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TEE TIME

H&HS hosts four-man scramble tournament | P. 11



FEATURE

SPORTS

IWAKUNI APPROACH

Issue No. 20, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

Training exercise Thunder Horse 2009 comes to end

LANCE CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH STAFF

With battle-clad security and M1151 Enhanced Armament Carriers about, it is clear Marine Wing Support Squadron 171 has mobilized for its annual in-house training exercise, Thunder Horse 2009.

The five-day evolution that ended May 22 at the athletic fields near Penny Lake is a build-up exercise, giving the Marines refresher training on convoy operations and other common field procedures for the squadron's upcoming deployments.

"Everybody has to start from the basics," said Gunnery Sgt. Matthew F. Byers, MWSS-171 maintenance platoon chief. "We have to use what we have right now. If we continue to wait and wait and wait, we'll probably never get any training done."

The different companies are taught by their peers how their own jobs apply in the field environment. Also included are classes on identifying improvised explosive devices, security patrols and reaction drills.

"A lot of training takes place within the sections," said Byers. "We have a good mix of (noncommissioned officers) who have been to Iraq or Afghanistan, and they're more than willing to offer their advice to those who haven't gone."

Among those is a large group of junior Marines carrying out their first assignment overseas. Although some have the opportunity to fill individual augmentee billets during their tour here, the majority gain experience through training exercises like Thunder Horse.

"For me, this is what it's all about," said Pfc. Donard M. Ebana, a motor transportation operator. "It's not too bad out here and we're learning a lot of important things. Mostly, I'm learning about my leadership, learning how to communicate with (leadership) better in the field."

Since he arrived at the squadron six months ago, Ebana has participated in as much training as his job allows. After recent deployments to the Combined Arms Training Center,

Camp Fuji and Yecheon Air Base,

SEE TRAINING ON PAGE 3

Winners cash in at Amazing Race



LANCE CPL. SALVADOR MORENO

Team Iron Men's, representing Marine Wing Support Squadron 171, was the first team to finish the Amazing Race here May 22. Pictured, from left to right, is Josimar Hernandez, Tommy Bryan III, coach Javier Melendez, Jon Pickering, and Darrell Campbell. See the full story on pages 6-7.

M.C. Perry enjoys day of fun, games

Children take to field for much-deserved break from school

PFC. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Students at M.C. Perry Elementary School enjoyed a day off from school work during a field meet here May 22.

Individual classes rotated from one activity to the next as a loud horn sounded for everyone to hear.

"Where are my crazy dancers?" yelled Annalisa Duerden, an excited volunteer mom who provided both fun hula-hoop exercises and young, energetic music for students to dance to.

"I never got out during the hula-hoop game," said Kabel Player, a second grader at M.C. Perry, after playing a game similar to musical chairs.

Children cheered on their peers as friendly rivalries of boys versus girls competed in activities like sack races and maneuvering through a course while balancing a ball on a spoon.

As it grew closer to lunch time, the sun hid

behind the clouds, and the kids rushed to hide under trees and tents as it started to rain.

"I got cold and wet but it was still fun," said Hannah Pruitt, a second grader at M.C. Perry. "My favorite part was trying to find our shoes."

"Mine was playing with the parachutes," chimed in another classmate, Gabby Calderon, as the group of friends huddled together to hide from the rain.

After the rain cleared up they all went back out to finish up the field meet.

Students laughed and giggled as they stumbled and fell in the wet grass while whole classes attempted to jump rope at the same time.

Teachers, volunteers and children danced to the Cupid Shuffle and dared see how low they could go during a game of limbo.

Three loud horn blasts blew to finish off the field meet. Kids rushed to pick up their water bottles, cones and play equipment and then ran off to fill their hungry little bellies with something to eat.



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CHAPLAIN'S CORNER

'Route step march'

LT. DONALD A. BAKER
COMMAND CHAPLAIN

This morning MWSS-171, the beloved America's Squadron, went on a 6-mile run wearing green-on-green PT gear, flak jackets and full Camelbacks. The unit did well as a whole with nearly the entire squadron finishing the physical test. Not bad for a bunch of folks who supposedly just "swing with the Wing."

The 6-mile run was actually pretty minimal in comparison to a 12-mile hike that my unit completed a few months ago. I remember that day very clearly. It was a mild winter day with a little wind coming off the water and a sun that was warming the air as it was starting to ascend the horizon. The Marines and sailors of MWSS-171 were dressed in full battle gear to include pack, helmet, flak, and weapon. This was an impressive site as we fell into formation to get accountability and then began the 12-mile evolution.

Once the companies were formed, the squadron sergeant major gave the crisp, loud command of "Right, face!" followed

by a "Forward, march!" and the unit moved in unison to both commands. And so, we were off marching all together as one. If it is done correctly, all left heels strike the ground at the exact time. If it is done correctly, it makes a hypnotic and an intimidating "clump" that can be heard a couple blocks away. On that particular day, within a few steps of beginning our hike the command of "Route step, march!" was given and we were no longer marching in unison or synchronized with one another but rather given the latitude to march as we choose so long as we keep the pace. Due to long legs or short legs, lingering injuries, an awkward gait, or whatever the case was, each person continued to move forward in formation but taking steps that were unique to the individual. We were not all stepping together the exact same way, but we were all marching in the same direction with the same purpose and the same mission.

As I think about that hike and the command to "Route step, march!" it impresses me because that single command typifies our Marine Corps and Navy as a whole and just how great it is to be in an organization as

diverse as ours. Each of us has experiences, characteristics, and a personality that is distinctive only to us. Some of us come from the farms of the Midwest. Some of us come from the streets of New York or Chicago. Some of us are tall, some of us are short. Some of us are video game/computer whizzes and some of us are gifted physically. Some of us are dark-skinned, some of us are light skinned. I could continue to write about all the ways that each of us is different from one another but I think you get the point. You see, one of the greatest strengths of the military and the military community is its diversity. If we were to be honest with ourselves, most of us would probably only associate with others who thought like us, acted like us, come from the same neighborhoods we do, and even look the way we do. Yet, here we all are aboard MCAS Iwakuni; each of us is here with our unique personalities and backgrounds but still working toward the common goal of serving the military and its families. Call to duty has brought us all together but it is our respect and admiration of one another that can positively transform our entire military culture. God bless you and have a great week.

Letter to the 'un-forgotten'

Mary F. Gaddis
POSTAL OFFICER

To those who have gone before us. Your courage and strength have moved a new generation of young adults.

Weather your act of kindness was small or large you have not gone unnoticed.

There are small towns across America and bases around the world that have come out on your special day to honor your memory.

I have seen many memorials for those who have died for our country. I have mourned the death of family, friends and Marines I have worked with.

Though deeply saddened, it has never brought me to uncontrolled tears as it did on Memorial Day.

As our busy community began their day, they passed the corner of E-Circle Drive and Newell Street, where the Vietnam Memorial stands, and witnessed a tribute to service members who have died for our country.

As the onlookers slowed down or walked over

to sit and pay their respects, there was a calm feeling in the air.

For that brief moment they stopped to remember what we are all fighting for "Our Rights and Freedom."

Today the performance was not the Marine Corps silent drill team at the Sunday evening parade or the Army Old Guard at Arlington but members of the Matthew C. Perry High School Marine Corps JROTC program.

Their style and class along with precision movements and well calculated steps, 21 to be exact, is a sight I've never seen.

These young adults showed a solemn and respectful tribute to our fellow comrades.

This kind of dedication has helped reassure there is a brighter future for our children.

This unselfish act was not completed by a single member but a team, a team of dedicated, highly motivated Cadets who understand the core values of Honor, Courage and Commitment.

To the next generation of Marines no small act goes unnoticed.

Semper Fidelis.

History and Heritage

When advised to withdraw by a French army officer at the defensive line north of the village of Lucy-le-Bocage, during the battle of Belleau Wood on June 1, 1918, Capt. Lloyd Williams, a company commander with 5th Marines replied, "Retreat hell! We just got here!" 1,087 Marines died in the ensuing battle, Capt. Williams being among them, was posthumously awarded the Distinguished Service Cross and promoted to the rank of major.

America's squadron mobilizes for Exercise Thunder Horse

TRAINING FROM PAGE 1

Republic of Korea, he is waiting for his chance to head to the Philippines for Exercise Talon Vision 2009.

"Each exercise lets me see a different side of my job and a different side of my NCOs," said Ebana. "I'm trying to learn as much as I can from them so when they leave, I'll know exactly what to do."

At the motor transportation company, combat veterans are tasked with showing other Marines the ropes in the field environment. Everything from coaching with job skill sets

to coping with combat stress are their responsibilities. Cpl. Ryan M. Nelson, a motor transportation operator, is Ebana's immediate mentor and said he is devoted to teaching the Marines who will soon take his place.

"Ebana is doing great out here," said Nelson. "He's getting classes on things he needs to know, mostly convoy operations — but you can find that stuff on YouTube. When we do these types of exercises, I put myself in the mindset of, "OK, I'm in Iraq right now," so instead of just going through the motions, we're embedding these skills into his mind like muscle memory."

Nelson has had plenty of time to decide when to go by the books and when to resort to street smarts.

Many Marines receive the same training while at Thunder Horse, but most importantly, the exercise is a time for those experienced individuals to get their peers caught up for future field operations.

"Even though this camp is small, it's still a pretty legitimate forward operating base," Nelson said. "Even though we got the barracks right there and cars driving by, it can still be pretty realistic for everyone. It's good for these Marines. I can tell."

Summer Safety: children, pets in cars

SUBMITTED BY CHRISTOPHER YONEDA
OCCUPATIONAL SAFETY AND HEALTH SPECIALIST

With the hot summer days likely still ahead, parents, caregivers, and pet owners are reminded that leaving children or pets unattended in a car can quickly lead to fatal consequences. Each year throughout dozens of countries including the U.S. and Japan the same tragedy takes place and the number starts to peak as we head into the hot summer season. Temperatures can rapidly rise inside a vehicle, even if it's parked in the shade. Children's temperatures rise three to five times faster than an adult's. Children's bodies cannot dissipate heat as fast as adults' bodies can. Imagine a child sweltering and suffocating in a hot car.

Car trunks can also be especially hazardous. In very hot weather, within minutes a child trapped in the trunk of a vehicle can suffer a heatstroke that leads to permanent disability or even death.

High temperature is not the only cause to tragedies that can

take place in a vehicle. Unattended children could crawl out of their safety seats, shift the car out of gear or cause a crash, play with cigarette lighters, choke or even be in the car when it is stolen. When children do play about or when pets scamper around the vehicle, they could accidentally lock themselves in. Take the keys with you or leave a window open when you are just stepping right outside the vehicle for a short time to pump gas or to talk to someone.

Advice to parents, caregivers, and pet owners:

- Avoid leaving children and pets unattended in cars.
- Keep your car keys with you at all times.
- Never give your children the keys to play with and leave them in the car even when you are just stepping outside for a second.
- Do not close all doors until you are sure that you have the keys with you.
- Keep doors and the trunk of your car locked at all times when the vehicle is parked at or near your home.
- Keep spare keys at home.

Around the gym: keep these safety tips in mind

LANCE CPL. KRISTIN E. COTE
IWAKUNI APPROACH STAFF

With warm weather approaching, more people are engaging in physical activities and trying to get back into shape before hitting the beach. But with the warm weather comes many safety precautions that you should be aware of.

"Be aware of the flag conditions outside, use the proper safety gear, and be aware of health and sanitation concerns," said Gregory Ray, the IronWorks Complex manager.

The most common injuries are because people don't use proper gear and don't ask questions, he added.

Injury breaks motivation and the momentum of your progress. When exercising, remember to keep these safety tips in mind:

Hydration - DRINK WATER!

- Drink at least eight 8-oz. glasses of water a day.
- Athletes should drink more to replenish the fluids they lose during exercise to avoid dehydration, which reduces performance. Some signs of dehydration are fatigue, chills, dark-colored urine, irritability, dry mouth and headaches.
- Drinking too much water can cause hyponatremia ("water intoxication"), which refers to low levels of salt. Low sodium levels can cause confusion, nausea/vomiting, restlessness and irritability, dizziness, and in severe cases, seizures, unconsciousness or death.

Hygiene

- Fungi and bacteria thrive in moist wet places, so always wear flip flops when walking around the locker room, in the showers and around the pool.
- Wipe down machines after use to prevent the spread of germs.
- Everyone is required to use a towel in the gym for health and sanitation reasons. If you don't want to bring your own, an IronWorks dog tag can be purchased at the front desk of the gym for \$5. Just turn in the dog tag in exchange for a towel, and you'll receive it back after returning the towel.

Healthful eating

- Never skip breakfast. It's the most important meal of the day. It gives you an energy boost and helps you maintain a healthy weight by jump starting your metabolism.
- Eat a well-balanced meal. Grains, fruits and vegetable are a great source for carbohydrates for energy plus vitamins, minerals and fiber.

Reducing injury

- The key to reducing injury is to integrate warm-ups, stretching and cool-downs into your exercise routine.
- If you're unfamiliar with equipment or weight lifting techniques, ask the front desk of the gym for proper instruction. Fitness coordinators and physical trainers are available to assist you.
- When beginning a new exercise program or learning a new exercise, start with

small weights and warm with a set of 15 repetitions while perfecting the technique. Gradually increase the weight each week.

- Always use proper lifting form. Execute a full range of motion in a slow, controlled manner.
- Use a weight lifting belt for exercises that put stress on your lower back.
- Always use a spotter. Spotters can ensure your safety while lifting weights and give you motivation to push out that last repetition.
- Know your limits. A longer, moderate workout is more effective than a short, intense one.
- Implement proper breathing techniques. Remember to exhale when you exert. Holding your breath raises your blood pressure and starves your brain of oxygen. It also creates pressure on your abdominal cavity, which may lead to a hernia.

Around the gym

- Don't leave weights lying around where someone can trip over them.
- Use collars to prevent weights from falling off the barbells during exercise.
- Keep hands away from chains, pulleys and weight plates on exercise machines, and always push the pin in all the way when adjusting the weight.
- The indoor sports courts at the IronWorks gym are not air conditioned. Therefore, all indoor courts will be closed if there's a red flag.

Flag etiquette: Why care?

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

At 7:30 a.m., I am typically sitting at my desk checking e-mails. Thirty minutes into my workflow, I hear colors play in the background and the thought that runs through my head is, "good thing I'm not outside." It might be a terrible thing to think, but it is one of my honest initial reactions and a testament to a lingering laziness I unwillingly possess.

In my attempt to avoid colors, I have hidden behind doors, dashed across fields and jumped for cover. The fastest you will see me run is at 7:59 a.m. It got so ridiculous that I finally had to ask myself, "What happened?"

What happened to that awkward recruit who was so eager to serve his country that he would have saluted colors all day if it meant getting his eagle, globe and anchor?

Not going to lie, I was moto. In fact, I bawled like a baby when I finally got my eagle, globe and anchor. But, somewhere between then and now, I lost a little of that pride, and I think the main reason is because I stopped taking that moment to reflect.

Boot camp days were long and tiring so when nighttime rolled around it was a relief. It was also the moment taps would play. For that short period of time I would just lie there at attention and reflect. I would think about all the service members who had come before me and all those that would follow after. I would think about the battles and the service members that made the ultimate sacrifice. The moment I took to reflect is what kept me going and in the end is what reaffirmed my initial decision to join the Marine Corps.

I recently realized that by running away from colors I was kind of running away from that special moment that kept me going during boot camp. I needed that extra boost again, so now instead of running away from colors I embrace it with open arms. If I get caught en route, I stand at attention, salute and reflect. My arm after awhile might want to drop, but my spirits always seem to climb. Taking that moment has really helped me stay the course because when I think about all those who have made the same sacrifices I have it all comes into perspective.



LANCE CPL. CHRIS KUTLESA

A member of the Japanese Maritime Self-Defense Force salutes the flag as it makes its journey up the pole during morning colors. The United States and Japanese colors are raised every day at 8 a.m. and are lowered at sunset.



LANCE CPL. CHRIS KUTLESA

Two Marines come to attention and salute, demonstrating proper colors etiquette when no flag is near. If no flag is near then service members are to face the music and salute.

FLAG ETIQUETTE IN ACCORDANCE WITH MARINE CORPS ORDER P10520.3B

IF...

You are neither in formation nor in a vehicle

No flag is near

You are in formation

You are indoors

You are in a vehicle

You are being passed by an uncased color which is being paraded, presented or is on formal display

You are in civilian attire with a cover

You are in civilian attire without a cover

...THEN

Render the prescribed salute and hold the salute until the last note of music is sounded.

Face the music and salute.

Salute only on the command, "present arms."

Stand at attention and face the direction of the flag or music.

Stop vehicle, remain seated at attention and do not salute.

Salute at six paces distance and hold the salute for six paces beyond or until it has passed your position by six paces.

Stand at attention, remove cover from head with right hand and place over heart.

Stand at attention and place your right hand over your heart.



LANCE CPL. CLAUDIO A. MARTINEZ

Mike Stevenson, an event participant, struggles to push a keg down the street during the Keg Roll portion of the Motorcycle Rodeo that took place by the Crossroads Mall here May 23. Riders had to demonstrate balance and control during the Keg Roll portion of the rodeo.



LANCE CPL. CLAUDIO A. MARTINEZ

James Lowell, a motorcycle instructor with Station Safety struggles to catch up to Master Sgt. Sherri Stevenson, a power plant division chief with Marine Aviation Logistics Squadron 12 during the Tricycle Racing portion of the Motorcycle Rodeo that took place by the Crossroads Mall here May 23. Participants of the rodeo traded in their chromed-out motorcycles for small yellow painted children tricycles. Other events that took place during the Motorcycle Rodeo were the 21-Second Ride, the Poker Run, Keg Roll contest, and the Slow Ride. Iwakuni Police and Safety Police Iwakuni also participated during the event setting up an advanced obstacle course for the riders to try out. Iwakuni Police and Safety Police Iwakuni along with Station Safety continually stressed the importance on safety during the whole event.



LANCE CPL. CLAUDIO A. MARTINEZ

Participants of the Motorcycle Rodeo gather with the Iwakuni Police and Safety Police Iwakuni for a group picture by the Crossroads Mall here May 23. The Motorcycle Rodeo was presented to station residents and local motorcycle enthusiasts as a way to have fun while learning motorcycle safety.

Motorcycle Rodeo: Roping in some fun the safe way

LANCE CPL.
CLAUDIO A. MARTINEZ
IWAKUNI APPROACH
STAFF

The roar of motorcycles came alive at the Crossroads Mall here as riders fired up to participate in the Motorcycle Rodeo hosted by Station Safety May 23.

The rodeo was presented to motorcycle enthusiasts and station residents as a way to have fun while promoting motorcycle safety.

Master Sgt. Sherri Stevenson, a power plant division chief with Marine Aviation Logistics Squadron 12 and an event participant, said it was a good event with a purpose of testing and enhancing the skills of novice and experienced riders.

The Motorcycle rodeo started out with a Poker Run in which participants drove from one point of the station to another drawing one poker card at each point.

Participants had to accomplish a basic motorcycle maneuver before drawing a card. Once the participating riders received their five cards and returned to the starting point the winner of the event was determined by the one with the highest hand.

Other events included a slow ride competition and a keg roll contest.

Competitors had to demonstrate safety and control while driving down a straight line at reduced speeds during the slow ride competition.

Some of the competitors found the slow ride a bit challenging.

"Anybody can ride fast but it takes real skill to ride

slow," said Stevenson.

During the keg roll, riders had to push a keg down a path using the front wheel of their motorcycle while maintaining balance and control of their bike.

Additional events included a short lecture on safety and an obstacle course and demonstration set up by the Iwakuni Police and Safety Police Iwakuni.

Henry Groones, an event participant, said he enjoyed watching the Iwakuni Police demonstrate their skills on the advanced obstacle course they set up.

A few of the participants were surprised after trying out their skills on the obstacle course.

"It's a pretty challenging course," said Groones.

After the obstacle course was over all that remained to do was the Tricycle Racing and the 21-Second Ride.

Participants of the tricycle races traded in their chromed-out motorcycles for small yellow painted children tricycles.

Many of the riders struggled to reach the finish line as they furiously pedaled to the end.

During the 21-Second Ride, participants traded their yellow tricycles back for their motorcycles.

Riders had to complete an obstacle course designed to teach self-control and light control inputs in no faster or slower than 21 seconds.

After the competitions of the Motorcycle Rodeo ended, the Crossroads Mall became quite again.

James Lowell, a motorcycle instructor with Station Safety said he hoped the participants had a good time during the event.

THE AMAZING RACE

More than 100 competitors take to the streets



LANCE CPL. SALVADOR MORENO

Teams were issued passports listing the 15 different events they would have to complete in with space at the bottom to note successful completion of bonus activities. Each bonus gold sticker would subtract five minutes from a team's total completion time.



LANCE CPL. SALVADOR MORENO

Brandy Miller, of the only all-female team that competed, bowls her only strike during Four Strikes and You're Out, the seventh challenge of the Amazing Race here May 22. The object of the challenge was for each team to bowl four strikes before proceeding on to the next challenge.



LANCE CPL. SALVADOR MORENO

Station commander Col. Michael A. O'Halloran was on hand to present the top three teams with their prizes upon completion of the Amazing Race. Bonus time proved to be the determining factor in the race as the winning team ended up chopping over 50 minutes off its unadjusted time.



LANCE CPL. SALVADOR MORENO

The Minefield challenge was the first challenge on the Passport to complete. It consisted of one blindfolded team member being given directions through a minefield by a second team member. The object of the challenge is to make it through the minefield with out stepping on a mine.



LANCE CPL. SALVADOR MORENO

Row, Row, Row Your Boat was the thirteenth challenge of the Amazing Race held at Fish Tales Marina. In this challenge two teammates helped the other two into a kayak in which the two kayaking teammates had to paddle out a buoy that was out a few hundred yards off the dock.

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Twenty-six teams with stamina, marksmanship, athleticism, military knowledge, and the ability to think on their toes kicked off the Amazing Race at the parade deck here May 22.

It was team Iron Men's composed of Jon Pickering, Darrell Campbell, Tommy Bryan, and Josimar Hernandez that took the victory with an adjusted final time of 1:26:10.

Although most teams consisted of four people with only four hours to complete the 8 and a half mile race, Iron Men's had a fifth member, team coach Javier Melendez.

"We had a team captain but also a coach; it was our strategy to have a coach with us," said Hernandez.

It was a bold strategy that paid off for the team as they took first place beating second place team the 69ers by over 10 minutes.

The race began at the parade deck in three waves, with each wave starting the race five minutes after the previous.

Once the teams were released to begin, they darted off in every direction, running about the air station with the plan to fill their passport with stickers as they went from one activity to the next.

"I think it helps the new people get to know the base," said Toniesha Gaddis.



LANCE CPL. SALVADOR MORENO

Paint Me a Picture was the eleventh challenge of the Amazing Race held at Penny Lake. It tested competitors marksmanship as they had a limited amount of paintballs to shoot down four water bottles. Competitors had to shoot from the standing, sitting and prone positions while attempting to shoot the targets.

There were a total 15 different activities the contestants could participate in at locations all around the air station.

Each team was given one passport to

have stickers placed on to ensure each team satisfactorily completed each activity.

If a team completed the activity, it would receive a red sticker. If the team chose to skip the activity, it would be given a blue sticker.

Each team was afforded the opportunity to skip three activities with no penalty, but if it skipped a fourth activity and received a fourth blue sticker it would receive a 30-minute penalty.

Teams were also able to earn bonus time at certain locations.

Each passport had 15 spots for gold stickers at the bottom to indicate bonus time.

Each gold sticker represented five minutes of bonus time that would be subtracted from the final time unadjusted.

At the conclusion of the race, station commander Col. Michael A. O'Halloran presented the three winning teams with

their prizes. The first place team members attributed their success to their coach, coach Melendez, who said "they did a really great job out there."

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



ARLINGTON, Va. - Casket bearers remove the burial flag during a group repatriation service May 14. A throng of family members and Marine veterans gathered to remember the service and sacrifice of six Vietnam War casualties whose remains had recently been identified and repatriated.

Repatriation service honors six Vietnam War casualties

Cpl. Scott Schmidt
Headquarters
Marine Corps

A throng of family members and Marine veterans gathered amidst the white grave markers of Arlington National Cemetery to remember the service and sacrifice of six Vietnam War casualties May 14.

After 41 years, the remains of the six Marines killed in Vietnam have been identified and repatriated.

Lance Cpls. Kurt LaPlant, Luis Palacios, Ralph L. Harper, Felix Flores and Pfc. Catarino Morelos Jr. and Jose Ramon Sanchez died while serving in the Quang Tri Province of South Vietnam on June 6, 1968.

According to Prisoner of War and Missing in Action Affairs officials, a CH-46 Sea Knight helicopter was attempting an emergency extraction of Marines with 1st Battalion, 4th Marine Regiment, 3rd Marine Division, then engaged with hostile forces. The aircraft was hit by enemy ground fire, crashed and rolled down a steep hillside, killing 12 of the 23 crewmen and passengers on board. Initially, the remains of eight Marines, including Morelos and Flores, were recovered and identified leaving only four Marines unaccounted for and presumed dead.

From June 20 to July 15, 2006, a joint U.S.

and Vietnam investigation team began excavating the suspected crash site and recovered human remains, including an identification tag for LaPlant. While at the site, a Vietnamese national turned over human remains to the team that he claimed to have found amid the wreckage of a U.S. helicopter.

In May 2007, the Joint POW/MIA Accounting Command in Honolulu started the identification process of the recovered remains. During the analysis, teeth were matched to Flores and Morelos using their radiographs and bitewings. JPAC also identified remains of Palacios and LaPlant. However, they were unable to individually identify any of the remains belonging to Harper or Sanchez.

Honoring their service and commitment to their brothers in arms, the families of Morelos and Flores requested the unidentified remains be placed with them in a group burial. Honors were rendered and burial flags were presented to each family during the service as a final salute to the sacrifice made by each



ARLINGTON, Va. - Casket bearers fold the burial flag during a group repatriation service May 14. A throng of family members and Marine veterans gathered to remember the service and sacrifice of six Vietnam War casualties whose remains had recently been identified and repatriated.

Marine.

Col. Daniel A. Pinedo, a nephew of Morelos who escorted the remains from the Joint POW/MIA Accounting Command in Honolulu, told family members how Morelos "was the youngest of the aunts and uncles and I was the oldest (at age 12) of the nieces and nephews, so naturally we had a bond."

Some of the other individuals present at the ceremony also reflected on memories shared with the fallen.

The event gave them closure, because the family members know they're "with their fellow Marines here at home and in our hearts," said Rev. Robert Finnamore who presided over the service.

COMMUNITY BRIEFS

Far East Health Care Town Hall Meeting
All beneficiaries of the Branch Health Clinic are encouraged to attend the town hall meeting scheduled June 4, 6-7:30p.m. at the station chapel.

H1N1 Flu Virus Prevention Tips
There is evidence that the H1N1 virus is present in the Kansai (Osaka) area. Travelers are encouraged to use due caution including implementation of the CDC recommended preventative measures in this vicinity. We encourage everyone to engage in these healthy prevention practices:

- Cover your mouth and nose with a tissue when coughing or sneezing; if a tissue is not available, cough or sneeze into your upper sleeve or elbow, not

your hands.

- Wash your hands after coughing or sneezing, wash with soap and water, or clean with alcohol-based hand cleaner.
- Avoid close contact with people who are sick.

For more information, please visit the CDC Web site: [#">http://www.cdc.gov/flu/swine/key_facts.htm.#](http://www.cdc.gov/flu/swine/key_facts.htm)

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. 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.

MAG-12 Fraud, Waste and Abuse Information
The new Fraud, Waste, and Abuse officer for all MAG-12 units is Capt. Augusto D. Ramirez. Please report any instances of FWA to the MAG-12 FWA hotline number, 253-6123. For immediate action, call 090-6861-7127 at any time.

UMUC Term V Classes
University of Maryland University College registration for face-to-face classes is 8 a.m. - 5 p.m. until Sunday and classes run from Monday - 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.

"Pista Sa Nasyon" Town Fiesta
The 14th Annual "Pista Sa Nasyon" town fiesta is being held at the Club Iwakuni Ballroom 5

p.m. Saturday. Tickets are no longer available for this event. For more information, call 253-6084.

NMCRS Office Changing
A grand re-opening of the local Navy-Marine Corps Relief Society will be held to celebrate their new status as a full service office 11:30 a.m. - 1 p.m. Monday. Come by and see what's new and available at your local NMCRS office.

New Taijutsu Group
A new taijutsu group is in the works here in Iwakuni, any Takamatsuden is ok. This will not be an official dojo, simply a place to learn, share and maintain proficiency. Those interested and for further information, e-mail iwakuni.taijutsu@gmail.com.

OHA Survey in progress
The annual Overseas Housing Allowance Utility/Recurring Maintenance Survey for Japan is being conducted through Wednesday. Based on the results and participation, the utility allowance for Japan will be updated. Service members currently in private leases under the OHA program should participate. To access the survey, visit <https://www.defensetravel.dod.mil/oha/survey/utility.html>. This is the only survey available to Japan-based participants and is online

only. Call 253-3243 for more information.

Youth and Teen End of School Year Party
An End of School Year Party will be held at the Youth and Teen Center, Building 443, 6-8:30 p.m. (10-12 years), 8:45-11:15 p.m. (13-18 years) June 11. There will be a live DJ, games and prizes. For more information, call the Youth and Teen Center at 253-5549.

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.

Ironworks 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.

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Chapel Services

Roman Catholic

Saturday 4:30-5:15 p.m. Confession
5:30 p.m. Mass
Sunday 8:30 a.m. Mass
9:45 a.m. Religious Education
11:30 a.m. Weekday Mass
Tuesday - Friday 6 p.m. Inquiry Class for adults

Protestant

Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
Wednesday 6 p.m. Awana (Bldg. 1104)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ

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

Latter Day Saints

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

Teen Programs

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

Call at 253-5183 or potwic@gmail.com.

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

SAKURA THEATER

Friday, May 29, 2009

7 p.m. Observe and Report (R)
Premier
10 p.m. Sunshine Cleaning (R)

Saturday, May 30, 2009

1 p.m. Hannah Montana: The Movie (G)
4 p.m. Dragonball: Evolution (PG)
7 p.m. Angels and Demons (PG-13)
10 p.m. Observe and Report (R)

Sunday, May 31, 2009

1 p.m. Dragonball: Evolution (PG)

4 p.m. Observe and Report (R)
7 p.m. Sunshine Cleaning (R)

Monday, June 1, 2009

7 p.m. Angels & Demons (PG13)

Tuesday, June 2, 2009

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

Wednesday, June 3, 2009

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

Thursday, June 4, 2009

7 p.m. The Haunting in Connecticut (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

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Father's Day Fishing Trip

A Father's Day Fishing Trip will be held at the Nakayamagawa Dam 8 a.m. - 4 p.m. June 19. Open to SOFA status only. Sign up at the Youth and Teen Center or call 253-5549 for more information.

Parent Advisory Board Meeting

A Youth and Teen Center Parent Advisory Board meeting will be held at the Youth and Teen Center 6-7 p.m. Wednesday. Summer reading, math and other upcoming activities will be discussed. Staff members will be on hand to answer pertinent questions about the Youth and Teen Center and the

Mess Hall Menu

Monday

Cream of broccoli soup, French onion soup, baked chicken and rice, Yakiniku (steak and vegetables), steamed rice, lyonnaise green beans, mashed potatoes, peas and carrots, chicken gravy, dinner rolls, peanut butter cookies, chocolate cream pie with whipped topping, double layer banana cake with butter cream frosting.
Specialty Bar: Pasta

Tuesday

Minestrone soup, tomato soup, roast fresh ham, shrimp scampi, potatoes au gratin, steamed rice, glazed carrots, broccoli combo, cheese biscuits, brownies, spice cake with buttercream frosting, coconut cream pies.
Specialty Bar: Taco

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 with lemon butter cream frosting, blueberry pie.
Specialty Bar: Barbeque

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 with whipped Topping.
Specialty Bar: Deli sandwich

Friday

Vegetable soup, beef noodle soup, shrimp creole, beef cordon bleu, herbed broccoli, lemon baked fish, parsley butter potatoes, steamed rice, carrots, dinner rolls, ginger molasses cookies, double layer German chocolate cake with coconut pecan frosting, pumpkin pie with whipped topping.
Specialty Bar: Mongolian

structured "5 Core Belief" Program. A parent of each Youth and Teen Center member, as well as any concerned citizen, is encouraged to attend this information meeting. For more information, call the Youth and Teen Center at 253-5549.

Fukuoka Canal City/Hard Rock Trip
The Youth and Teen Center will be taking a trip to Fukuoka Canal City/Hard Rock 8 a.m.-8:30 p.m. June 13. Canal city has a variety of restaurants and familiar shops, such as Nike, Gap/Gap Kids and L.L. Bean. The trip is limited to 35 participants 10-18 years old. Sign up ends June 11. For more information, call the Youth and Teen Center at 253-5549.

Automobiles

1998 Toyota NOAH

JCI until September 2009. Seats 8. In good condition. Just replaced battery and tires. Asking \$900. For more information, call 090-1681-0866 (cell).

1996 Honda Shuttle (Odyssey)

JCI until April 2011. 5-door van, seats 7. Power locks/windows, A/C works great, automatic transmission, cassette/CD/MP3/iPod player, sunroofs, two new tires. Asking \$2,500. For more information, call 253-2679.

1991 Toyota Town Ace

JCI until March 2011. Road Tax only 7500

Happy Birthday American Red Cross

KATHERINE C JONES
MCAS IWAKUNI
AMERICAN RED CROSS

One hundred and twenty eight years ago this month, on May 21, 1881, a 60-year-old woman founded the American Red Cross. Her name was Clara Barton and she almost immediately defined the Red Cross, initially an impartial organization for the relief of military wounded, by adding disaster relief to its services.

More than a century later, service to the armed forces and disaster relief remain the hallmarks of the American Red Cross. In the last year, SAF Japan Region provided over 8,000 emergency communication messages, trained 4,000 service members and their families in disaster preparedness and briefed over 35,000 service members on Red Cross services available to the military. During the same time period, the Red Cross also provided over 13,000 additional community services, including outreach to military hospitals and treatment facilities, youth programs, information and referral services, and single family disaster response. With the help of volunteers, the Red Cross takes care of the immediate needs of people affected by house fire, illness, deployments, etc., and makes sure they have food to eat, clothes to wear, toys to play with, toiletry and moral items, or sometimes just a phone card to call home. These items may seem small to you, but they lay the groundwork for the service member or their family to take the next steps forward.

yen/year. Seats 8, back seats fold up, middle seats spin around. Awesome gas mileage, runs great. Must sell by June 16. Call 253-2611 (home) or 080-3488-5688 (cell).

Miscellaneous

Fisher Price Aquarium High chair

Seat height adjusts to 7 positions, reclining seat, folds up for easy storage, easy to remove dishwasher safe food tray and teething toys. Seat cover and straps can be washed in washing machine. \$35. For more information, call 253-2611.

Job Announcements

NMCRS Job Opportunities

Asking for help is hard. Everyday sailors, Marines and their families come to the Navy-Marine Corps Relief Society in emergencies. Be that friendly person who lets them know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. Use your winning smile and good people skills to help our clients. To apply for this opportunity, call 253-5311.

To submit an advertisement request, follow the classified link on the station Web site and click on the advertisement request form link. Submit the form via the Web site, or send the e-mail to iwakuni.pao@usmc.mil. Alternatively, you can submit in person at the Public Affairs Office, Building 1, Room 216.

- The deadline for submissions is Mondays at 4:30 p.m.
- Requests are effective for one week. If you want to extend a previously submitted ad for an additional week, notify the Public Affairs Office at 253-5551.



James W. Hutchinson II, an event participant, hits his golf ball into the fairway during the Headquarters and Headquarters Squadron four-man golf scramble tournament at Torii Pines Golf Course here May 22. The golf tournament attracted approximately 50 competitors.

H&HS hosts golf tournament

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Four-man teams made of Marines and sailors faced-off at noon on a hilly green field speckled with random sand pits.

Under a gray sky that threatened rain, the teams gathered on the field armed with steel golf clubs and pitted white balls ready to see who was the best.

The Headquarters and Headquarters Squadron Family Readiness Office hosted a four-man golf-scramble tournament opened to station community members at the Torii Pines Golf Course here May 22.

The four-man team made up of Marc Rigonini, Alex Corpuz, Dennis Snok, and Royal Nakanishi took 1st place in the tournament with a score of 17 under par.

Lou Genzer, the family readiness officer with H&HS, said the golf tournament was a good way for the competitors to get together and have a good time while getting to know their command element a little better during a barbeque at the end of the tournament.

The competitors were served hamburgers, hotdogs and drinks as a starting meal before they faced-off against each other on the green fields of Torii Pines Golf Course.

The sounds of Marines and sailors laughing and jeering each other was heard as they swung their golf clubs and watched their balls sailing through the air toward the green or sandy pits.

The competitors' fun continued as the H&HS-hosted tournament wore on late into the afternoon.

Some of the tournament participants

thought the H&HS FRO tournament was one of the best they ever took part in.

Marc Rigonini, a tournament participant, said H&HS put on an outstanding show with great food and a great venue all attracting good participation.

Approximately 50 station members participated in the tournament.

Rigonini said station golfers who didn't participate in the tournament really missed out on what it had to offer.

In addition to the food H&HS FRO provided at the beginning, competitors had another barbeque and live music waiting for them at the end of the competition.

The competitor's families were invited to attend the event at the end of the tournament.

Large bouncing cages and face painting was provided for the children.

Genzer said they wanted to have an enjoyable tournament and a family day for both the competitors and their families.

"It's all so they can have fun and enjoy their stay in Iwakuni," said Genzer.

The tournament participants continued to play until the last hole with their family members and more fun waiting at the end.

The tournament came to a close with Rigonini and his team emerging as winners of the event.

Even though the fields of Torii Pines Golf Course were windy and the sun shone through the clouds only for a few minutes, some of the participating golfers left the field thinking one thing.

"A bad day of golf is better than a good day of work anytime," said Robert Warmtir, a tournament participant.



Keith Applegate, a participant of the Headquarters and Headquarters Squadron, four-man golf scramble tournament at Torii Pines Golf Course here prepares to tee off clad in his English-stylized golf suit May 22. Applegate enjoyed drawing attention to himself during the tournament posing for pictures and speaking with an English accent while smoking a stogy.

Tennis tournament a smash



LANCE CPL. SALVADOR MORENO

Andre Bugawan (left) shakes Paul Roger's (right) hand after the championship match held Saturday at the station's tennis courts here. The championship match was one pro set in which Roger beat Bugawan 8-6. It was the second time Bugawan fell to Roger Saturday causing Bugawan to be eliminated from the tournament and allowing Roger to take the title.



LANCE CPL. SALVADOR MORENO

Andre Bugawan serves to Paul Roger in the first of two meetings Saturday. Bugawan lost this match 6-1 and 6-2 in a best of three set match.

Champ leaves undefeated

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

The station's tennis tournament kicked off at the tennis courts here Saturday with eight participants competing to be the best on the station.

Paul Roger ended his Marine Corps Air Station Iwakuni career here on a high note going undefeated and winning the tournament along with the bragging rights of being the best on the station.

The tournament was double elimination which kicked off at 9 a.m. and played until a champion was crowned.

Roger said he has been playing tennis for about 15 years off and on and was out there just for some fun.

Roger's second match was against Andre Bugawan, a 17-year old resident of the station who has been playing for about four years now.

It was a three set match where Bugawan fell short losing 6-1 then 6-2 to fall into the loser's bracket.

After their match Roger said "Andre (Bugawan) is a skillful and talented player; he just beat himself."

Due to it being a double elimination tournament Bugawan still had a chance to make a comeback and possibly have a chance at the title.

He went on to take the loser's bracket and was ready to play the winner of the

semi final for the winners' bracket for the championship and the title.

Roger ended up winning the semi finals beating Rob Brown two out of three sets, losing the first 6-4, then coming back to win the next two 7-5 and 7-6.

The semi final match lasted nearly three hours leaving both competitors very exhausted.

"You never know the time of the sets," said Curtis Brown, athletic director of Marine Corps Community Services, Iwakuni.

Bugawan, who had one loss going into the championship, knew he had no more chances for errors and had to play his best if he wanted to win the tournament.

Both competitors agreed to play one pro set for the title.

Bugawan looked as if he had the edge on Roger, controlling Roger across the court, making him run back and forth and work hard for his returns while he maintained his position near the net.

Roger didn't seem to be bothered with falling behind early.

"I just stuck in there mentally, stayed positive and didn't let stupid mistakes ruin my mindset," said Roger.

His strategy paid off as he came back to win 8-6 and earned the first place trophy.