFT helps Marines realize the level of fitness they need to be at in order to fight in battle.

The CFT involves an 880-yard run wearing boots and utilities and lifting a 30-pound ammunition can repeatedly over the head for two minutes.

It also involves a maneuver under fire obstacle course that includes exercises such as low crawling, modified low crawling, buddy drags, fireman carries, and other battle-related exercises.

"It encompasses a lot of stuff that we as Marines should be able to do," said Sweetland. "It definitely works a lot more on your endurance, more so than the Physical Fitness Test."

For the maneuver under fire, which many of the Marines agreed was the

most challenging event of the CFT, each Marine was partnered with someone of similar height and weight.

"Everything is continuous," said Sgt. Ronnie Joyce, MWSS-171 assistant ground safety manager. "You're constantly moving and working different muscles throughout the course."

The best advantage of the CFT is that it gets Marines in the mind-set they need for battle, said Joyce.

To prepare Marines for battle, halfway through the maneuver under fire portion Marines are required to throw a practice grenade at a target for a hit or miss. After throwing the practice grenade, Marines are expected to run carrying two 30-pound ammunition cans.

Pfc. Patricia Albanes, Marine Corps Integrated Material Manager Systems technician with Marine Wing Support Squadron 171, said she thought the CFT would be easy and fun but it turned out to be more challenging than she thought.

"It sucked," said Albanes. "The ammo cans got really heavy after awhile. As much as I want to be against it, the whole CFT was a good idea for the Marines to do. It's motivating and really hard training. That's what Marines need, it's what they're known for."

While the CFT is currently a pass or fail event, the Marine Corps is slated to establish a point system for the event by July 2009.



LANCE CPL. CHRIS KUTLESA
Cpl. Bryan P. Johnson stands high above the flight line in the air traffic control tower, safely guiding the arrivals and departures of aircraft. He was named the 2008 Contoller of the Year because sound work ethic, staunch commitment to excellence and personal drive. Johnson is currently the tower supervisor, a position normally filled by a staff noncommissioned officer.

Marine earns Controller of the Year

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

He sits confidently, high above the flight line, in a room surrounded by glass. Around him, screens and colored buttons light up, displaying vital data.

He and his team are accountable for making sure million-dollar aircraft take off and land without fault.

Pilots' lives and safety rest in the hands of the air traffic controllers.

Manning one station in this environment is stressful enough — supervising all three stations is even more daunting, which he does, remaining calm and collected.

Cpl. Bryan P. Johnson, tower watch supervisor at Air Traffic Control here, was honored as the 2008 Contoller of the Year because of his sound work ethic, staunch commitment to excellence and personal drive.

"The first day I checked in and saw master sergeant, he asked me what I wanted to do," said

Johnson. "I told him I wanted to be the tower supervisor. I wanted to be at the top, and I did it," he added in a moment of self-realization.

Johnson would study constantly in his off-time to get qualified for

commissioned officer, no one was really surprised.

"He always makes sure we are squared away and that we have everything taken care of," said Pfc. Douglas S. Hardy, an air traffic control trainee working

"I told him I wanted to be the tower supervisor. I wanted to be at the top, and I did it." — Cpl. Bryan P. Johnson

his job while also mentoring his peers.

In order to be a supervisor, Johnson first had to learn all three positions that the air traffic control tower requires. In his first year, he showed a bright future, mastering all stations.

"He excelled above and beyond what was really expected of him," said Gunnery Sgt. Chad Roach, facility watch officer here.

When Johnson filled the supervisor position, normally filled by a staff non-

commissioned officer, no one was really surprised. "He's a good NCO because he doesn't just pass the blame down to the junior Marines when something goes wrong."

His close friend, Cpl. Toniesha N. Gaddis, marvels in his ability to do it all, "(Physical training), (period of military education), work-related, non-work related, going somewhere, picking somebody up, you would never think he has any time to himself."

When others have lost

motivation at work, Johnson has been known to motivate them.

"I wanted to quit ATC awhile ago," said Cpl. Nicholas P. Rickert, a fellow air traffic controller who was having trouble with all the studying. "He is the one who helped me push through and get qualified for this (military occupational specialty)."

Leadership skills have been a hallmark for Johnson throughout his military career. In boot camp, he was the leader of his platoon. At his MOS school in Pensacola, Fla., he was responsible for acclimating new Marines to the schoolhouse.

He insists his technical know-how and leadership skills come from his superiors.

"I always pick up knowledge (my superiors) throw out there. I hear the stories and learn from their experiences."

Reflecting back on his Marine Corps career thus far, Johnson could not be any happier. "I did everything I said I would do," he exclaimed.



Pfc. Jose D. Castillo, a military policeman at the Provost Marshal's Office here, wears a ski mask he purchased after realizing he came ill-prepared for the weather. Taking a few spills, Castillo's mask gets some use.

MIZUHO FIGHTS BACK!

PMO Marines learn life lessons the hard way

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Guarding the gates, patrolling the streets, and taking care of civil unrest, military police here have their hands full.

Instead of sitting around complaining of boredom on their day off, Marines of the Provost Marshal's Office took a group trip Jan. 6 to Mizuho Ski Resort to experience one of the great winter sports Japan has to offer.

Working so many hours together, the unit has become an extremely tight-knit group. Their dedication and camaraderie has been the keystone to their success.

Despite the darkness and early morning, they boarded the bus in high spirits, joking back and forth with each other and dismissing the fact they should be tired and asleep. It was clear they were used to being up this early.

Upon arrival to Mizuho, Marines hit the slopes. The more experienced snowboarders volunteered their advice, "We went up together, we looked out for each other, half of us didn't know how to snowboard," said Lance Cpl. Nathan B. Buckland, a military policeman here.

At the top of the slope, Marines snapped and latched their boots onto the board. Scooting themselves forward, they slowly gained speed and quickly fell flat on their faces. They realized it was going to take a

lot more effort than bending and leaning.

Their low skill level in the sport probably would have been frustrating or embarrassing, but these were their brothers they were with.

"When I got hurt I knew I could rely on my unit to make sure I was okay," said Pfc. Andrew D. Rogers, a military policeman here, who injured his knee after taking a hard fall.

As the day moved forward, the skill level amongst the Marines quickly started to improve. Each mountain and each quick turn became a new challenge.

While the sun started to set, the only thing stopping them from continuing to improve was the time, which was approaching the scheduled departure.

"Us being able to interact with each other and just have fun was great because we became closer to each

other, making communicating on the job a lot easier," said Rogers.

"For our higher ups to arrange this trip so everyone had a chance to go was great," said Buckland.

The day of snowboarding was not training for their jobs. The day did not directly relate to anything occupational. What the trip did bring was a stressed out unit a day of peace. The trip was a chance to get out and see Japan, in the mean time becoming a little closer.

"Marines work together. PMO works together," exclaimed Buckland.



Pfc. Giovanni F. Martinez, a military policeman at the Provost Marshal's Office here, sleeps on the two-hour bus ride back to the station. After a two-year hiatus from snowboarding, Giovanni was relieved he could still go down the expert-level slopes.



Sgt. Edwin M. Broome, liscencing manager at the Provost Marshal's Office here, lays half-way down the beginners slope. Broome continued snowboarding throughout the day, insistent to get the hang of the sport.



Pfc. Andrew D. Rogers, a military policeman at the Provost Marshal's Office here, lays injured while waiting for medical personnel. Rogers was transported down the slope via toboggan.



Cpl. Eddie L. Garcia, a military working dog handler at the Provost Marshal's Office here, comes to the trip prepared and motivated, utilizing his Marine Corps gear.



Lance Cpl. Charles R. Thums, a military policeman at the Provost Marshal's Office here, sports his surprise reindeer costume after getting off the bus. The costume became a minor attraction with Thums, posing throughout the day for photos.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

GI's recognized for bravery

Marines, sailor awarded for heroic actions during combat

LANCE CPL. JOHN M. MCCALL
MCB CAMP PENDLETON

MARINE CORPS BASE CAMP PENDLETON, Calif. — Four Marines and one Navy corpsman were awarded for their acts of bravery with a Navy Cross and four Silver Stars Jan. 8 aboard Camp Pendleton.

Lance Cpl. Joshua R. Mooi was awarded the Navy Cross during the ceremony.

Second Lt. Donald R. McGlothlin, Gunnery Sgt. Robert W. Homer, Cpl. Javier Alvarez and Petty Officer 3rd Class Jesse P. Hickey, were all awarded the Silver Star during the ceremony. McGlothlin was awarded the medal posthumously.

The Navy Cross is the second highest medal a Marine or sailor can receive and the Silver Star is the third highest. Both can only be awarded for acts of heroism during combat.

The recipients were all a part of 2nd Platoon, Company F, Battalion Landing Team 2/1, during Operation Steel Curtain, a 17-day offensive that took place in Iraq in the cities of Husaybah, Karabilah and Ubaydi.

Operation Steel Curtain was designed to prevent al-Qaeda terrorists from operating in the Euphrates River valley and throughout the Al Anbar Province. The operation made way for the establishment of a permanent Iraqi Army security presence.

On November 16, 2005, during Operation Steel Curtain, 21 enemy personnel engaged the platoon with grenades and automatic fire from several fortified buildings.

According to Lance Cpl. Mooi's Navy Cross citation, Mooi, 22-years-old from Illinois, attacked the enemy at close range with grenades and his rifle to personally recover four wounded Marines and destroy fierce adversaries who were determined to fight to their death.

Often alone in his efforts, he continued to destroy the enemy and rescue wounded Marines



Lance Cpl. Joshua R. Mooi, a 22-year-old from Boeing Berk, Ill., is awarded the Navy Cross by Col. Robert G. Oltman during an awards ceremony aboard Camp Pendleton Jan. 8. Three Marines and a sailor were also awarded the Silver Star during the ceremony

until his rifle was destroyed by enemy fire and he was ordered to withdraw.

"He had a lot of initiative. He did a lot of things on his own that day," said Homer, a 31-year-old from Mankato, Minn. "He was unfazed and very focused. He was my eyes and ears during the ambush."

With such a heavy assault from the enemy, every Marine had to take action to ensure Marine lives were not lost. Homer repeatedly exposed himself to the effects of grenades and small arms fire as he moved to assist Marines who were heavily engaged.

After saving three wounded Marines' lives by removing them from the effects of enemy fire, he returned to the stronghold and rescued another wounded Marine.

As fighting between the Marines and insurgents worsened, Alvarez, a 28-year-old from Vail, Ariz., took the initiative to detach his squad from tank security and engage the enemy. He led his squad 100 meters through enemy kill zones to reinforce an embattled squad and his platoon commander.

During the chaos, he took cover to change magazines for a third time when an enemy grenade was thrown amidst his Marines. He immediately retrieved the grenade, but as he hurled it away from his Marines and toward the enemy, it exploded. The blast severely injured Alvarez and he was evacuated.

As Marines were injured during the battle, Hickey, the squad's corpsman at the time, exposed himself to automatic gunfire while rushing 75 meters through an enemy kill zone to assist and evacuate wounded Marines.

"I don't know the time frame, but it felt like forever," said Hickey, 26-year-old from Farmington, N. M. "It's like you're there but you're not there because you have so much adrenaline pumping."

Hickey ran into the heart of the fierce melee to provide first aid to a severely wounded Marine who lay immobilized in the kill zone. In his efforts to provide care for the Marine, enemy grenade explosions wounded Hickey with shrapnel to his whole body.

"It's worse to say someone is your brother, but when you prove to

each other that you're willing to die for him and he'd die for you then it really means something," Hickey said. "These really are my brothers."

With the lives of his Marines on the line, McGlothlin, maneuvered through the insurgents' stronghold and immediately engaged the insurgents to secure and recover his embattled Marines.

"He didn't have to go into that house," Homer said. "There would be a lot more dead Marines if he hadn't done what he did."

While his last Marine was being evacuated from the building, McGlothlin, with no regard for his life, shielded the recovery effort from grenade blasts and commenced a fierce exchange of small arms fire with enemy until he was mortally wounded.

"If Donald was in a position to help he would do that," said Ruth McGlothlin, 2nd Lt. McGlothlin's mother. "He was always very giving."

At the end of the fight, McGlothlin gave everything he had and ultimately made the greatest sacrifice for the Marines he led into battle.

COMMUNITY BRIEFS

Flu Shots/Mist Available
The Branch Health Clinic Iwakuni has now received the injectable form of the flu shot for children 36 months to 18 years old. You may receive the flu shot or flu mist at Immunizations in the Iwakuni Branch Health Clinic. Immunization hours of operation are Monday, Tuesday, Thursday and Friday from 7:30 to 11:45 a.m. and 12:45 to 4 p.m., and Wednesday from 7:30 to 11:45 a.m. If you have any question, please contact Immunizations at 253-6326.

Central Texas College, Registration for Term 3
January 5 – 16. Class dates are Jan. 19 – Mar. 15. Early registration is accepted. Distance learning and traditional classes available. For more information, call 253-3288 or email iwakuni.jpnpfec@ctcd.edu.

UMUC Spring Term I Class
University of Maryland University College Spring Term I class schedule for face to face is now available. Registration runs until Jan. 18, and classes run from Jan. 19 to Mar. 14. Registration for online classes runs from Nov. 17 to Jan. 26 and classes run from Jan. 26 to Apr. 5. For more information, contact UMUC Iwakuni at 253-3392.

Winter Koto and Taiko Drum Concert
Jan. 23, 7 p.m. at Station Chapel. Join us for a spectacular family event that is not to be missed. This is a riveting, family-friendly event. Open to all. For more information, contact Officers Spouses Club at 253-2508 or email jnwoodfin@gmail.com

Love Languages
Jan. 24, 8:30 a.m. – 3 p.m.

at the Station Chapel. Learn the love language you speak and learn the love language of your fiancée or your spouse. This is open to all adults. Register by close of business Jan 21. Child care and lunch are provided. To sign up, please call the Station Chapel at 253-3371.

Housing Architectural Charrette Workshop
Jan 26 – 27, at 9 a.m. – noon. Jan 28: 2 – 4 p.m. Jan 30: 2 – 4 p.m. at Conference Room, 3rd Floor, Building 360 (tentative). Spouses, come help review and design new family housing for MCAS Iwakuni. The interactive workshops will be engaging and educational and will directly impact housing plans for up to 1200 families. Please contact Facilities Department at timothy.nelis@usmc.mil or 253-3399 to sign up.

Faith Baptist Church Iwakuni

Faith Baptist Church
Iwakuni is holding special meetings on the below dates. Everyone is welcome to attend. For more information, contact Faith Baptist Church at 0827-32-5331. The Guest speaker is Dr. Bobby Brown from Harrison TN and his wife Mrs. Gretchen Brown. Family Bible School Feb. 1 to 5 (every evening), 6 p.m. This will be a great time for kids and adults! Revival meetings Feb. 8 – 11 (every evening), at 6 p.m.

Wilson's 4th Annual Far East Furniture Auction
Feb. 7 at IronWorks Gym. Preview and registration goes from 1 – 2 p.m. Live auction goes from 2 – 7 p.m. All forms of payment accepted (cash, check, and credit cards). Proceeds go to benefit scholarships for Iwakuni dependent spouses and MC Perry seniors. For more information, call Officers Spouses Club 253-2508.

2nd Annual Rummage Sale / Chili Cook-off / Silent Auction
Hosted by MC. Perry High School PTO. Booster Club, at Mac Dome, on Feb. 21. Admission is Free (\$15 to reserve a table to sell your items. \$5 discount if you donate an item to Silent Auction). For more information, call 253-5449 to reserve a table. This is open to all base personnel so clean out your closets!

Sophie's Furniture Sale
Volunteers are needed for set up Feb. 27 and for the sale dates of Feb. 28 and Mar. 1. Please call American Red Cross at 253-4525 to sign up or for additional information. The sale will be held at MC Perry Cafeteria. This event is open to SOFA status personnel only.

Scoutmaster wanted
Highly motivated Adult Scout, Eagle Scout(over 21) and/or Order Of The Arrow Member with at least 18- 24 months left on Station. Please send BIO to Iwakunibastrop77@hotmail.com.

American Red Cross
We are currently selling vintage T-Shirts \$15, first aid kits \$12 and calendars \$8. Please contact the American Red Cross at 253-4525 if interested.

PMO LOST & FOUND

The Provost Marshal's Office lost and found section has various items that have been turned in tracking back to 2006.

Currently, we have the following items: keys, wallets with contents, jewelry, watches, U.S. Passports, cell phones, dog tags, electronics, CDs and more. If you have misplaced anything, please call PMO at 253-5105 or send an e-mail to carrie.morse@usmc.mil

SAKURA THEATER

Friday, Jan. 16, 2009 7 p.m. Valkyrie (PG-13) <i>Premier</i> 10 p.m. Soul Men (R) <i>Premier</i>	Monday, Jan. 19, 2009 1 p.m. Madagascar: Escape to Africa (PG) <i>Last Showing</i> 4 p.m. Bedtime Stories (PG) 7 p.m. Valkyrie (PG-13)
Saturday, Jan. 17, 2009 1 p.m. Marley and Me (PG) 4 p.m. Bedtime Stories (PG) <i>Premier</i> 7 p.m. Soul Men (R) 10 p.m. Valkyrie (PG-13)	Tuesday, Jan. 20, 2009 7 p.m. Role Models (R) <i>Last Showing</i>
Sunday, Jan. 18, 2009 1 p.m. Bedtime Stories (PG) 4 p.m. Valkyrie (PG-13) 7 p.m. Soul Men (R)	Wednesday, Jan. 21, 2009 7 p.m. Transporter 3 (PG-13) <i>Last Showing</i>
Thursday, Jan. 22, 2009 7 p.m. The Day the Earth Stood Still (PG-13)	

General Admission: Ages 12+ are \$2.50/ Ages 6-11 are \$1/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

CLASSIFIEDS

Automobiles

1999 Mitsubishi RVR
Very spacious 3 door w/hatch back. Seats 4 very comfortably. Back seat is adjustable and removable! Kenwood 12 disc CD player. Cold A/C. Great heater. JCI until August 2009. Asking for \$2,000 OBO. Call 253-2221 (home) or 080-3519-7273 or 080-3519-7275 (cell).

1996 Subaru E-KK3
JCI until January 2011. Economical and fuel efficient. Oil changes done regularly. Engine maintenance maintained. Asking for \$2,300. Call 253-2353 (work) or 6140 (home).

1996 Honda Odyssey
Seven-passenger minivan is silvery-tan with a tan interior & fabric seats. 138,500 km. JCI until January 2010. Runs great. Asking for \$1,500 OBO. For more information, call 253-6234 (work) or 253-2760 (home).

Mess Hall Schedule

MONDAY
Cream of Broccoli Soup, French Onion Soup, Baked Chicken and Rice, Yakiniiku (Steak and Vegetables), Steamed Rice, Lyonaise Green Beans, Mashed Potatoes, Peas and Carrots, Chicken Gravy, Dinner Rolls, Peanut Butter Brownies, Chocolate Cream Pie w/ Whipped Topping, Double Layer Bannana Cake w/ Butter Cream Frosting
SPECIALTY BAR: PASTA BAR

TUESDAY
Minestrone Soup, Tomato Soup, Roast Fresh Ham, Shrimp Scampi, Potatoes Au Gratin, Steamed Rice, Glazed Carrots, Broccoli Combo, Cheese Biscuits, Brownies, Spice Cake w/ Buttercream Frosting, Coconut Cream Pies
SPECIALTY BAR: TACO BAR

WEDNESDAY
Chicken And Rice Soup, New England Clam Chowder, Chili Macaroni, Grilled Cheese, Tempura Fried Fish, Macaroni and Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas and Mushrooms, Dinner Rolls, Chocolate Drop Cookies, Double Layer Florida Lemon Cake w/ Lemon Butter Cream Frosting, Blueberry Pie
SPECIALTY BAR: BBQ

THURSDAY
Chicken Noodle Soup, Cream Of Mushroom Soup, Apple Glazed Corn Beef, Teriyaki Chicken, Rissole Potatoes, Noodles Jefferson, Succotash, Fried Cabbage, Hot Mustard Sauce, Chicken Gravy, Cornbread, Pecan Brownies, Pineapple Upside Down Cake, Chocolate Cream Pie w/ Whipped Topping
SPECIALTY BAR: DELI BAR

FRIDAY
Vegetable Soup, Beef Noodle Soup, Shrimp Creole, Beef Cordon Bleu, Herbed Broccoli, Lemon Baked Fish, Parsley Butter Potatoes, Steamed Rice, Carrots (Frozen), Dinner Rolls, Double Layer German Chocolate Cake w/ Coconut Pecan Frosting, Pumpkin Pie w/ Whipped Topping
SPECIALTY BAR: HOTDOG/POLISH SAUSAGE

Miscellaneous

Items for sale
·Coleman gas grill. Approved for the Towers. Very clean! Includes new propane, Grill cover and a wheeled carrying case. \$120.
·Ashley 3pc coffee table and end table set. Heavy duty, dark wood w/silver drawer pulls. Very nice! \$225 OBO.
·6'x4' double bookshelf. \$70 OBO.
·Rubbermaid indoor/outdoor storage bench. Very clean! \$70.
Call 253-2221 (home) or 080-3519-7273 or 080-3519-7275 (cell).

TV for sale
32 inch JVC TV for sale, bought in March, 2006. Just don't need it after we leave Iwakuni. Asking for \$100 OBO. Call 253-2579 (home).

Items for sale
·15 Inch subwoofer drivers - Dayton audio dual voice coil type, \$75 each.
·Onkyo TX-8211 2-channel receiver, \$100
·Sony CDP-445 5-disc CD player, \$50
·Boston acoustics A40 speakers, \$90
·Boston acoustics T1000 speakers, \$200
·Usher audio V-601 speakers, \$450
For more information, call 253-5487 (work) or 253-2764 (home).

Jobs

Part time program coordinator
University of Phoenix is seeking a part time

program coordinator. The working location is Iwakuni Education Center, salary is \$11/hour. Open until Jan. 23, 2009. Must be a U.S. Citizen or possess proper documentation to work for a US Company. For more detail, send an e-mail to dawn.collins@phoenix.edu or send a fax to 643-5303

Housecleaner wanted
Housecleaner is wanted to clean mid-rise apartment once a month with possible extra days based on need. House is clean, but a person is needed for the deep cleaning. Duties would include dusting, vacuuming, mopping, bathroom deep clean, laundry including folding, dishes, windowing all windows and any other tasks needed. Should only take about three hours to complete all jobs. Must be able to work on base. Call cell at 080-3520-9615 (cell) for pay details.

MC Perry Elementary School
MC Perry ES is currently accepting applications. If you are interested in working at the school, stop by the elementary school office to pick up your application.

To submit an advertisement request, follow the classified link on the station Web site and open an advertisement request form. Submit the form via website or send the e-mail to iwakuni.pao@usmc.mil. Or you can submit in person at the Public Affairs Office, Building One, Room 216.
• The deadline for submissions is Monday at 4:30 p.m.
• The request is effective a week. If you want to extend a previously submitted ad for an additional week, notify the Public Affairs Office at 253-5551.

SPORTS

Nutrition: Kick-start the new year right

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

Every week it seems like a new diet is all the rage from Atkins, The Zone, South Beach Diet, Perricone Diet, Cookie Diet to the ever popular Flesh Eating Bacteria Diet, new diets and supplements espousing fantastic results have become commonplace these days.

It is not that these diets have nothing to offer, but in general there is only some truth to these various diets and the bottom line is that they do not take everything into account.

Fortunately, Marine Corps Community Services has employed the services of Jocelyn George, a registered dietician, who provides Marines, sailors and civilians of the station with the tools to analyze their current nutritional intake and correct the root cause of energy loss, weight gain and mental clarity.

It is important to remember that eating healthy now reaps benefits for the future.

“You’re investing in your future,” said George. “It’s just like a car. If you have a nice sports car, you’re not going to put junk in it.” “That’s what nutrition is — it’s feeding the mind,” she added.

To achieve all this, George offers monthly cooking and nutrition classes as well as leading the Lean Marine Program and its counterpart for civilians, Weight No More.

The monthly cooking class is basically cooking with a healthy focus.

“I don’t want people to think healthy means it’s no good,” said George. “It doesn’t have to be complicated. It doesn’t have to be tasteless.”

The nutrition class is a topic-based class that deals with a specific issue — such as January’s topic, fad diets and supplements.

The Lean Marine Program, geared specifically for active duty personnel, and Weight No More are six-week courses that help individuals pinpoint where they are likely getting too many calories and how they can work within their specific situation, having to eat at the mess hall or working with a limited budget, to eat better.

From leading the class, alcohol has proven to be one of the biggest chunks of empty calories, said George.

Even though a person might stay staunchly regimented throughout the week, maintaining a healthy diet and exercising regularly, everything can be undone with a weekend of heavy drinking, she said.

Staying regimented throughout the work week allows for those slight deviations on the weekend, but ultimately it depends on the fitness goals of the individual.

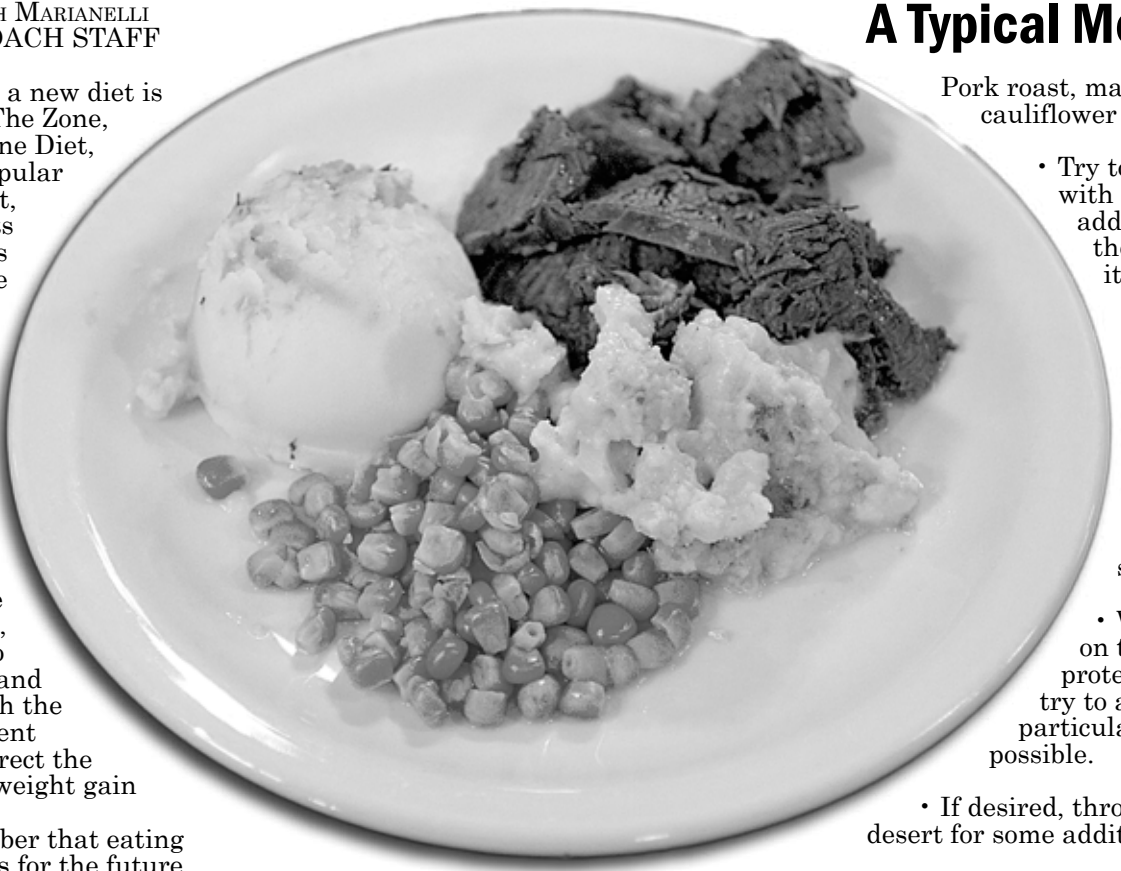
The true power of the six-week courses rests in the weekly group support and feedback to help reach those goals.

For those with special needs or even those just seeking a more individualistic approach, George offers one-on-one counseling, which can be set up through MCCS Health Promotions at 253-6359.

As an additional resource, George can answer inquiries through e-mail at semperfiber@gmail.com.

“Nutrition isn’t a bad thing, it’s not that hard and once you start you get hooked,” said George. “The bottom line is you want to be the best you can be.”

A Typical Mess Hall Meal



Pork roast, mashed potatoes, cauliflower au gratin and corn.

• Try to avoid vegetables with cheese or other fatty additives - in this case, kick the cauliflower and replace it with a salad.

• Mashed potatoes are good for complex carbohydrates, but be careful not to over eat foods that are dense in carbohydrates. Skip the gravy and only eat about half the scoop or replace it entirely with some whole grain bread.

• Watch for fat clusters on the pork, but otherwise protein is important — just try to avoid fried meats and particularly fatty meats if possible.

• If desired, throw in a piece of fruit for desert for some additional fiber.

6 Quick Changes to Improve Nutrition

- **Avoid skipping meals throughout the day**
- **Avoid going more than four hours without eating**
- **Avoid liquid calories such as fruit juices, gatorade and soda**
- **Avoid high fat meats and additives**
- **Keep track of what you are eating to identify unhealthy trends**
- **Get more fiber through fruits, vegetables and whole grains**

Upcoming Nutrition Classes

Lean Marine
Jan. 12 - Feb. 19 every Thursday 4:15 - 5:15 p.m.
Active duty only, Priority to BCP/FEP

Healthy Cooking Classes
Soups and Stews - \$5 fee
Jan. 27 5:30 - 6:30 p.m. - Register by Jan. 19

Love Your Heart - \$5 fee
Feb. 23 5:30 - 6:30 p.m. - Register by Feb. 19

Monthly Nutrition Classes
Heart Health - Feb. 12 11:45 - 12:45 - Register by Feb. 11

Weight No More - \$60 fee
Feb. 19 - Mar. 19 every Thursday from 5 - 6 p.m.
Register by Feb. 17

To register, contact Marine Corps Community Services' Health Promotions at 253-6359.



PFC. JOHN M. RAUFMANN

Contractors for the 836th United States Army Transport Battalion under the command of Lieutenant Commander Craig W. Jorgenson, Yokohama, Japan, load equipment onto the Cape Howe in support of Operation Cobra Gold. Cobra Gold involves the transportation of Marine Aircraft Group 12 supplies to Thailand to conduct training.

EXERCISE EXERCISE EXERCISE

The air station will be conducting Exercise Total Shield 2009, a basewide readiness exercise, Jan. 30 - Feb. 6. Weapons and nuclear, biological and chemical gear will be carried around the clock.

****Impact to the civilian population and other units will be minimized. Call Headquarters and Headquarters Squadron Training at 253-3417 for more information.**

As part of the exercise, Headquarters & Headquarters squadron is looking for 40 volunteers to participate in a noncombatant evacuation operation to Sasebo Naval Base. Only personnel with a valid military ID card may participate, and children must be at least

4-years-old and 40 pounds. The evacuation will last one day, and transportation will be covered for all participants. The deadline for sign-up is Jan. 23. For more information about the NEO, call Gunnery Sgt. Tansey Olson at 253-5655.