



FEATURE



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IWAKUNI APPROACH

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LANCE CPL. CHRIS KUTLESA

Corporals course graduates stand at attention during a ceremony held in their honor at the station chapel here, May 29. The course lasted 21 days and covered a multitude of topics ranging from academics to physical training. The class started with 28 students and ended with a mere 18 students.

Corporals course graduates learn leadership

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Service members and civilians gathered to honor the Corporals Course graduates at the station chapel here May 29.

Marines who took the course were taught and tested, mentally and physically, for 21 days.

"The course weeded out the weak and strengthened the strong," said Cpl. Marquiez L. Allen, a student who took the course after being meritoriously promoted.

Allen wasn't kidding; the class began May 4 with 28 students and ended with only 18.

"Some Marines were dropped because of physical training, but most didn't make it because of the academics," said Cpl. Christopher M. Dunton, whose grades throughout the course earned him the title of honor graduate.

The course went beyond academics to include physical training, drill, sword manual and uniform inspections.

"The Marines we graduated deserved to be here," said Staff Sgt. Tony S. Kimmanee, the staff non-commissioned officer-in-charge of the Corporals Course.

Sgt. Maj. David J. Wimberly echoed Kimmanee's opinions in his speech, saying it was about quality over quantity.

After Wimberly's speech, guest speaker Sgt. Christopher Repreza lectured on the importance and significance of the noncommissioned officer

creed, which the corporals had to memorize during the course.

Kimmanee said he was proud of the entire class but dually noted there were a few who stood out.

Dunton earned the title as the honor graduate for achieving a grade point average of 94.71 percent. He received an NCO sword and certificate of commendation. Dunton also received the Physical Fitness Certificate of Excellence for scoring a 287 out of a possible 300.

Cpl. Timothy J. Parks earned the title of distinguished graduate for achieving a 92.11 grade point average. Parks received a meritorious mast and a plaque.

Cpl. Joe R. Cantu was the class Iron Man with a physical fitness test score of 294. He received a Physical Fitness Certificate of Excellence and a trophy representing his achievement.

Last but not least, Allen received distinguished graduate and the title of "Gung-Ho."

The Gung-Ho award is typically presented to the Marine who inspires his fellow Marines the most and is generally selected by peers.

Allen received the award and title along with a meritorious mast.

"Everyone in the graduating class did a great job and deserves to be here," said Allen. "This is such a special group of Marines. I learned just as much about good leadership from my peers as I did my instructors and that's the beauty of this course; it's designed to bring you together and to make you stronger as a leader and as an individual."

Hiroshima shuttle service changes now in effect

LANCE CPL. KRISTIN COTE
IWAKUNI APPROACH STAFF

New changes to the Hiroshima Airport Transportation Service here went into effect Monday.

The primary reason the service was started was to provide service members and their families with an easy, convenient way to get from the airport to the air station while executing permanent change of station and temporary additional duty orders, but since the return of the Patriot Express, the service is no longer needed for this reason.

"Its original intent was to ensure PCS into Japan was a positive experience. A side benefit of the service was that TAD and leisure travelers had a convenient way to commute to the airport," said Christopher J. Reitman,

SEE SHUTTLE ON PAGE 3

Local freshman captures regional photo contest award

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Rebekah Harwell, a 14-year-old freshman at Matthew C. Perry High School here, won first place in the regional portion of the ImageMakers National Photography Contest and moved on to the national level May 18.

The Boys & Girls Clubs of America and the Circuit City Foundation have hosted the contest to encourage talented club members to sharpen their skills and pursue careers in photography.

"This is the first time we have a regional winner," said Eugene

SEE CONTEST ON PAGE 3



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CHAPLAIN'S CORNER

'If we cannot perform, we must provide'

LT. CMDR. JOHN Q. COMETA
DEPUTY COMMAND
CHAPLAIN

In the business world, total customer focus organizations strive to reap great success. "The company will do anything, short of going broke, to make a customer happy. That's just the way we are," says the vice president of one of the top corporations in the U.S. Achieving customer delight, satisfying unstated customer needs and meeting basic customer requirements are their top priorities. I read a poster that says, "I can only please one customer a day. Today is not your day. And tomorrow ain't looking good either."

When Marines, sailors or their dependents come to our office, do we give our best to meet their basic needs?

Remember, Marines and sailors and their families are the most

important part of our business. As top defenders of our nation, they deserve the best service we can give.

One of my philosophies of ministry is, "If we cannot perform we provide." "To perform" means to do an activity or task personally. "To provide" means to do what is necessary to ensure that an activity or task is accomplished."

The mission of the Religious Ministry Team is to provide comprehensive pastoral and spiritual care to our Marines, sailors, their families, and other authorized personnel.

One Marine and his wife came to my office asking me if I could baptize their newly born baby girl.

They are both Catholics. As a Christian chaplain who happens to be a Baptist, I told them, "I am greatly honored to baptize your baby. However, in my faith background, we only dedicate

babies.

But I will refer you to Chaplain Kuss, a Catholic chaplain, who can baptize your baby."

The next day, the wife of a deployed Marine called and asked me if I could drive her 5-year old son to the clinic at 10 a.m., coinciding with my counseling session. How did I respond to her request? "I am sorry, I am not available at 10 a.m. I have an appointment with a young Marine." No, not at all. I told her, "I regret I can't drive your son to the clinic because I have a prior commitment. However, please give me five minutes, and I will exhaust everything to find somebody to do it for you."

If we cannot perform, we provide. Our Lord once said, "Whatsoever you do to even to the least of your brethren, you do it unto me. Even a cup of cold water given in His name will surely never go unnoticed."

Reducing mental health stigma policy statement

ADM. TIMOTHY J. KEATING
U.S. PACIFIC COMMAND COMMANDER

Soldiers, Marines, sailors, airmen, national guardsmen, active duty and reserve, are valiantly serving our country in Operation Enduring Freedom, Operation Iraqi Freedom and Operation Enduring Freedom Philippines. These dedicated service members may return home with unseen scars from their experiences, but may hesitate to seek help in dealing with non-physical injuries sustained while deployed, much as post traumatic stress disorder and traumatic brain injury. When service members receive physical injuries, they usually seek the necessary medical treatment without feeling ashamed. But our warrior mindset often mistakenly associates seeking and receiving mental health treatment with personal shortcomings. As a result, service members may fail to seek appropriate mental health services when warranted.

We at U.S. Pacific Command are committed to ensuring our fellow service members receive vital support and information to meet all their mental health care needs. We must reinforce that seeking help is not a sign of weakness; it is a sign of maturity, courage and strength. As stated by the Chairman of the Joint Chiefs

of Staff, seeking help when struggling with life's issues is "one of the first big steps to reclaiming your career, your life, your future." The Department of Defense has launched efforts aimed at reducing the social stigma associated with receiving mental health services and provides an array of online resources that may serve as that first step in accessing mental health care. Each branch of the military offers help through behavioral health specialists, chaplains, social workers, and through medical channels, including psychologists and psychiatrists. Help is easily accessible and confidential.

The men and women of USPACOM must ensure their own physical and mental well being, and that of their buddies and shipmates, from seaman to general. It is imperative that we, your leadership, do all in our power to guarantee that your mental health needs are met, that there be no stigma associated with seeking such services, and that you remain in top physical and mental condition. I encourage you to avail yourself of military medicine and supplementary services, should you need them. I am committed to having you resume as normal and happy a life as possible after deployments for sake of your families, your country and your optimal well being.

History and Heritage

On June 10, 1898, during the Spanish-American War, the 1st Marine Battalion landed on the eastern side of Guantanamo Bay, Cuba. The next day, 1st Lt. Herbert Draper hoisted the American flag on a flag pole at Camp McCalla where it flew during the next 11 days. Lt. Col. Huntington later sent the flag with an accompanying letter to commandant of the Marine Corps Lt. Col. Charles Heywood noting that, "When bullets were flying, the sight of the flag upon the midnight sky has thrilled our hearts."

Young photographer takes work to national level

CONTEST FROM PAGE 1

Clark, the supervisor of the Youth and Teen Center here. "This is just the tip of the iceberg. We are looking for bigger and greater things in the future."

The Youth and Teen Center first presented the contest to community members 10 to 18 years of age December 2008.

Participants had until April 24 to enter all submissions.

Harwell, who fell under the 13- to 15-year age group, competed in the Photo Essay category against nearly 40 participants from the Pacific military bases.

The Photo Essay category required contestants to submit a photograph capturing a social or environmental issue from their area. Participants then had to provide a short narrative explaining the photograph.

"I didn't expect to win," said Harwell. "When I saw it in the Stars and Stripes, I was like, this is real. That's cool."

Harwell's next step is to send her photograph to the national level with the judging slated to take place July in Atlanta, Ga.

"We're proud of her and glad we are able to have a regional winner," said Clark. "We're looking forward to having her be our first national winner."

Harwell first became interested in photography through her father, who is also a photographer.

Harwell said she likes taking pictures in her free time and that she and her father often take their camera everywhere they go.

"I like freezing time," said Harwell. "When you take a picture of somebody not expecting it, you can say, 'This is what your face looked like for two seconds and I caught it.'"

Clark encouraged Harwell to compete in the Im-



This is the picture that won Rebekah Harwell the regional portion of the ImageMakers National Photography Contest May 18. Harwell's next step is to send her photograph to the national level with the judging slated to take place July in Atlanta, Ga.

ageMakers National Photography Contest knowing of her talents and interest in photography.

It was her father's encouragement that made Harwell decide to participate in the competition.

"I'd like to thank my dad," said Harwell. "If he wouldn't have pushed it, I don't think I would have pursued it as hard."

Barry Harwell, a retired Marine and father of Rebekah Harwell, said he was very happy with his daughter's success and described himself as her number one fan.

"She has an eye for the unusual," said Barry Harwell. "She takes pictures of something people wouldn't think of, something out of the norm."

Already a regional winner of the ImageMakers National Photography Contest, Rebekah Harwell looks forward to more competitions.

"If I don't win, at least I can give it a try," said Rebekah Harwell. "All you can do is try."

Summer saving: No more frivolous spending

PFC. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Summer is on its way and everyone's ready to go out and have a good time, but what if your wallet is feeling a little light?

There are many things that we are all guilty of spending too much money on. If you're wondering how you can still have fun this summer while saving a few bucks, there are a few things you can do.

First off, stop the frivolous spending. Sometimes, stopping off at the Crossroads may seem more convenient, but if you are not taking advantage of the mess hall, the nearly \$300 that's being taken out of your paycheck each month is going down the drain.

Walk instead of taking a taxi. Taxi fares start at around 550 yen, so instead of taking a cab from the North side of the station to the South side, jump on the shuttle bus or walk. If a taxi is a must, pile in with a group of friends to split the fare.

Also, at the top of the list for bad spending habits are cigarettes. It may seem like an improbable goal but it could save you a few dollars a day, which adds up quickly.

Forget the name brands. Whether you're buying laundry detergent or toilet paper, it's all the

same, so why pay the extra couple bucks?

If you are shopping at the commissary, sometimes it pays off to buy in bulk. A case of canned corn or ramen noodles won't go bad quickly, and if the sale offers coupons for items, you can get a lot for just pennies.

It might not seem like a lot, but making these small adjustments to your spending habits will save you a lot in the long run. Whatever you do, don't charge it. Interest rates on credit cards are through the roof.

If you're looking for inexpensive activities to get involved in around Iwakuni, there are probably more things to do than you think. The Horner's Nest and the Marine Lounge both offer a home away from home vibe if you just want to relax and watch a movie or enjoy the free Internet access.

The Single Marine Program also offers inexpensive trips throughout Japan that usually include lodging and transportation.

Information, Tours and Travel also offers various bus trips and tours with a proficient tour guide nearly every weekend to help you fill your days with culturally enriching activities.

Looking for inexpensive activities on base? Watch a movie at the

Sakura Theater for a couple bucks or bowl a game at The Strike Zone. Free media is also available at the station's library so go grab a book or a few movies.

Last, but not least, if you have nothing better to do, work on your summer bod. Visit the IronWorks Gym to work on those abs, go to the park to shoot some hoops or swim a couple laps at the outdoor pool.

If you are still having trouble saving money, you can seek help at the Personal Financial Management Program located in Marine and Family Services Building 411, Room 201.

The office is open 7:30 a.m. to 4:30 p.m. Mondays through Fridays.

The program offers free financial classes with topics that include savings and investing, managing money and credit, understanding the Thrift Savings Plan, newcomer financial information, and a teen finance class, along with free one-on-one counseling services.

For more information on the services offered by the Personal Financial Management Program, call 253-6250, and don't forget to take advantage of the extra cost of living allowance you're receiving while being stationed here in Japan.

Hiroshima shuttle service now requires reservations

SHUTTLE FROM PAGE 1

Marine Corps Community Services deputy marketing officer.

"With the return of the Patriot Express, we had experienced a large decrease in patronage. The requirement for the previous service was no longer in demand," said Reitman.

Previously, an Information, Tours and Travel representative would wait by the arrival gates with a sign, directing inbound service members to the shuttle waiting outside. With the new changes in effect, an IT&T representative will no longer be present at the airport or on the shuttle.

The major change, however, is that reservations must be made 48 hours in advance to ensure proper planning for which vehicle will be sent so that no one is left behind. Seats are given on a first-come, first-served basis, and payment is due to secure a seat.

The shuttle arrives at the Crossroads Mall entrance here daily at 4:30 a.m. and 4:30 p.m., departing at 5 a.m. and 5 p.m. respectively. The travel time is approximately 90 minutes. Drop-off locations upon return to the air station include the Crossroads Mall, temporary lodging facilities, Kintai Inn, North side MarineMart and Building 1.

The cost is \$60 per person. However, a discount is offered for families travelling together. The first person pays full price and all other family members pay half price. The discount is not available for anyone travelling on official orders because the cost is reimbursable.

"If you are in the United States, you must make reservations through your sponsor," said Reitman. "Sponsors should contact MCCS Relocation Assistance at 253-3311 for help."

For more information on the shuttle service or to make a reservation, call the IT&T office at 253-4377.

PERSONAL FINANCE CLASSES

THRIFT SAVINGS PLAN BRIEF-
JUNE 8 (11 A.M.)

MANAGING MONEY & CREDIT-
JUNE 10 (11 A.M.)

NEWCOMER FINANCIAL
INFORMATION-
JUNE 11 (11 A.M.)

FOR MORE INFORMATION CALL
PERSONAL FINANCIAL MANAGEMENT
AT 253-6250

Filipino culture sets ballroom ablaze



CPL. JOSEPH MARIANELLI

Members of the Tokuyama Filipino Association light up with flashy, peacock-like costumes at the Club Iwakuni ballroom here during a traditional Filipino dance performance at the 14th Annual Pista sa Nayon festival Saturday. Although the Tokuyama dancers had impressive costumes and choreography, the Iwakuni Filipino society performances, including the Santa Cruzan Parade and Singkil, were equally colorful and memorable.

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

At first, it seems like any other social gathering with some perhaps more garishly dressed individuals.

The usual suspects were in attendance, but things were about to get really wild, really fast — looks can be deceiving.

Capping-off Asian-Pacific Heritage Month, the Filipino-American Association of Iwakuni held its 14th annual Pista sa Nayon, or Town Festival, in the Club Iwakuni ballroom here Saturday.

According to the asianpacificheritage.gov Web site, Asian-Pacific Heritage Month originally was established as a one-week celebration by President Jimmy Carter in 1978. In 1990, George H.W. Bush extended the celebration to a whole month.

But, the official designation of Asian-Pacific Heritage Month didn't occur until 1992 when it was signed into law.

According to the site, May was chosen to commemorate the immigration of the first Japanese to the United States May 1843 and to commemorate the anniversary of the completion of the transcontinental railroad May 1869.

Taking a moment to reflect on what months like this mean is important for a full cultural understanding of the U.S. as a whole.

"Though we are a nation of different races, our hearts beat as one," said Chaplain Juan Cometa.

Getting caught up in American history is easy, but in reality, America is an amalgamation of cultures and ignoring individual cultures is to ignore the rich

tapestry of American history.

So remembering and experiencing those traditions is critical to increase cultural understanding and awareness.

"It's important for people to know your culture for understanding," said Chief Petty Officer Jerwin Afable. "It's like a marriage."

Representing the Asian-Pacific heritage is about creating friendships with everyone by sharing our culture, said Jordan Kroell, the Fil-Am Association of Iwakuni outgoing president.

The origins of Pista sa Nayon festival adapt perfectly to the ever expanding world community.

According to www.pista.org, Pista sa Nayon was a town gathering to celebrate good harvests and a time to focus on neighbors, family and friends to solidify a sense of community.

As times have changed and Filipinos have spread in the world, they now can share the festival with the world community.

Besides promoting better understanding, the family focus is not lost as the celebration not only keeps the traditions alive in the parents, but also passes the torch of cultural identity to the children.

In keeping with upholding those traditions, the performance of the Santa Cruzan Parade, a showing of the town belles selected for their beauty and their embodiment of traditional feminine qualities, struck a chord with the guest of honor Philippine Consul General Maria Lourdes V. Ramiro Lopez.

The whole performance demonstrated the Fil-Am societies' commitment to remembering their Filipino heritage said Lopez. In particular, the Santa Cruzan is a

vivid reminder of the virtues important to Filipino culture.

All in all the night forged lasting bonds of friendship through cultural celebration.

"I think that we're all Filipino tonight," said Col. Michael A. O'Halloran, station commanding officer.

Although specific to the event, the words sum up Asian-Pacific Heritage Month up as a whole — every day is a chance to experience and become part of another culture.



CPL. JOSEPH MARIANELLI

A member of the Tokuyama Filipino Association balances precariously on her feet, flourishing her colorful garb during a Muslim dance performance at the 14th Annual Pista sa Nayon festival here Saturday.

Sgt. Watson kicks back into Corps

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Marines are trained to adapt and overcome through any situation they might be faced with. Some Marines are continually tested by life to see how well they've learned that lesson.

Sgt. Enrique Watson, a watch commander with the Provost Marshall's Office here, is a Marine who has sought to place himself in those situations since he first began to compete in mixed-martial-arts competitions in 2001.

Watson's journey in the MMA world and the Marine Corps has been filled with a few disappointments and challenges he's had to fight along the way.

"Marines fight," said Watson. "That's what we do for a living."

Watson, now a 30-year-old Marine, has been learning to fight since he was 14 years old when he was first introduced to martial arts through jujitsu.

He continued to follow his interest in martial arts by studying Brazilian jujitsu, Muay Thai and wrestling.

As a Marine, Watson continued his training through the Marine Corps Martial Arts Program, becoming an instructor and eventually earning his black belt.

To Watson's disappointment, not long after completing the MCMAP black belt course in 2004, he was diagnosed with asthma.

"I always had a 290 and above PFT (physical fitness test), never had any problems and I had already been in the Marine Corps for six years," said Watson.

Watson was offered the option to stay in the Marine Corps on permanent light duty status in an office job that didn't allow him any strenuous exercises or deployments.

"I said, 'Most definitely not,'" said Watson. "I was a martial arts instructor and I was all this other stuff."

After Watson's request to be



LANCE CPL. CLAUDIO A. MARTINEZ

Sgt. Enrique Watson, a watch commander with the Provost Marshall's Office here, was medically discharged from the Marine Corps in 2005 for asthma and reinstated to full duty in 2007 after a sergeant major saw one of Watson's mixed martial arts fights. Watson has had fights in Peru, Japan and the United States.

kept in as a full-duty Marine was denied he was medically separated from the Marine Corps.

"When I went home, I didn't really know what to do," said Watson. "All I've known since I was 18 years old was the Marine Corps and martial arts."

Relying on his martial arts knowledge, Watson trained at different martial arts schools and eventually signed up with Xtreme Fighting Championships.

On Nov. 11, 2007, Watson was faced with the biggest fight of his martial arts career during the Salute to our Armed Forces Mixed Martial Arts Xtreme Fighting Championships in Tampa, Florida, Watson's hometown.

Watson was to face-off against Army Sgt. Damien Stelly, an

Army ranger.

Three weeks before the event, Watson managed to break one of his ribs while he was preparing for the fight.

"It was either fight the biggest fight that I had so far in front of my hometown or call off the fight," said Watson. "The only person that knew my rib was bad was my trainer."

Watson rose to the challenge, refusing to let a broken rib stop him continuing to train for the fight.

"When I moved forward it felt like it was crackling in my left side but I kept it a secret," said Watson. "The last thing you want is for the other person to find out you got a broken rib."

The night of the fight, Watson took a flurry of punches from Stelly. After Watson took Stelly to the ground, the referee called the biggest fight of Watson's career in Stelly's favor after he saw the blood Watson bled as a result of Stelly's punches.

"That was it," said Watson. "That fight is what got me back into active duty."

One of the spectators that night happened to be a Marine Corps sergeant major.

"After the fight, sergeant major asked me why I got out of the Marine Corps, and I explained to him, 'because you guys got me out with asthma. I never wanted to get out,'" said Watson.

The sergeant major sent him to see a lung specialist and cleared Watson for active duty in the Marine Corps.

"By January 2008, I had orders here, and I started training again," said Watson.

With the aide of other Marines, Watson manages to stay in fight-

ing condition during his training sessions.

"He's a very skilled and technical fighter, very tough and his endurance is amazing," said Staff Sgt. Dominique Laboy, a sparring partner of Watson. "You got to be on top of your game when you go against him."

"He doesn't look like your poster boy fighter, but when you get in there, it's a rude awakening," said Laboy. "He's going to get in there, and he's going to work you."

Watson, who continues his training religiously, has a message for other Marines wanting to train or compete in mixed-martial-arts competitions.

"For the Marines that are interested in competing in MMA or jiu-jitsu or anything like that, they need to hit me up with an e-mail because I do teach classes," said Watson.

Watson said he'd like to have an MMA team from Iwakuni compete against the Army in its tournaments.

"Right now, I'm the only one representing the base," said Watson. "I went to California, and I was the only one from Iwakuni while Pendleton had 20 fighters."

Watson, a Marine that has fought his battles in the Marine Corps and a fighter that has fought around the world continues to pursue his training and competitions.

While some fighters fight for the money and fame, Watson has his own reason for fighting. "I enjoy the fighting," said Watson.

Confronted by the challenges life throws at him in and out of the ring, Watson continues to fight.



PHOTO CONTRIBUTED BY SGT. ENRIQUE WATSON

Sgt. Enrique Watson, a watch commander with the Provost Marshall's Office here, swings a punch at Army Sgt. Damien Stelly, an Army ranger, during Salute to our Armed Forces Mixed Martial Arts Xtreme Fighting Championships in Tampa Florida Nov. 11, 2007. Watson is asking for anyone wanting to build an MMA team to call him to represent Iwakuni Marines against Army MMA fighters in competitions.

SEETHER



A outgoing young boy with a faux hawk admires bass guitarist Dale Stewart's similar hair style. Band members signed autographs and took pictures with fans and volunteers after the show and thanked them for everything they do.

PFC. MIRANDA BLACKBURN



LANCE CPL. CHRISTOPHER BURKE



PFC. MIRANDA BLACKBURN



PFC. MIRANDA BLACKBURN

Station gets taste of South African grunge

PFC. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

South African-bred, L.A. based hard rock band Seether made its way to Iwakuni May 26 during a one-week United Service Organizations tour of Japan.

The band performed an awe-inspiring hour and a half show at the parade deck here that evening to show appreciation for the armed services.

"We wanted to give them an hour and a half of maybe relief and a piece of home," said Shaun Welgemoed, lead singer of Seether.

Marines, sailors, family members and students poured in from every direction from as early as 4:30 p.m. to await Seether's performance.

"I was talking about it for weeks," said Riley Attaway, an 8th grader at Matthew C. Perry High School. "They are one of my favorite bands, and we don't have a lot of concerts here, so this is a big deal."

American Forces Network tried to occupy the crowd by raffling off T-shirts, Frisbees, autographed CDs and a Nintendo Wii, but there was no calming them down.

"Seether, Seether, Seether..." they cried.

They went crazy as Welgemoed calmly walked up to the stage while taking one last drag of his cigarette.

As the band started playing, crazed fans pushed their way forward to

try to get as close to the stage as possible.

Welgemoed gave a shout out to all the Marines and sailors during the performance, saying, "I've been in Japan now for about five days, and it's been the best experience of my life because of you guys."

The night went on with song after song, but when it was time to come to an end, the fans still cried out for an encore.

The band jumped down from the stage to hug and shake the hands of the ecstatic sea of people.

After the excitement died down a little, fans waited outside the backstage tent for autographs and pictures.

Troy McLahorn, lead guitarist, thanked a Marine while signing his guitar.

"We don't get to do what we do without you guys," he said.

An outgoing young boy with a faux hawk was delighted to see that Dale Stewart, bass guitarist had a similar hair style.

The boy left with a huge smile on his face and a signed box of Fruity Pebbles.

As the last few fans trickled through the tent, the band got ready to go out for a few drinks with the fans.

"We owe it to them," said Welgemoed. "There's a different kind of passion here. Our music helps them get through."



LANCE CPL. CHRIS KUTLESA

Hundreds of fans scream ecstatically as American Forces Network riled up the crowd before Seether hit the stage. Marines, sailors, family members and students poured in from as early as 4:30 p.m. to await Seether's performance.



PFC. MIRANDA BLACKBURN

Lead singer Shaun Welgemoed and lead guitarist Troy McLahorn rock out to their favorite song "Out of My Way" during a performance held at the parade deck here May 26. The grunge band Seether went on a weeklong United Service Organizations tour to show their appreciation for the armed services.



PFC. MIRANDA BLACKBURN

ROCK OUT!

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



STAFF SGT. JAYSON PRICE

AL ANBAR PROVINCE, Iraq — American and Iraqi explosive ordnance disposal technicians discuss the best way to destroy a stockpile of 57mm rounds in Iraq's Al Anbar province, May 21, 2009. During a combined operation between Coalition forces and the 7th Iraqi Army Division's Bomb Disposal Company, Iraqi EOD technicians successfully and safely disposed of the unexploded ordnance which was found hidden in the Iraqi desert.

Iraqi EOD makes Iraq safer - one cache at a time

STAFF SGT. JAYSON PRICE
MULTI-NATIONAL FORCES WEST

AL ANBAR PROVINCE, Iraq — In a countryside marred by years of war and strife, unexploded ordnance poses a danger to everyday Iraqi citizens striving to make a better life for themselves and their families. Whether it is reused by criminals or terrorists as a weapon, or simply lying unnoticed in a farmer's field, unattended munitions can be deadly if not handled properly.

After years of relying on U.S. and Coalition explosive ordnance disposal teams to rid its country of UXO, Iraqi EOD teams are now showing they have what it takes to get the job done to make their country a safer place.

"The Iraqi Bomb Disposal Company has been independent for almost a year, and they've proven themselves," said Staff Sgt. Kelli Cairns, an engineer with Military Transition Team 7, the unit primarily responsible for helping train the 7th Iraqi Army Division. Cairns is the primary advisor to the 7th IA Division's Bomb Disposal and Military Police Companies.

"They've recovered about 2,000 improvised explosive devices in the past two years."

Cairns went on to say that Iraqi EOD has been operating independently of Coalition support and has even responded to calls for help from Coalition forces that have encountered IEDs or other munitions in Iraq's Al Anbar province.

The Bomb Disposal Company of the 7th IA Division recently had an opportunity to

show off its skills and make Iraq just a bit safer when it led an operation to dispose of a substantial quantity of UXO. After a group of Iraqi civilians found a stockpile of 57mm projectiles hidden in the desert, they promptly notified government officials, who in turn passed the information on to the National Iraqi Intelligence Association. It wasn't long thereafter that the Bomb Disposal Company got the call.

The disposal operation took place May 21, 2009, and included EOD teams from the Iraqi Army and U.S. Navy, representatives from the NIIA, as well as security detachments from the Iraqi Army and Regimental Combat Team 8. After evaluating the munitions and discussing tips and techniques with the Navy EOD technicians, the Iraqi EOD team conducted a controlled detonation to dispose of the cache.

Even though most of the rounds found in this cache were old and of limited use, they still posed a danger if left unattended or if the wrong people got hold of the explosives. Cairns said the operation had a deeper meaning than simply ridding Iraq of dangerous explosives.

"The most successful part of the operation



STAFF SGT. JAYSON PRICE

AL ANBAR PROVINCE, Iraq — One of three piles of 57mm rounds awaits disposal by the 7th Iraqi Army Division's Bomb Disposal Company in Iraq's Al Anbar province, May 21, 2009. During a combined operation between Coalition forces and the 7th Iraqi Army Division's Bomb Disposal Company, Iraqi EOD technicians successfully and safely disposed of the unexploded ordnance which was found hidden in the Iraqi desert.

was the fact that we had the NIIA here to see the Iraqi Bomb Disposal Company outside the wire working with Coalition EOD," said Cairns. "They are showing they have the same capabilities as Coalition force EOD and similar equipment to get the job done."

Thanks to the help and diligence of ordinary civilians and the increasingly proficient Iraqi EOD teams, Iraq is rid of another cache of unexploded ordnance and one step closer to a peaceful future.

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.

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.

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 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.

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.

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) Thursday. There will be a live DJ, games and prizes. 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 Thursday. For more information, call the Youth and Teen Center at 253-5549.

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#

Brunch at the American Red Cross Volunteering Program will be held 9 a.m. - 4 p.m. June 18-19. Ages 10-17 can attend. During this orientation youth will learn about American Red Cross, workplace etiquette, Places available to volunteer on MCAS Iwakuni and the benefits to volunteering. Lunch and snacks will be provided. To sign up, call the American Red Cross MCAS Iwakuni at 253-4525.

New Spouse Volunteer Recruitment Brunch The American Red Cross will host a New Spouse Volunteer Recruitment Brunch at the American

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
Tues. - Fri. 11:30 a.m. Weekday Mass
Wednesday 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 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.



"Eat your 80s" - A live 1-hour radio show that features the best of 80's music. Noon to 1 p.m. Tuesdays and Thursdays, except holidays, on Power 1575.

SAKURA THEATER

<p>Friday, June 5, 2009 7 p.m. Night at the Museum: Battle of the Smithsonian (PG-13) <i>Premier</i> 10 p.m. Terminator Salvation: The Future Begins (PG-13) <i>Premier</i></p> <p>Saturday, June 6, 2009 1 p.m. Night at the Museum: Battle of the Smithsonian (PG-13) 4 p.m. Terminator Salvation: The Future Begins (PG-13) 7 p.m. State of Play (PG-13) <i>Premier</i> 10 p.m. Sunshine Cleaning (R)</p> <p>Sunday, June 7, 2009 1 p.m. Hannah Montana: The Movie (G) 4 p.m. Night at the Museum: Battle of the Smithsonian (PG-13)</p>	<p>7 p.m. Terminator Salvation: The Future Begins (PG-13)</p> <p>Monday, June 8, 2009 7 p.m. State of Play (PG13)</p> <p>Tuesday, June 9, 2009 7 p.m. Monsters vs. Aliens (PG)</p> <p>Wednesday, June 10, 2009 7 p.m. I Love You, Man (R)</p> <p>Thursday, June 11, 2009 7 p.m. Knowing (PG-13)</p>
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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

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).

1995 Mitsubishi Delica 4x4
JCI until December 2009. Seats 7. AM/FM radio, CD player, navigation system, DVD player, A/C. Asking \$3,500. For more information, call 253-2639.

1991 Toyota Town Ace
JCI until March 2011. Road Tax only 7500

Mess Hall Menu

Monday

Cream Of mushroom soup, creole soup, sauerbraten, hot and spicy chicken, fried rice, oven glo potatoes, fried zucchini, calico corn, dinner rolls, German style hamwich, cannonball sandwich, cheesy bacon burger, congo bars, marble cake double layer with butter cream frosting, blueberry crunch.
Specialty Bar: Pasta

Tuesday

Cream of potatoes soup, chicken noodle soup, southern fried chicken, barbeque beef cube, steamed rice, buttered pasta, black eye peas, creole squash, corn dogs, buffalo wings, philly cheese steak chicken or beef, chocolate chip cookies, spice cake, with butter cream frosting, lemon meringue pie.
Specialty Bar: Taco

Wednesday

Cream of broccoli soup, vegetable soup, tempura fish, pepper steak, steamed rice, oven glo potatoes, glazed carrots, brown gravy, dinner rolls, club spinach, peanut butter cookies, double layer devil's food cake with butter cream frosting, cheese cake.
Specialty Bar: Barbeque

Thursday

Minestrone soup, cream of chicken soup, creole macaroni, fried shrimp, fettuccini noodles, alfredo sauce, grilled cheese sandwich, tempura vegetables, peas and carrots, dinner rolls, sugar cookies, strawberry shortcake with whipped topping, vanilla creamed pie.
Specialty Bar: Deli sandwich

Friday

Clam chowder, minestrone soup, braised beef and noodles, baked fish, mashed potatoes, fried cabbage, mix vegetables, chicken gravy, dinner rolls, cheese quesadillas, submarine sandwich, toasted bacon lettuce and tomatoes, banana bread, shortbread cookies, Dutch apple pie
Specialty Bar: Mongolian

yen/year. Seats 8, back seats fold up, middle seats spin around. Awesome gas mileage, runs great. Must sell by June 16. \$2000 OBO. For more information, call 253-2611 (home) or 080-3488-5688 (cell).

1991 Toyota Celica Convertible
JCI until September 2011. 4-passenger. Red with grey interior leather. Polymer coating over paint. AM/FM/MP3 stereo. Remote start. 167,000 km. Available now. \$3,500 OBO. For more information, call 253-3337 or 253-2744.

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.

Sigma Camera Lenses

Sigma zoom telephoto 70-300mm f/4-5.6 DG macro autofocus lens and Sigma 28-70mm f/2.8-4 DG high speed zoom autofocus lens. Brand new in boxes and compatible with all Canon Digital SLR cameras. Both lenses are sold as set and for \$200 (paid \$275). Call 253-2554.

Drum Set

GP Percussion GP200 5-piece drum set. 3 stands, forest green, approximately 2 years

Branch Health Clinic Iwakuni goes tobacco free

NAVY CAPT. KEVIN D. MOORE
USNH YOKOSUKA
COMMANDING OFFICER

May 29, U.S. Naval Hospital (USNH) Yokosuka, including Branch Health Clinic Iwakuni, officially became tobacco free.

This is a tremendous step forward in supporting the hospital's mission of ensuring readiness and promoting the health and well being of those entrusted to us.

In conjunction with "World No Tobacco Day" on May 31, USNH Yokosuka joined a growing number of civilian and military health care facilities, including Naval Medical Center Portsmouth and USNH Rota, in being officially tobacco free.

USNH Yokosuka will be the first Navy MTF in the Western Pacific to be tobacco free!

No designated smoking areas will be located on our hospital or clinic compounds.

old. \$200. Call 253-2040.

10 Month Old Shiba Inu
10 month old Shiba Inu, great family dog, completely housebroken. \$400. Call 253-2040.

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.

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.

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.

Patients, visitors and hospital staff will not be permitted to use tobacco while on hospital grounds.

As a health care professional, I know that overcoming the addiction to tobacco can be very difficult. To assist in this process, we have tobacco cessation classes available to all of our beneficiaries. I strongly encourage everyone who is struggling to overcome the use of tobacco to take advantage of this valuable resource.

If you would like more information on the tobacco cessation courses available at Branch Health Clinic Iwakuni, please contact Lt. Molly Hurda at 253-3266.

As a command, we are demonstrating our resolve to our patients by becoming tobacco free and partnering with those who now smoke or use tobacco to help them stop.

Thank you for your support in this effort.

How to create a Military Spouse Career Advancement Account

Are you a military spouse that is interested in pursuing a degree program, licenses or credentials leading to career? Now you can get \$6,000 from the Department of Defense's new worldwide program. All you have to do to get started is go to <https://aiportal.acc.af.mil/my-caa> and create an account.

Once you have your account created, wait 24 hours and call a Military OneSource career/education consultant at 1-800-427-7890, extension 6966 or 5287. The consultant will tell you to establish your career plan and list your upcoming courses, ensure you have been verified, and tell you the steps to apply for the

financial assistance. Participating schools are listed on the website. Money will be sent directly to your school. It is to be used for tuition only.

To be eligible you must be the spouse of service member with at least one year left on active duty status. You must have the information entered and verified 48 hours before your class starts to receive funding. Please visit the website for a full program description and user information.

If you have questions about the process, call Bonnie Lewis, Personal Finance Manager, at 253-6250.

2009 Intramural Summer Softball



A Dragons player collides with Swingn Styx third baseman Charles Cruz while he outruns an over thrown ball to the plate. Both Cruz and catcher Joshua Ropchock could not jump high enough to bring down the ball to get the out.

Swingn Styx come back for win, beat Dragons 11-10

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Another week of the Intramural Summer Softball season came to a close May 29 with Combat Logistics Company 36 Dragons narrowly losing to the Swingn Styx, 11-10, in the bottom of the seventh at the main softball field here.

With the win, Swingn Styx improved to a 1-1 record while the Dragons fell to 0-2 with a long season ahead of them.

Swingn Styx started off strong, scoring the first few runs of the game and getting off to a 5-2 lead by the bottom of the third, but it was the fourth inning where the Dragons came alive and gave Swingn Styx a run for their money.

After giving up three runs in the third, the Dragons stepped up their play in the fourth by hitting in five runs in the top to take their first lead of the ball game, 7-5.

Swingn Styx didn't have as good of an inning as the Dragons, only getting two hits and bringing in one run to narrow the lead down to one.

The fifth inning didn't bring much hope to either team. Neither team got a hit. They both proved it was going to be defense that would win

the game.

The sixth inning, however, did bring some light to the end of the tunnel for the Dragons as they extended their lead to three, bringing in two runs before being retired to the dugout.

"I wasn't really sure if we were going to come back, being down three or four," said Swingn Styx left center fielder Darrell Campbell.

Swingn Styx answered the Dragons two runs with three of their own to tie the game, 9-9.

"Never get your hopes up in softball. Four to five runs is never enough," said Dragons' pitcher Aaron Marsh.

His words of wisdom proved to be true. At the top of the seventh, it was clear that this game could go anywhere.

The Dragons got a pair of hits which was enough to bring in one run, take the lead once again and possibly the win.

Once again, it was up to Swingn Styx to decide their fate and they did as they scored two runs to take their first win of the season.

"My team played through the mistakes and came through in the end," said Campbell.

"We did it the hard way, but we did it."



Keith Cherry, the first baseman for Swingn Styx connects with the ball in the bottom of the seventh to help drive in the winning run during the May 29 showdown between Swingn Styx and Combat Logistics Company 36 Dragons. Swingn Styx advanced its record to 1-1 while the Dragons fell to 0-2.

LANCE CPL. SALVADOR MORENO

YOUTH SPORTS



LANCE CPL. SALVADOR MORENO

Steven Miller, 3-year-old player for the Yankees, makes good contact with the ball during the Yankees last game of the 3- to 4-year-old T-Ball season held at Penny Lake here Saturday. Miller displayed good form while hitting by keeping his eye on the ball. T-Ball is intended for young children to learn the fundamental skills of baseball to become better ball players while having fun.



LANCE CPL. SALVADOR MORENO

A Yankee player gives a high five to coach Eric Benitez as she touches home plate. When the last player of the batting team is up, his hit drives all the base runners home.

Yankees, Athletics play to learn, laugh, for fun

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

As spring comes to an end so does the 3- to 4-year-old T-ball season for the Yankees.

The Yankees played their last game of the youth T-ball season at Penny Lake here Saturday where they took on the Athletics.

The purpose of Saturday's match up was not to win or lose but rather to go out and have a good time.

T-ball allows male and female players who are too young to participate in baseball to enjoy a game with the same challenges but without the pressure to win.

"Everybody gets a turn to have fun," said Oscar Fuentes, Yankees assistant coach.

T-ball is intended for young children to learn and develop the fundamentals and skills of baseball but also to just have fun.

T-ball is very similar to baseball but it is played on a much smaller field.

"We teach the basics of sports and how to play baseball to get them ready

for the next level," said Fuentes.

The scores of the T-ball games are not kept in an official score book because the object is to maximize participation.

Every inning, each player is allowed to bat once.

When the last player on the batting team is up, his hit drives all the base runners home.

Parents and coaches are out on the field to help encourage the young ball players how to field the ball and teach good sportsmanship.

Most rules of T-ball are the same as baseball with a few exceptions.

One exception is the balls are typically softer so injuries can be reduced.

Although no score was kept Saturday, it was still an exciting game to watch.

The random uncertainty of where the ball was going to be hit and how it was going to be fielded kept mothers and fathers on the edge of their seats.

"They did great. Everybody had fun," said Fuentes.

After the game, the teams congratulated each other and both ran off to the sides of the field as if they just won, proving that T-ball is just fun.