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FEATURE

IWAKUNI APPROACH

Issue No. 18, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

*Hydroxycut
gets ripped?*LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

According to Hydroxycut's ads, it's "America's number one selling hard-core fat burner."

Its products have attracted civilian and military members alike who hope to lose weight and gain energy.

Those looking for such results will have to turn to a new supplement, because as of May 1, Hydroxycut has asked businesses to pull 14 of their main products off the shelves due to a warning issued by the Food and Drug Administration.

"This news is kind of unfortunate because it actually worked," said Staff Sgt. Michael J. Karolewics, the staff noncommissioned officer-in-charge of airfreight at Air Terminal Division, who mainly used the product for its ability to wake him up in the morning. "It gave me the energy and results I was looking for."

Up until recently, it appeared Hydroxycut's products were nothing but beneficial.

Unfortunately for some faithful followers like Karolewics, the Food and Drug Administration recently released a statement urging consumers to immediately stop using the supplement.

"With reports from the FDA, we are now urging everyone on the station to stop taking Hydroxycut," said Sgt. Maj. Gerard J. Calvin, the Headquarters & Headquarters Squadron sergeant major. "We aren't going to be looking through your rooms or doing urine analysis tests. We just want to get the word out there and hope people take their health as seriously as we do."

Calvin had been taking Hydroxycut for one of the many reasons Karolewics did, a quick energy boost, but when he heard the bad news, he quickly stopped.

Those who aren't convinced might still want to reconsider after reading the warning released by the FDA.

A segment from the statement reads as follows: "Some Hydroxycut products are associated with a number of serious liver injuries. Iovate (Hydroxycut's distributor) has agreed to

SEE HYDRO ON PAGE 3

Typhoon season: ready for the worst

LANCE CPL. KYLE T. RAMIREZ

With one of its urban search and rescue vehicles "Godzilla," and a proactive plan to make this season safe, the Iwakuni Fire Department is more ready than ever to battle this year's tropical cyclones. On pages 6 and 7, read how Iwakuni's line of defense against Mother Nature's fury starts with you.

Tour changes to get 1st-termers deployedLANCE CPL. DANIEL NEGRETE
IWAKUNI APPROACH STAFF

First-term unaccompanied, enlisted Marines who arrived here after May 1 will now serve 18-month tours vice 24-month tours if not deployed or stabilized for deployment in support of global force management as stipulated by Marine Forces Commands sourcing solution, according to Marine Administrative Message 232/09.

The new policy applies to all III Marine Expeditionary Force and addresses the commandant's intent of getting every Marine to the fight.

"We've seen a lot of first-term Marines come to Iwakuni for their first tour, extend for a year or check in to their next duty station and not have enough time left on their contract to deploy to Iraq or Afghanistan," said Gunnery Sgt. Brian E. Clay, Installation Personnel Administration Center staff noncommissioned officer-in-charge.

Under the new policy, Headquarters Marine Corps will identify Marines who are eligible for 18-month conversion once the Marine has been on station for 12 months without deploying.

Deployments to Korea, Philippines, Australia, Thailand or any other location in this area of operations in support of training exercises will not count as a deployment per this message, said Clay. This MARADMIN is intended to get Marines to the fight to support combat related overseas contingencies.

Despite the policy's intent to get Marines to the fight, tour conversions and extensions will continue to be an option available to all Marines here, according to the MARADMIN. If approved, the extensions will not be curtailed and Marines will serve their tour length in addition to the extension.

For more information, view the full message at <http://www.marines.mil/news/messages/Pages/MARADMIN0232-09.aspx>.



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CHAPLAIN'S CORNER

‘Self-destructive behavior’

LT. CMDR. DENIS N. COX
MAG-12 GROUP CHAPLAIN

No single explanation can account for all self-destructive behavior.

Some folks constantly find themselves at the bottom of a bottle.

Some folks find themselves in yet another argument and some folks find themselves contemplating the ultimate self-destruction, suicide.

Just a simple walk around the base will reveal many people engaging in self-destructive behavior.

What causes self-destructive behavior and how can we, as a community, stop or at least slow down the self-destructive patterns we see?

The list goes on and on about what we do to ourselves and how destructive we can be to ourselves.

Overeating, emotional and physical abuse, low self esteem, borderline mental illness, perfectionism, alcoholism, drug abuse, and on and on it goes.

Why are we compelled to get into arguments, why must we control everything that goes on and why do we, like the bible says, "I do not understand what I do. For what I want to do I do not do, but what I hate to do. For I have the desire to do what is good but I cannot carry it out."

I know I should not spend my time in Iwakuni looking through the bottom of a bottle but I end up at the club once again spending more money than I wanted to.

Why do I keep on doing this, why can't I stop arguing with my spouse when all I want is peace in my home?

Here's the catch folks, we're broken and we need to be fixed.

We end up acting out of our needs.

Self-destructive behavior is a way of keeping people away from us and avoiding dealing with the real issues in our lives.

If we continue with the self-destructive behavior, our relationships are bound to be broken as well.

Instead of spending time

engaged in self-destruction, why don't we spend ourselves in self-sacrifice?

This type of behavior will bring much greater results than self-destruction ever could.

The obvious reason why we don't do such a thing is that it takes more discipline and dedication to engage in self-sacrifice than it does self-destruction.

It's easier to destroy than it is to build.

So what's the answer to self-destruction?

The Christian faith has an answer to this question.

It's called the cross, where the ultimate self-sacrifice was made on behalf of everyone.

This self-sacrifice outshines any act of self-destruction and even redeems it.

In a world that's crying for redemption, look no further than the cross.

There you will find the ultimate display of self-sacrifice that will redeem any act on your part of self-destruction.

If you want to stop looking at Iwakuni through the bottom of a bottle, start looking at the cross from your knees; it's a beautiful view.

Plan ahead: ORM keeps SNMs safe

SUBMITTED BY CHRISTOPHER YONEDA
OCCUPATIONAL SAFETY AND HEALTH
SPECIALIST

The purpose of the leave and liberty operational risk management worksheet is to give you a chance to think about your upcoming leave or liberty period and control the risks involved.

The worksheet is a tool designed to aid leaders in briefing their subordinates.

For the sheet to be successful, subordinates should use it to brief their immediate superiors.

For example, corporals should use this sheet to counsel their lance corporals, the gunnery sergeant to counsel the staff sergeant, etc.

Let's say Cpl. Adam requires an ORM worksheet prior to any Marines under his charge going on leave or liberty.

Lance Cpl. Bob is attempting to go on leave this weekend.

Lance Cpl. Bob would need to do the following:

- Go to the safety Web site on the intranet

at <https://intranet.iwakuni.nmci.usmc.mil/StationSafety/Safety/>.

• Go to the library page and look under the safety forms column for the Leave and Liberty Risk Assessment Worksheet.

Lance Cpl. Bob would then start to circle the items that pertain to him.

After he has finished circling the items, he will then turn the form into his corporal.

The corporal will then add all the items up for a total score.

For example, if the lance corporal racked up a score of 28 points, it is an indicator that the lance corporal's activities may be high risk.

Now the corporal needs to sit down with the lance corporal and go over the work sheet looking for ways to mitigate (lessen the hazard).

It may be discovered from the work sheet that the lance corporal can lower his risk quite a bit if he were to rest before his long drive, and instead of participating in the activities alone, he should go out with someone who is more proficient in the activities.

History and Heritage

On May 15, 1862, during the American Civil War, the USS Galena, a Union Navy ironclad was part of a five-ship squadron tasked with testing the defenses of the Confederate States of America's capitol in Richmond, Va. In a fierce artillery exchange with the guns of Fort Darling on the James River, most of the gun crews aboard Galena were either killed or wounded. Cpl. John F. Mackie led the ship's detachment of Marines, taking over the ship's guns for the remainder of the battle, earning him a unique spot in the Corps' legacy as the first Marine to receive the Medal of Honor. Ironically, Fort Darling was a major training base for the relatively unsung Confederate Marine Corps.

Fishing: legally catch more than sunburn this summer

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Station residents wanting to fish here during the coming summer months are required to obtain a fishing license from the station game warden.

Applicants must be 16 years or older and become familiar with the rules associated with fishing here before receiving their license.

"Anybody that is going to fish on base whether it's Japanese Self Defense Force, U.S. civil service, military family members or active duty, need a fishing license," said Michael Gingles, the station game warden.

Station residents can sign up to receive a license free of charge from the station game warden at the telephone office in Building 471.

After submitting their name and information with the game warden, applicants will receive their license within three to 10 days along with a packet of information delineating the station rules on fishing.

The game warden also provides pictures

outlining which dangerous fish station residents should be aware of while fishing.

Gingles said fishing is a good way to relax but residents wanting to fish must always keep safety in mind.

Some of the safety regulations station residents are required to follow while fishing include no drinking alcoholic beverages and to only fish in the designated marina area outlined in a map provided by the game warden.

Another regulation states that residents must check in and out with the boathouse prior to and after fishing.

Failure to follow these rules can result in the loss of fishing privileges and a minor offense report sent to the violator's command.

Licensed residents adhering to the regulations are free to enjoy their time fishing with a few tips the game warden likes to give out.

Gingles always tells people the best time to fish is about an hour before the tide moves in, to an hour after it stops.

Residents can check tidal information

at www.iwakuni.usmc.mil/organizations/station/weather.

Station residents are catching 70-centimeter flounders, 7-pound sea bass and some Hamachi yellow tail tuna, Gingles said.

Military and family members are already enjoying their time fishing at the designated area along the sea wall by the marina.

"Its awesome fishing there," said Sgt. Albert Esperanza, a consolidated automatic support system technician with Marine Aviation and Logistics Squadron 31.

Esperanza said the biggest fish he's caught was a thick sea bass as big as his arm.

Station residents wanting to check-out fishing equipment can go to Outdoor Recreation at the IronWorks Gym.

Residents interested in checking out equipment should have their ID and fishing license in hand.

For off base fishing, residents can apply for a license at a fishing store called, The Point, found outside the North gate after making a right at the red light. The store is located on the left.

Popular weight loss supplement taken off shelves, refunds provided

HYDRO FROM PAGE 1

recall Hydroxycut products from the market. The FDA has received 23 reports of serious health problems ranging from jaundice and elevated liver enzymes, an indicator of potential liver injury, to liver damage requiring liver transplant.

One death due to liver failure has been reported to the FDA.

Other health problems reported include seizures, cardiovascular disorders and rhabdomyolysis, a type of muscle damage that can

lead to other serious health problems such as kidney failure."

Those who read this statement might be a little worried about their health but might also wonder what to do with their half-empty bottles of Hydroxycut.

Those worried can rest assured because customers who bought their bottles of Hydroxycut from the Marine Mart can return them to either of the two locations on the station for a full refund. Although a receipt of purchase is not required, the Marine Mart will only accept returns for Hy-

droxycut products that were previously sold in the store. Products purchased from other businesses can be directly returned and re-funded through Hydroxycut.

Hydroxycut's products have already been taken off the shelves and have been destroyed, said Kazuma Hayashi, the divisional sales manager for consumables here.

With Hydroxycut out of the picture and off the shelves, some service members might be at a loss of how to fill their need for the pill that offered them so much.

"Life without Hydroxycut is nothing I can't get over," said Calvin, in a light-mannered tone. "There are plenty of great products out there that provide the same effect. On that note, it's important to remind ourselves that the best way to stay healthy is eating right and exercising."

Those with questions about Hydroxycut or weight loss and muscle gain supplements may contact station medical for more information.

See the FDA's Hydroxycut report at <http://www.fda.gov/bbs/topics/>

Protect, destroy, properly transmit information

GUNNERY SGT. JOSE R. PALOSCHAVEZ
MCAS IWAKUNI OPERATIONS
SECURITY OFFICER

We are well into 2009 and need to reinforce the importance of properly protecting, transmitting and destroying encrypted information.

Almost every organization or office has documents that have to be processed on a daily basis, such as contracts, invoices, receipts, purchase orders, in-house memos and other documents related to sensitive information.

Some documents or information may even be classified at the national level.

Classified information may include the following: for official use only, confidential, secret and top secret.

Information can either be physical or electronic in nature such as documents, backup tapes, e-mails and Web sites.

Regardless of the information makeup we are still required and mandated by numerous national or local directives and orders to properly protect, transmit and destroy all sensitive information.

Storage and proper destruction of these documents is often ignored.

Properly safeguarding or destroying documents or sensitive information might seem to be inconvenient, expensive, and time-consuming, but the loss of these documents or information is a serious offense.

Failure to properly store, destroy or encrypt

this type of information can significantly impact your unit's mission.

Protection of all classified information must be stored in a manner that will deter or detect access by unauthorized persons.

Classified information not under the personal control or observation of an appropriately cleared person shall be guarded or stored in a locked General Services Administration approved security container, vault, modular vault or secure room.

The unit's respective security manager must approve these storage areas.

Additionally, the Provost Marshal's Office is required to conduct a physical security survey.

Protection is also required for personally identifying information.

Transmission of sensitive but unclassified information and for official use only requires at minimum encryption using the government standard Public Key Infrastructure.

Encryption is also required when it contains personally identifying information.

For example, any information about an individual that can be used to identify a person uniquely and reliably such as name, address, telephone number, e-mail address, date of birth, race and social security number.

Destruction of sensitive but unclassified information and for official use only requires, at minimum, shredding.

Destruction of classified information must be accomplished by means that eliminate risk of

information recognition and reconstruction.

Cross-cut shredders must be on the approved destruction devices by the National Security Agency.

A cross-cut shredder shall reduce the information to shreds no greater than 5 square-millimeters.

Furthermore, do not destroy any classified information without receiving approval from your unit's respective security manager.

Individuals are reminded that placing documents in recycle bins is insufficient in meeting disposal requirements.

More importantly, leaving unattended documents containing personally identifying information, unclassified, for official use only and sensitive but unclassified information at the station's Recycle Center violates current policies and procedures.

Individuals are required to be present ensuring the documents are physically destroyed.

For any recycling information contact the station's Recycle Center, at 253-3039.

Proper protection, transmission, and destruction avoids the loss or compromise that could place an undue burden upon individual service members and their families, as well as civilian employees and contractors.

Remember to adhere to our station commander's message about remaining vigilant.

For more information on Operations Security, call 253-4247.

More information is also available from the station Public Affairs Office at 253-5551.

Garden center nurtures green thumbs

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

With the heat rising and plants blooming around the community there is one place to meet outdoor recreational needs for the summer. The Marine Corps Exchange Lawn and Garden Center here is open for all personnel for the summer season and throughout the year. Although the Lawn and Garden Center is open throughout the year, it only opens its outdoor gate during the summer season. The Lawn and Garden Center carries anything related to gardens and the essential basic items for outdoor house care, said Inaugural Chey, senior sales associate for Marine Corps Community Services. The Lawn and Garden Center maintains the same hours as the main part of the MCX, except during the weekends. The outdoor gates leading directly to the patio are open earlier during the weekends, said Chey. The entrance to the Lawn and Garden Center from the MCX is located in the shoe



LANCE CPL. SALVADOR MORENO
On display at the Lawn and Garden Center at the Marine Corps Exchange here are various kinds of materials for all your gardening needs. The entrance to the Lawn and Garden Center from the MCX is located in the shoe department.

department. If a customer wants to special order any particular item that may not be in stock, they can go to the customer service counter and order from the catalog. Items that are big can be delivered at no cost to the customer, said Chey. The customer would have to live within a certain radius of the MCX to have larger items delivered. Amongst the various items sold at the lawn and garden center, potting soil and fertilizer are the most popular and sell quickly, said Chey. The Lawn and Garden Center is expected to have some sales throughout the summer, however it still carries some clearance items

as well. Chey said the Lawn and Garden Center is in the process of getting new seeds and plants. He said the plants they are expecting will be displayed in the main area of the MCX. All the items available in the Lawn and Garden Center depend on what the consumer's desire. The plants will be arriving to the PX pretty soon, Chey said. The hours of operation for the MCX Lawn and Garden Center are 10 a.m. – 8 p.m. Mondays through Fridays, and 10 a.m. – 6 p.m. Sundays. For more information about the garden center, call the MCX's customer service at 253-5641.

MAY PROMOTIONS

CLC-36
Cpl.
Quintanilla, Brandon C.

Lance Cpl.
Perehinec Jr., Mark J.

Detachment B
Master Sgt.
Smith, Derek G.

Gunnery Sgt.
Page Jr., Carlile

H&HS
Gunnery Sgt.
Albarracin, Daniel A.

Sgt.
Casey, Daniel R.
Johnson, Brian P.

Cpl.
Ahern, Trevor E.
Babin, Shiquia A.

Lance Cpl.
Davis, Mornic L.
Francisco, Henderson D.
Jones, Robert R.
Martinez, Claudio A.
Pawlowski, Andre M.
Price, Benjamin T.
Reyes, Emmanuel
Schmidgall, Jesse E.
Sherwood, Mason K.
Stenger, Christopher J.

MAG-12
Master Sgt.
Sena, Adrian

Cpl.
Holmes, Zachary P.

Lance Cpl.
McDuffie, Seana J.
Yang, Lee T.
Zanola, Chelsea J.

MALS-12
Sgt.
Toromedina, Carlos E.
Tucker, Travis E.

Cpl.
Dangelo, Corey W.
Peffer, Ashleigh R.
Springer, Lewis K.
Swecker, Brandon S.
Wilkins, Alex T.

Lance Cpl.
Aviles, Michael A.
Brown Jr., Robert E.
Dobbs, Robert A.
McMillian, Terrence A.

MWSS-171
1st Lt.
Rehbein, Milton A.

Master Sgt.
Hernandez, Armando

Sgt.
Houck, Michael D.
Rojas, Johan L.

Cpl.
Alvarado, Hugo
Justice, Christopher S.
Morgan, Bobby L.
Pickering, Jon W.

Lance Cpl.
Burleson, Jonathan D.
Davis, Bryan T.
Deboer, Adam C.
Duryeahouck, Kevin T.
Govendo, Kevin L.
Irving, Cameron D.
Lee, Christopher D.
Lindley, Jeffrey T.
Record, Beau D.
Sydow, Christopher C.

Pfc.
Smith, Geoffrey D.

Cuba to Iwakuni: One Marine triumphs over profound loss

LANCE CPL.DANIEL NEGRETE
IWAKUNI APPROACH STAFF



LANCE CPL. DANIEL NEGRETE
Pfc. Owen O. Valdivia, a motor transportation mechanic with Combat Logistics Company 36, sits in a Mark 48/16 in the CLC-36 Motor Transportation Lot here. Valdivia overcame the loss of his best friend to a motorcycle accident by joining the Marine Corps.

A tattoo on Pfc. Owen O. Valdivia's left arm shows "La Habana Vieja," the neighborhood in Cuba where he was born. Valdivia immigrated to the United States when he was 9 years old with his mother, father and older brother.



LANCE CPL. DANIEL NEGRETE

Every Marine has a story of who they are, where they're from and why they joined the Corps. The story of Pfc. Owen O. Valdivia, a motor-transportation mechanic with Combat Logistics Company 36 here, is one of triumph over an overwhelming loss.

Valdivia was born in Havana, Cuba, 22 years ago. He immigrated to the United States when he was 9 years old with his mother, father and older brother. "I still remember how difficult it was for us living in Cuba," said Valdivia. "Over there, the government decides what you can and cannot have. Everything is rationed in Cuba, from rice and electricity to the number of pigs a farmer can have. "We were lucky because we had family already settled in America that could help us get out of Cuba." Valdivia's family was sponsored by relatives already living in the U.S. to flee Cuba for a better life in Tampa, Florida. Valdivia's father Obed worked three jobs for the first four years after the family relocated to America in order to pay off the money loaned to him.

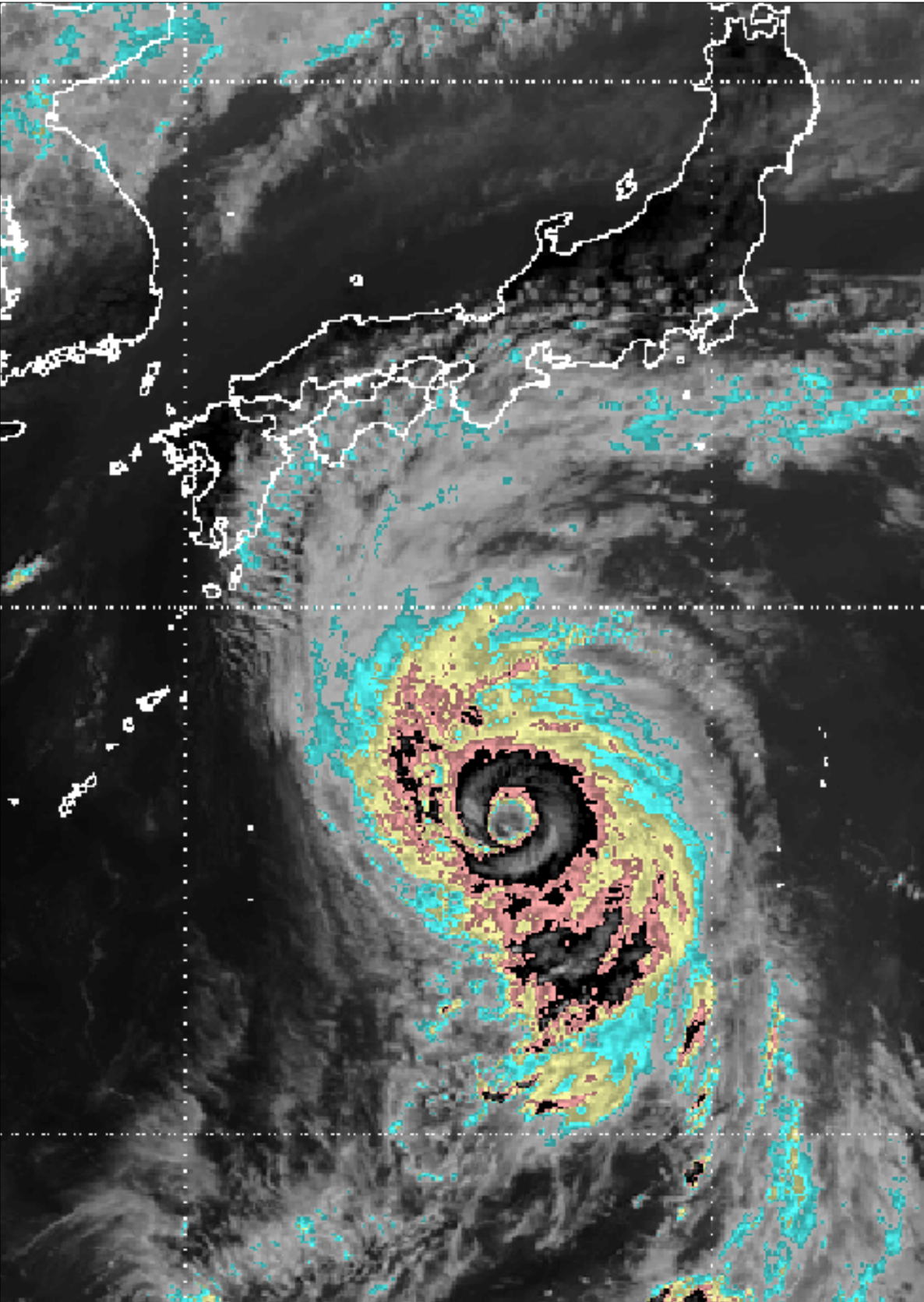
"My father taught my brother and I the importance of being self-reliant," said Valdivia. "He raised us to understand that nothing is given to you in this life — you have to earn it." Growing up Valdivia applied these values at school and in sports. He played on his high school wrestling, basketball, and baseball teams and graduated high school with a 4.9 grade-point average. Valdivia also excelled in extracurricular activities, taking up a special interest in racing and working on motorcycles. He shared his passion for motorcycles with his best friend, Ramon Rodriguez. "Ramon and I did everything together," he said. "We partied together, raced and fixed motorcycles together, and talked about becoming Marines together."

Ramon and Valdivia frequented the same Marine recruiting station in Tampa. They talked about shipping out together so they could share the experience of recruit training. "We both had good jobs at the time and were making good money, so we kept putting the idea off to one side and delaying our ship-out date," said Valdivia. Unfortunately, May 2007 Ramon was killed in a motorcycle accident and their idea of becoming Marines together was forever shattered. Valdivia quickly spiraled into a depression. He mourned the death of his best friend for a year until he finally walked into his recruiting station, on his own this time, to enlist in the Marine Corps.

"I told my recruiter, 'You got to get me out of here as soon as possible,'" he said. "Two weeks later, I was already on Parris Island." On Feb. 27, Valdivia came to Japan to begin a two-year tour aboard the air station. "He hasn't been here long, but he has already proven to be a hard worker," said Sgt. Andrew J. Gleason, motor transportation shop chief with CLC-36. "I see great leadership potential in Valdivia and can see him taking charge and responsibility real soon." As a motor transportation mechanic, Valdivia works on and maintains dozens of vehicles needed to support flight operations here. Although he laments not being able to share his Marine Corps experience with Ramon, he has no regrets in signing up. "Some people hate waking up early and working long hours, but I laugh at it," he said. "Not a day goes by that I don't think of Ramon, but I'm sure if he was here with me, he'd be laughing at it all too."

TYPHOON SEASON

THE IWAKUNI APPROACH GUIDE



Typhoon Usagi crossed the island of Kyushu before making landfall approximately 12 miles east of the station early August 2008. Sustained winds on station were 37 mph while the maximum gust reached 54 mph, bringing rain and wind, but no serious damage to the station.

For Iwakuni, tropical cyclone preparation begins before the storm

LANCE CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH STAFF

The morning of September 7, 2004, super typhoon Songda tore through the station with recorded wind speeds of 139 mph, leaving trails of battered buildings, insurance claims and more than \$1 million in damaged infrastructure. The record-breaking season of 2004 brought nine tropical cyclones and pushed the station to increase its state of readiness. Typhoon season has always been a fact of life for Iwakuni residents. Each year from June 1 to Nov. 30, the station prepares for a beating from Mother Nature herself. These days, with new amphibious vehicles at the fire department and a fine-tuned response and alerting system, Iwakuni is more prepared than ever to battle the elements in 2009. “One of the main problems we run into each year is the flooding of our drainage system during the season,” said Chief Devin Johnston-Lee, station fire chief. “Underneath us is a 100-year-old flood table that makes typhoons very

dangerous.” Though the station’s drainage system is many times refined, a minor tropical storm could still leave roads here un-drivable, increasing the time it takes to return to normal airfield operations and the time it takes to transport rescue personnel to the scene of an emergency. If water levels become too extreme, the station could possibly see dangerous flooding from the Nishiki River, which feeds into the Seto Inland Sea. A flood like that, Johnston-Lee said, would be reminiscent of the mayhem of Hurricane Katrina, the tropical storm that battered the Gulf Coast in August 2005. “Katrina? Ha! Not on my watch,” said Johnston-Lee. “Just after typhoon season ended last year, we got Kuma — our new urban search and rescue and consequence management vehicle.” Kuma, directly translated as “bear,” is the name of the fire department’s newest line of defense against dangerous weather. The department also maintains a similar vehicle, “Godzilla.” The vehicles perform just fine in

several feet of water and are designed to deliver emergency personnel and supplies while pulling a lot of weight. Johnston-Lee said the majority of calls to the fire department during a typhoon are about unsecured debris flying around the station and stranded motorists trying to drive during the tropical storm. That’s why safety official Ron Shulock, the station’s tactical safety specialist, stresses the importance of the Destructive Weather Bill. Available for download on the station’s intranet, the bill acts as a typhoon manual and has information pertaining to mostly everyone on the station, including families. “The majority of preparation comes from people living at home and in the barracks,” said Shulock. “There are certain things we should know to do when we hit different (Tropical Cyclone Conditions of Readiness). The more people that know how to respond to these events means less safety mishaps going on during the typhoon season.” The TCCOR system outlined below can

describe the condition and proximity of the tropical cyclone, and can further outline what steps need to be taken from there. For instance, alcohol sales end at the announcement of TCCOR II, but consumption ends for all service members at the announcement of TCCOR I. According to the Destructive Weather Bill, this is so service members can remain unimpaired during dangerous storm conditions and fit for duty in the event of an emergency recall. From the announcement of TCCOR IV to “All Clear,” television and radio broadcast mediums including American Forces Network Iwakuni and the Commander’s Channel (Channel 17) provide continual information on TCCORs and response procedures. Part of this mission is to relay new information to the public as soon as possible, using all formats available. The Destructive Weather Bill is available on the Iwakuni station intranet at <https://intranet.iwakuni.nmci.usmc.mil>. Click on Destructive Weather Bill link on the front page for download.

TCCOR IV — A tropical cyclone is possible within 72 hours. Residents should begin securing unnecessary items outside residencies including bicycles, ladders, crates, trashcans and any other heavy items that could possibly become a projectile. Throughout the TCCORs, American Forces Network and the Commander’s Channel (Channel 17) begin providing continual coverage at all hours. Residents living off base with an AFN decoder box can tune into Channel 22 for typhoon warnings and conditions.

TCCOR III — Within 48 hours, winds of 50 knots (almost 60 mph) are possible. All leave and liberty is suspended as necessary. In homes, items that could be subject to water damage (including computers, televisions and appliances) should be removed from the floor and unplugged.

TCCOR II — Destructive winds of 50 knots or greater are anticipated within the day. Off-base residents are authorized to move to designated on-base shelters when directed by the station commanding officer. Limited service is provided at the Marine Mart, food service outlets, Ironworks Gym, Marine Lounge and Hornet’s Nest, and all alcohol sales are secured. All check out lanes at the Commissary are open, but patrons should make sure to return shopping carts as soon as possible.

TCCOR I — In less than 12 hours, destructive winds of 50 knots or greater are expected. Matthew C. Perry Schools, the Primary Care Center, Child Development Center and pre-school close for business. Non-essential civilian personnel are released. For service members, alcohol consumption ends until the announcement of “All Clear.”

TCCOR IC (Caution) — Winds on the station have reached 34 to 49 knots (39 — 56 mph). The Commissary and gas station closes for business. Non-essential military personnel are directed to go home. Traveling outside is suspended except to those emergency personnel and those traveling home or to the mess halls. Everyone else should remain indoors.

TCCOR IE (Emergency) — Destructive winds of 50 knots or greater are occurring. All personnel should remain sheltered until further notice. Except for emergency vehicles, all air station traffic should cease. The shuttle bus service is discontinued and all station gates are closed except for the main gate.

TCCOR IR (Recovery) — The worst is over. Damaging winds are no longer present. All personnel should remain inside unless authorized to be outside and unit accountability is recommended. The restriction of non-essential traffic continues. Post-disaster updates are broadcasted on television and radio mediums.

TCCOR Storm Watch — Due to the typhoon’s proximity, there is still a possibility of danger even though the destructive winds have passed. Continue monitoring television and radio broadcasts as information is continually updated. Look for the announcement, “All Clear.”

All Clear — It’s time to get back to work. During duty hours, service members and civilians should return to work unless told otherwise by their command. Air station operations resume as well as radio and television post-disaster relief updates.

Anatomy of a Typhoon

Typhoons, or tropical cyclones, are storms of low atmospheric pressure at the center where large amounts of latent heat of condensation are being carried upwards and distributed in a circular pattern, thus creating several thunderstorms, powerful wind and torrential rain. The tropical disturbances can create damaging storm surges and tornadoes on land if given enough time to develop at sea. Once the typhoon has reached land, it begins to weaken and dissipate.

THE EYE of a typhoon is typically the calmest part of the storm, but is a sure sign that it has become extremely powerful. This area develops when the low atmospheric pressure is being sucked into the troposphere, or the lowest part of Earth’s atmosphere. Normally circular, the sizes of eyes can range anywhere from one to 200 miles wide. The storms surrounding the eye are the most powerful in a tropical cyclone. (Information gathered from the National Oceanic and Atmospheric Administration.)

GRAPHIC ILLUSTRATION — LANCE CPL. KYLE T. RAMIREZ

Build a Typhoon Readiness Kit



LANCE CPL. KYLE T. RAMIREZ

What comes to mind when facing a rainy day? Perhaps an umbrella? What about rain coupled with winds with speeds of up to 60 mph? After reading the Destructive Weather Bill, the Iwakuni Approach went shopping this week at the Marine Corps Exchange to build a typhoon readiness kit. Inside, there are recommended items for the home: flashlights, trashbags, masking tape, a first-aid kit, an assortment of batteries, wire cutters and some bungee cords or rope for securing loose gear. You might also consider a hand-powered radio, lots of canned goods and bottled water.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

MLG Marines keep transition team rolling in southern Iraq

CPL. BOBBIE CURTIS
2ND MARINE LOGISTICS GROUP

CAMP WESSAM, Iraq — Far to the southeast of the primary U.S. Marine Corps presence in Iraq's Al Anbar province lies Camp Wessam, home of the 14th Iraqi Army Division and their U.S. Marine Corps advisors, Military Transition Team 14.

MiTT-14 has supported the 14th division since April by advising them on tactical and logistical decision-making.

Among the Iraqi soldiers, U.S. Marine advisors and the U.S. Army support element that inhabit the joint Iraqi Army-Coalition base, three Marines from 2nd Marine Logistics Group (Forward) have found themselves operating far from the rest of 2nd MLG (Fwd) and supporting a mission few will have the privilege of experiencing.

Staff Sgt. Brandon M. Boland, Sgt. Jason M. Watts and Cpl. Jack T. Campbell had little notice before they left their parent unit 2nd Supply Battalion, 2nd MLG (Fwd), at Camp Al Taqaddum, to provide logistical and equipment maintenance support for the MiTT, which at the time was attached to 1st Brigade, 1st Iraqi Army Division (designated MiTT 0110), at Camp Ali, in Ar Ramadi.

Not knowing when they might leave, the Marines quickly gathered their gear and stood by to depart to Al Anbar's provincial capital.

"We got about a week's notice that we could go any minute," said Boland, an electrician for the MiTT who previously was the Organics Chief, Maintenance Company, 2nd Supply Battalion. "We would be sitting at the office until about 7:00 p.m. every day to see if there was a flight."

The Marines finally received word that they would be departing to Ramadi via convoy the next day and after the brief ride to Camp Ali and a warm welcome from the MiTT, discovered that they would be joining the team just in time for their move to Camp Wessam near the southern Iraqi city of Basrah.

The advisory role for Iraqi Security Forces in the Basrah region had recently transferred from British to American authority in preparation for the withdrawal of British forces from Iraq, and prompted the transfer of MiTT 0110 to Camp Wessam where they were re-designated MiTT 14.

The Marines, now temporarily assigned to the MiTT, embarked on a convoy to Camp Victory, in Iraq's capital city of Baghdad where they stayed for three days before leaving on an 18-hour convoy to the Basrah area.

Campbell, a mechanic for the MiTT who previously served in Maintenance Company, 2nd Supply Battalion, explained that the first days with the MiTT were very eye-opening and that the unit was very easy to work with.

"Right off the bat [the team] came out and let us know that we were welcome," he said.

"I felt really good," he continued. "I was very happy to come out and try something different."

He also said that joining the MiTT provided him with opportunities he was not able to take advantage of on his previous deployment to Camp Al Taqaddum.

"I actually got to interact with Iraqis," he said. "It has been a real learning experience."

Along with making repairs on the MiTT's vehicles, Campbell, who has earned the nickname "Stretch" for his tall and lanky build, has also been able to assist the team in their primary role of advising the 14th IA Division, by teaching classes on vehicle maintenance to IA soldiers.

"Just from the mechanics I have talked to, I have learned more about the Iraqi culture and more about how the IA is run," he said. "I have noticed similarities in the Iraqi mechanics and how we run our (military occupational specialty)."



CAMP WESSAM, Iraq — Staff Sgt. Brandon M. Boland and Sgt. Jason M. Watts, both electrical equipment repair specialists with Military Transition Team 14, at Camp Wessam, near Basrah, Iraq, conduct maintenance on a power generator, April 23, 2009. They are part of a group of three Marines from 2nd Supply Battalion, 2nd Marine Logistics Group (Fwd), sent to assist the MiTT with logistical support.

Campbell, who is also known around the team for his extraordinary work ethic, expressed gratitude toward the Iraqi soldiers' desire to better their skills.

"They are just so eager to learn," he stated. "I like going in there and talking to people who want to know instead of just feeding them knowledge."

Watts, an electrical equipment repair specialist from Engineer Ordnance Platoon, Maintenance Company, 2nd Supply Battalion, shares the enthusiasm that Boland and Campbell have felt while serving with the MiTT.

"I was excited to do something different," he said agreeing with Campbell. "I like the challenge of responsibility."

The reserve Marine, originally from Detachment 1 Engineers, 4th

Maintenance Battalion, in Wichita, Kan., added that he has been able to see the fruits of his labor at Camp Wessam because at a normal maintenance shop he only saw equipment come and go.

"Out here I do maintenance because we need it," he said.

Boland, who directly supervises and assists Watts and Campbell, expressed his appreciation for his Marines' hard work and dedication to keeping the MiTT up and running.

"Watts knows everything about every generator," Boland said adamantly. "Campbell is the master of everything on a vehicle."

"I wouldn't ask for any other Marines," he said. "I believe they are the best."

Boland was also excited about the change in roles he encountered when he joined the MiTT, stating that one of his favorite parts of his responsibilities is joining the team on convoys.

The other Marines on the MiTT team have come to greatly appreciate what the 2nd MLG (Fwd) Marines have done for the team.

"I told them I would give them a kiss," Sgt. Terrence R. Hicks, the maintenance chief for the team, said jokingly. "When these guys came in they jumped right to it. Anytime something goes wrong they're on it."

Hicks explained that the Marines played a huge part in setting up for the U.S. presence at Camp Wessam, and have kept the MiTT's operations running smoothly.

"A whole lot of problems that we would have had have been prevented before they started," he said.

Boland said his Marines are delighted to support the MiTT and that the increase in work was more than welcome.

"If something breaks, they come to us," he said proudly. "It doesn't matter what it is or what the problem is."

The MLG Marines, who have become a great commodity for MiTT 14, were originally told that they would be with the team for 60 days, but hope to stay for the duration of the MiTT's deployment, which is scheduled to end around July.

They all agreed that they have enjoyed the experience thus far.

"Now that I have been in it, I love it," exclaimed Boland. "I'd rather be here than (anywhere else)."

COMMUNITY BRIEFS

Coupon Distribution Program

The Coupon Distribution Program is available for all personnel aboard the air station courtesy of Marine and Family Services. Coupons are donated by various donors and are good until six months past the expiration date. Stop by Building 411 and pick up your free coupons, look for the baskets marked "Free Coupons." For more information, please contact Marine and Family Services at 253-6161.

Co-op Program Openings

There are now openings with the Ironworks Co-op Program. This program is open to parents with children 5 and under. We meet 9:15 – 11:15 a.m. every Mon., Wed., Fri. For more information, call 253-2836 or e-mail heather_long@yahoo.com.

UMUC Term V Classes

University of Maryland University College registration for face-to-face classes is 8 a.m. – 5 p.m. until May 31 and classes run from June 1 – July 25. You can register in person or by going to MyUMUC at my.umuc.edu. Registration for online classes runs until June 15 and classes run June 15 – Aug. 23. For more information, contact your local UMUC field representative at 253-3392 or visit www.asia.umuc.edu.

The Biggest Saver

Coupon Contest The Personal Financial Management Office is conducting a contest for all authorized patrons of the MCAS Iwakuni commissary May 1 – July 31. The person who saves the most money in coupons during the three-

month contest will win an hour-long massage. Take your receipts to the Personal Financial Management Office in Building 411, Room 201. Once a month, a coupon class will be conducted in Building 411, Room 217, to assist patrons with finding the right coupons and discussing savings options. For more information, call 253-6250.

Eagle Scouts Meeting

All Eagle Scouts, 21 years or older, are requested to attend a meeting at Building 1111, Boy Scout Hut at 6 p.m. Thursday. For more information, e-mail iwakunibsatroop77@hotmail.com.

"Pista Sa Nasyon" Town Fiesta

The 14th Annual "Pista Sa Nasyon" town fiesta is being held at the Club Iwakuni Ballroom at 5 p.m. May 30. Tickets are \$35 and include an international buffet menu. For more information, call 253-6084.

Rummage Sale

The Boy Scouts will host a rummage sale 9 a.m. – 3 p.m. Saturday at the Boy Scout Hut, Building 1111 Agan Rd. next to the Thrift Store. All proceeds go to support local Boy Scout Troop 77.

TAMP and FMEP Survey The Transition Assistance Management Program and Family Member Employment Program will be conducting a survey until May 29. Your feedback will help us improve the services we provide to military members and their families. The survey link is www.websrg.com/MCHQ/.

CTC Term V Classes

Central Texas College registration for classes is Monday – May 29 and classes run from June 1 – July 26. Distance learning and traditional classes are available. For more information, contact your local CTC field representative at 253-3288 or email iwakuni.jpnpfec@ctcd.edu.

Onsite Mammograms at Branch Health Clinic

The Branch Health Clinic will be conducting mammograms via an onsite van Monday – Friday. For more information or to set up an appointment through your primary care doctor, contact central appointments at 253-3445.

Red Cross CPR Courses

A CPR instructor course will be held at the American Red Cross office 5 p.m. Thursday and Friday. A CPR professional rescuer course will be held 9 a.m. May 23. For more information, call the American Red Cross at 253-4525.

NMCRS Office Changing The local Navy-Marine Corps Relief Society is changing their office to provide better service for the community. NMCRS will be open 10 a.m. – 2 p.m. Mondays – Fridays. A grand re-opening will be held to celebrate their new status as a full service office from 11:30 a.m. – 1 p.m. June 1. Come by and see what's new and available at your local NMCRS office.

Commissary Case Lot Sale

The Iwakuni Commissary will hold its semi-annual case lot sale today through Sunday. The sale is themed, "the under \$10 case sale" because many items will be priced under \$10 per case. We also plan for fun and games, so mark calendars and plan to shop early for the best deals.

Asian/Pacific Heritage Month Mess Hall Meal

Everyone aboard Iwakuni is welcome to a Asian/Pacific Heritage celebration meal 11 a.m. – 1 p.m. Wednesday at the north and southside mess halls. The menu includes egg rolls, chicken egg drop soup, egg foo young, sukiyaki, yakisoba, pork adobo, pork-fried rice, steamed rice, Chinese fried cabbage, mixed vegetables, tempura sweet peppers and lumpia. Comrtats, family members and civilian employees pay \$4.25. Family members of E-4 and below pay \$3.65. Photo I.D. is required.



CPL. ROBERT S. MORGAN

CAMP WESSAM, Iraq — Cpl. Jack T. Campbell, a mechanic with Military Transition Team 14 in Camp Wessam near Basrah, Iraq, conducts maintenance on a power generator, April 23, 2009. Campbell is one of three Marines from 2nd Supply Battalion, 2nd Marine Logistics Group (Fwd), sent to assist the MiTT with logistical support.

SAKURA THEATER

Friday, May 15, 2009

7 p.m. X-Men Origins: Wolverine (PG-13)

Premier

10 p.m. Adventureland (R)

Premier

Monday, May 18, 2009

7 p.m. Knowing (PG-13)

Tuesday, May 19, 2009

7 p.m. X-Men Origins: Wolverine (PG-13)

Wednesday, May 20, 2009

7 p.m. Star Trek (PG-13)

Premier

Thursday, May 21, 2009

7 p.m. Race to Witch Mountain (PG)

Last Showing

Sunday, May 17, 2009

1 p.m. Race to Witch Mountain (PG)

4 p.m. X-Men Origins: Wolverine (PG-13)

7 p.m. Knowing (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.

253-5291

CLASSIFIEDS

Automobiles

1995 Honda Odyssey
JCI good until Oct. 2010, new tires, plugs and wires. Seats eight, fold-away seats, A/C, power windows and locks, CD player, 97,000 Km. \$2,000 OBO. For more information, call 253-2990 (home) or 253-4768 (work).

1993 Toyota Caldron
New JCI this month, 127,600 km, seats five with a lot of cargo room in the back. \$2,500 OBO. PCS the end of May. Need to sell!! For more information, call 253-2337.

Toyota Lite Ace
JCI Good until April 2011. Cold front and rear AC, power windows and locks, ultra violet reducing glass tint, Kenwood CD player, seats seven, great mileage, diesel engine, snow chains included. \$2,500 OBO. For more information, call 253-2115/6984 (work) or 080-6605-9917 (cell).

Mess Hall Menu

Monday

Manhattan clam chowder, chicken and rice soup, sauerbraten, jerked style chicken, steamed rice, oven-browned potatoes, french-fried okra, calico cabbage, brown gravy, dinner rolls, macaroni salad, German-style tomato salad, standard salad bar, coconut raisin cookies, double layer almond cake, chocolate cream pie with whipped topping.
Specialty Bar: Pasta

Tuesday

Beefnoodle soup, chicken and mushroom soup, Swiss steak with gravy, Szechwan chicken, O'Brian potatoes, noodles Jefferson, french-fried cauliflower, broccoli parmesan, brown gravy, cheese biscuit, three bean salad, cucumber and onion salad, standard salad bar, butterscotch brownies, apple pie, spice cake with butter-cream frosting.
Specialty Bar: Taco

Wednesday

Special meal for Asian/Pacific Heritage Month. See page 9 for menu.

Thursday

Minestrone soup, cream of broccoli soup, fried chicken, beef stroganoff, buttered pasta, candied sweet potatoes, okra and tomato gumbo, southern-style green beans, chicken gravy, cheese biscuits, potato salad, spinach salad, standard salad bar, double layer devil's food cake with coconut pecan frosting, pumpkin pie with whipped topping, oatmeal raisin cookies.
Specialty Bar: Deli sandwich

Friday

Beef barley soup, Spanish soup, lemon-baked fish, el rancho stew, steamed rice, potatoes au gratin, cauliflower combo, black eyed peas, dinner rolls, brown gravy, mixed fruit, Italian-style pasta salad, standard salad bar, apple and cherry turnovers, bread pudding, crisp topped bars, chocolate pudding with whipped topping.
Specialty Bar: Hot Dog

1990 Skyline GTR

Twin turbo, all-wheel drive model. Thousands of dollars of aftermarket parts, e-mail for list. \$8,500 OBO for everything. For more information, contact Scott at 080-3474-8856 or potwic@gmail.com

1998 Toyota Noah

JCI until Sept. 2009. Seats 8. Good condition. Just replaced battery and tires. \$1,000. For more information, call 090-1681-0866 (cell)

2004 Honda Shadow 750cc

Comes with 2 full-face helmets, new cover, leather saddlebags, full wind screen, English owner's manual. \$3,500, but will negotiate in good faith. For more information, call 253-5470 (home) or 253-3337 (work).

1997 Suzuki Wagon-R

JCI until March 2010 (paid at \$600), road tax paid. White, CD player, A/C and heat work great, cheap on gas, \$1,500. For more information, call 090-4106-7370.

1998 Toyota Estima

JCI until Sept. 2009, A/C, AM/FM/CD/ cassette, GPS. \$1,500. For more information, call 253-2323 (home) or 080-4085-2008 (cell).

1996 Toyota Vista

JCI until Aug. 2010, runs great, good A/C and heat, power windows/locks, automatic. \$1,500. For more information, call 253-2122 (home) or 080-1385-7214 (cell).

1996 Honda Shuttle (Odyssey)

JCI until April 2011, 5-door van, seats seven, power locks/windows, A/C works great, automatic, cassette/CD/MP3/iPod player, sunroofs, 2 new tires. Asking \$2,500. For more information, call 253-2679.

1997 Toyota Spacio

JCI until February 2011, automatic, seats six, cold A/C, front TV, snow chains, nice tires and brakes, front and rear DC outlets, regular oil changes. \$2,800 OBO. For more information, call 080-3474-8856 or email potwic@gmail.com.

1991 Toyota Convertible

JCI until Sept. 2010, full-size, 4-passenger car. \$4,000 OBO. Available June 1. For more information, call 253-3337 (work) or 253-5470 (home).

1997 Honda Today

JCI until Feb. 2010, very dependable, small, 2-door, yellow tag vehicle. Moving in June. Great gas mileage, automatic, cold A/C, heat, power windows, clean inside and out. \$2,000 OBO. For more information, call 253-7944 (home) or 253-6066 (work).

1995 Honda Civic

JCI until March 2011, good A/C and heat, CD player, power windows, good on gas, well maintained. \$1,200 OBO. Will be ready June 19. For more information, call 253-2218.

Miscellaneous

TV Set

57" Toshiba rear-screen projection with stereo sound, entertainment center with glass doors and lights, and Sony 400-disc DVD player. Sold as set, \$900. For more information, call 253-2122 or 080-1385-7214.

Sofa and Love Seat

Tan, must sell. \$500 for both (firm). For more information, call 253-2863 or 253-3878.

Baby Girl Clothes and Shoes

•6- 9-month winter baby clothes, sleepers, dresses, sweaters, Harley Davidson outfits, jeans. More than 25 outfits — \$30.
•12- 18-month summer clothes, dresses, capris, shorts, shirts, jumpers, pjs, swimsuits from old navy over 30 outfits — \$40.
•24-month winter clothes, over 40 outfits including sleepers, jeans, shirts, sweat suits, coats, sweaters, pantsuits, dresses — \$50.
•Box full of shoes, boots, sandals, dress shoes, sizes ranging from 1-6 in baby girls all in great condition — \$25.
Will sell everything for \$100. For more information, call 253-2611.

Seven-Month Old Doberman Puppy

Brown, male, up to date on all his shots, well mannered, great with kids of all ages, loves to be outside, playful, smart, all around good dog if he is the only one. \$100 to a good home. For more information, call 253-2107.

Home Furnishings

•Antique Chinese square, tall table with 2 arm and 2 side chairs, paid \$1400.
•3 cushion sofa w/rolled arms — \$200.
•2 rocker-recliners, 1 maroon, 1 green — \$100 each.
•1 Broyhill pine china cabinet — \$150.
•1 small antique curio cabinet, dark wood, 4 shelves — \$150.
•1 Broyhill mirrored vanity with display shelves on each side, 9 drawers — \$100.
•19" flat screen monitor — \$140.
•17" lat screen monitor — \$70
All prices are negotiable in good faith. For more information, call 253-5470 (home) or 253-3337 (cell).

XBox 360s

•Black 360 Elite console, 120GB hard drive, various accessories and games — \$310.
•360 Pro console, HDMI, 60GB hard drive, various accessories and games — \$235.
•Modded black 360 Elite console, 120GB hard drive, accessories and games — \$340.
•Modded 360 Pro console, HDMI, 60GB hard drive, accessories and games — \$235.
•XBox 360 Arcade, console, accessories and games — \$155.
•Modded 360 Arcade console, HDMI output, accessories and games — \$190.
All like new, \$10 discount for military and their family members. For more information, call 760-977-9076 or 760-977-9125.

Fisher Price Aquarium High chair

Height adjusts to 7 positions, reclining seat, folds up for easy storage, dishwasher safe food tray and teether toys. Seat cover and straps can be washed in washing machine. \$45. For more information, call 253-2611.

Softbank PDA Camera Phone

Cell phone, full PDA, camera, wireless, Bluetooth, memory card, large battery, touchscreen, QWERTY keyboard, new case. Asking \$150 OBO. For more information, call 080-3474-8856 or email potwic@gmail.com.

Job Announcements

NMCRS Job Opportunities

The NMCRS is looking for client services assistant volunteers to greet clients and guide them through the initial intake process. To apply for this opportunity, call 253-5311.

MCCS Student Summer Hire Program

Applications will be accepted until Friday at the NAF Human Resources office, located in the Crossroads floor 2. The program is offering 17 positions for 14- 17-year-olds. New employee orientation will be held 9 — 11 a.m. and 1:30 — 3:30 p.m. June 12. Positions include temporary lodging facility laborers, retail sales associates and recreation attendants. For more information, call 253-3030 or 253-5008



PFC. MIRANDA BLACKBURN

The 1994 Dietary Supplement Health and Education Act states a firm does not have to provide the FDA with the evidence it relies on to substantiate safety or effectiveness before or after it markets its products. Most gym nuts may find meals containing tuna, chicken and beef hold more than enough protein, even for a professional athlete who trains several hours a day. So, with a proper diet, supplements are unnecessary.

Supplements 101

Diet, exercise really work!

SGT. ROBERT DURHAM
IWAKUNI APPROACH STAFF

You've all seen them. Big as a house, stronger than an ox. Every day the gym fills with those fighting a different type of war than Marines are usually trained for. A war with the iron.

Many Marines, sailors and even civilian employees take time out of almost every day to either get bigger or smaller. A great many of these people often seek a little help, a shortcut to achieve their fitness goals.

"I think they're looking for an easy fix. It's a lot easier to take a pill than to spend 60 minutes on a cardio machine, but you're really cheating yourself," said Alma Dickinson, health promotions director here.

This so-called help comes in a variety of supplements designed to do things such as "increase your active muscle satellite cells by 109 percent in just 28 days" — whatever that means — or help you lose fat with little to no effort.

If you can get past the impossibly worded scientific lingo on the labels of these supplements, then you may notice the small printed box required by all supplement manufacturers with the text reading, "These statements have not been approved by the Food and Drug Administration."

The 1994 Dietary Supplement Health and Education Act states a firm does not have to provide FDA with the evidence it relies on to substantiate safety or effectiveness before or after it markets its products.

In fact, according to the act, a manufacturer doesn't even have to register themselves or their product before producing or selling it.

"In a lot of supplements, the long term effects are unknown and the possible side-effects are unknown. In addition to that, a lot of supplements can react with over-the-counter or prescribed medications," said Dickinson.

Rather than ingesting a federally unrecognized and unproven supplement, there are easy alternatives to get the right fuel for your workout.

"You can get everything you need out of your diet. I know a lot of people take protein powder or protein shakes to get that extra protein, but they can get it all out of eating the right foods," said Dickinson.

Most gym nuts may find meals containing tuna, chicken, and beef hold more than enough protein, even



LANCE CPL. KRISTIN E. COTE

Lance Cpl. William B. Turner, an aircraft serviceman at the Visiting Aircraft Line here, pumps iron at the IronWorks Gym here Wednesday. As a Marine, it's important to incorporate physical fitness and a good diet into your daily schedule, Turner said.

for a professional athlete who trains several hours a day.

Those wishing to lose weight should probably stick to the time-tested method of a good exercise routine.

Despite the fact that there is no federally legitimate overwatch on supplements, people are certainly going to continue to use them.

"If you're really set on taking supplements, do your research. I like to check dot-org, dot-gov, or dot-edu Web sites," said Dickinson. "Ask yourself, 'Do I really need this?'"



LANCE CPL. SALVADOR MORENO

Untouchables center Mario Brown goes up strong to the hoop as Hand Selected forward Charles Williams tries to block Brown's shot. The Untouchables trailed by as much as nine points during the first half of play but took the lead during the closing minutes and never let it go throughout the rest of the game.

Untouchables beat Hand Selected, advance to 10-1

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

From the opening tip to the final buzzer, it was an uphill battle for both the Untouchables and Hand Selected. The Untouchables pulled off a hard-earned finish after a rough start, beating Hand Selected 45-37 at IronWorks Gym here Monday.

The Untouchables, with a record of 9-1, entered Monday night's game knowing they had to win to earn the number one seed in the playoffs.

Untouchables coach Anthony Alexander said, "We needed to play 40 minutes of defensive basketball and focus on fundamentals as a team."

Hand Selected jumped to a nine-point lead early in the first half, leading 12-3 with 13:16 left on the clock.

However, the Untouchables bounced back after a time out with 8:26 left in the half

and evened the score at 17-17 in the closing minutes.

By the end of the first half, it was clear that the Untouchables had found their rhythm and were not going down without a fight.

They took the lead with 14.5 seconds left and held onto it to end the half, 26-23.

After a much needed break during half time, both teams got back on the court to finish what was developing into a great game.

The Untouchables came off the bench with much more intensity than they had in the first half, scoring the first points and extending their lead, 32-25.

Hand Selected forward Jason Scott answered the Untouchables opening points with his own. Although he was fouled, it brought Hand Selected to within a one-point reach with 11:16 left in the game and the score 32-31.

The Untouchables again extended their

lead after a few missed attempts by Hand Selected and their lazy defense.

The Untouchables took advantage with quick breaks down court and kept bodies on Hand Selected's big men, said Alexander.

With the score getting nearly out of reach and the time running out, Hand Selected started to get more aggressive and ended up fouling more than they wanted to.

"We were winded at the end and started to get into foul trouble," Scott said.

With one minute left in the game, the Untouchables were up 45-35, but Hand Selected never gave up.

They kept attempting last-minute shots and came out with two more points, ending the game on the losing end of a 45-37 defeat and an 8-2 record.

"We need to work on controlling the tempo for 40 minutes and get better each game. Now we just sit and wait for the playoffs," Scott said after the game.

<div>Spring Intramural Basketball Standings as of Wednesday</div>	Team	Games Played	Wins	Losses	Win %	<div>Playoffs are scheduled to begin May 20. For more information, call the IronWorks Gym at 253-6578.</div>
	Untouchables	11	10	1	91%	
	Hand Selected (H&HS)	12	10	2	83%	
	MALS-12 Da FAM	11	8	3	73%	
	VMFA-242 Bats	10	7	3	70%	
	Head Hunters (H&HS)	10	6	4	60%	
	171 Destroyers	10	6	4	60%	
	Fil-Am	10	5	5	50%	
	VMFA(AW)-224	10	4	6	40%	
	VMFA(AW)-225	9	3	6	33%	
	IYAOYAS	10	3	7	30%	
	MAG-12 Sharp Shooters	12	3	9	25%	
	CLC-36 Dragons	12	2	10	17%	
	B - Tribe	11	1	10	9%	