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SPORTS

IWAKUNI APPROACH

Issue No. 24, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

Earth Day Activity:

Residents embrace Earth Day traditions with seawall cleanup

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Earth Day first began on April 22, 1970, in the United States when more than 20 million Americans rallied in the streets around the nation to create awareness on the deterioration of the environment.

Today, Earth Day is celebrated all over the world from bike-ride demonstrations in Moscow to underwater cleanups in Egypt.

Coming together in the same spirit, Marines and sailors from around the station gathered to clean the seawall along Penny Lake here in celebration of Earth Day June 18.

Service members from Marine Aircraft Group 12, Marine Wing Support Squadron 171, Combat Logistics Company 36, and Headquarters and Headquarters Squadron participated in the event.

Chuck Hill, an environmental protection specialist with the environmental division and facilities department here, said though Earth Day was on April 22, the station wanted to celebrate it more than once a year, and the cleanup was a way of doing that.

Service members spent the morning removing trash and debris from the seawall to help beautify the air station and prevent nautical hazards along the area.

Marines and sailors rummaged through rocks, branches and rotting wood to get at the garbage they wanted removed.

"The air station is pretty much clean already," said Hill. "This is the one area that needs attention, so we decided to do the cleanup out here."

Approximately 60 service members participated in the Earth Day 2009 seawall cleanup.

Hill said he hoped the participants would become more aware of the pollution around them and the community would also take notice of the efforts they were making.

"We hope the community will see that we



LANCE CPL. CLAUDIO A. MARTINEZ

Col. Stephen G. Nitzschke, former branch head for officer assignments at Headquarters, United States Marine Corps, in the office of Manpower Management, assures the crowd gathered during a change-of-command ceremony in front of the Marine All Weather Fighter Attack Squadron 242 hangar that the legacy of Marine Aircraft Group 12 would not change under his command June 19. Nitzschke succeeded Col. Mark R. Wise, former MAG-12 commander, as the 96th commanding officer of MAG 12.

MAG-12 gets new commander

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

The former branch head for officer assignments at Headquarters, United States Marine Corps, in the office of Manpower Management took command of Marine Aircraft Group 12 in a change-of-command ceremony in front of the Marine All Weather Fighter Attack Squadron 242 hangar here June 19.

Col. Stephen G. Nitzschke succeeded Col. Mark R. Wise who is slated to join the United States Forces Afghanistan staff as the command aviation officer in Kabul, Afghanistan.

"MAG-12, my hat is off to you. It's been an absolutely fantastic year," said Wise. "It's been eye watering to see what you've been able to accomplish."

During his years in the Marine Corps, Nitzschke has served under several titles, including as a squadron naval air training and operating procedures standardization officer in Iwakuni, Japan, and EA-6B instructor pilot with Tactical Electronics Warfare Squadron 129 at Naval Air Station Whidbey Island, Washington. He also served as commander of 2nd Brigade Platoon, 2nd Air and Naval Gunfire Liaison Company at

Camp Lejeune, North Carolina, and with Marine Tactical Electronic Warfare Squadron 3 as the maintenance officer and executive officer, and later, as the commanding officer.

He also participated in Operations Desert Shield and Desert Storm.


Nitzschke received a Bachelor of Science degree in aeronautical and astronautical engineering from the University of Washington at Seattle and received his commission in 1985.

He also graduated with distinction from the United States Naval War College, Newport, R.I., in June 2005.

"I look forward to serving you as the MAG-12 commanding officer," said Nitzschke. "Since 1942, MAG-12 has had 95 different commanding officers. Through all that change however, one thing has remained relatively constant, and that is our mission. The essence of our mission is to be ready when our nation calls to defend our interest and the interest of our allies. We are the ready group. That is our legacy, and that will not change."

Nitzschke's personal decorations include the Navy and Marine Corps Commendation Medal with a "V" device, Meritorious Service Medal, and an individual Air Medal with strike flight numeral "3".

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CHAPLAIN’S CORNER

‘Funny the way it is’

CHAPLAIN A.R. KUSS
IWAKUNI APPROACH STAFF

Music is important part of our daily lives. We listen to it on our iPods, radios, TV, automobiles and it is an important part of our worship. Music engages our minds, bodies and spirits on various levels. It can calm or excite us, put us in far off places or remember things long forgotten. It can even prompt us to think “deep thoughts”. During breakfast a few days ago, I was watching one of the morning news programs with an entertainment section. The Dave Matthews Band played one of the songs from the recently released CD, “Big Whiskey and the GrooGrux King.” I found the chorus poignant and paradoxical. The part of the chorus of “Funny the way it is.” is: *Funny the way it is
If you think about it
Somebody’s going hungry*

*And someone else is eating out
Funny the way it is, not right or wrong
Somebody’s heart is broken
And it becomes your favorite song
More changing words in a following chorus,
If you think about it
One kid walks 10 miles to school
Another’s dropping out*

The lyrics and music were an invitation to examine the paradoxes in my life and made me question my attitude and sense of gratitude. Work, education, diet, weather and location can all be topics of pride and opportunity or they can be used for being disgruntled and unhappy. Where ever we are can be a paradise or a place of pain, depending on us. Our attitude toward people, things and even situations determines how we will respond and our personal well-being. We often cannot change our situation but we are responsible for our attitude and our actions regardless of the situation. I do not wear rose colored glasses but a change of attitude and gratitude will change our perspective of reality.

Critical Days of Summer:

Staying safe during outdoor fun

CHRIS YONEDA
STATION SAFETY

- Hiking
1. Plan ahead, and plan carefully.
 2. Study maps, guidebooks and other references so that you know about the roads, trails, and streams in the area.
 3. Check the weather forecast before you leave.
 4. Make sure you’re in shape for the demands of your hike.
 5. Leave a written plan of your route, schedule and campsite with a responsible friend. Follow your plan, and let them know when you return.
 6. Wear a good pair of hiking shoes or boots.
 7. Bring an extra layer of clothing, and avoid cotton if you might get wet.
 8. Carry a compass and a topographic map of the area and know how to use them.
 9. Don’t travel too lightly. Many campers have ended up wishing they had brought a poncho, a jacket, more food and water, a first-aid kit, whistle and matches in a waterproof container.
 10. Don’t drink water from ponds or streams unless you have treated it first by boiling, filtering or using purification tablets.
 11. If you get lost, don’t worry. If someone is going to report you missing, then most experts stress the three “stays”: stay dry, stay warm and stay put.
 12. If you have to find your way out of the woods, follow a stream downhill.
 13. Don’t hike alone. For long trips, take along at least two friends.
 14. Only hike daytime.
 15. Turn back if the weather gets bad.

- Bicycle Safety
1. Before you ride, warm up and stretch for 5-to-10 minutes.
 2. The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% against brain injuries.
 3. If your bicycle fits, you’ll perform better and avoid overuse injuries. Your knees should be at about a 15-degree angle when fully extended.
 4. Make sure you have lights and reflectors on your bike, whether you are using it for training, recreation, or transportation.
 5. Carry a cell phone or change for a pay phone, your ID card, and an emergency-contact card. Bright clothing or a safety vest as another good precaution. The Iwakuni base emergency number from a cell phone or an off base phone is: 0827-21-7700.
 6. The primary risk factors are excessive speed, traffic, fatigue, and poor road conditions.

7. Beware at intersections. Signal your turns and look out for others.
8. Don’t wear headphones.
9. Cycle while it is daylight and try to avoid riding at night.

- Beach Safety
1. Protect your skin: Limit the amount of direct sunlight you receive between 10:00 a.m. and 2:00 p.m. and wear a sunscreen with a sun protection factor containing a high rating such as 15.
 2. Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat’s effects on your body worse. This is especially true with beer, which dehydrates the body.
 3. Watch for signs of heat stroke: Heat stroke is life-threatening. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call the emergency number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim’s wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.
 4. Wear eye protection: Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
 5. Wear foot protection: Many times, people’s feet can get burned from the sand or cut from glass in the sand.
 6. Spinal Injury Prevention
 - * Don’t dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly.
 - * In shallow water, don’t dive headfirst towards the bottom into oncoming waves.
 - * In shallow water, don’t stand with your back to the waves.
 - * Don’t jump or dive from a cliff, pier, jetty or bridge.
 7. Avoid bodysurfing, bodyboarding or surfing straight “over the falls.” Ride the shoulder.
 8. During a bodyboard or surfing “wipe out,” try two hands out in front of you. Don’t dive straight to the bottom. While bodysurfing, always keep at least one arm out in front of you to protect your head and neck.
 9. Don’t swim near piers or breakwaters. The currents here may be very strong, even for the best of swimmers.
 10. Stay clear of boats.
 11. Swim parallel to the shore. If you swim out too far, you may be too tired to swim back.
 12. Open water is usually much colder than a pool, so don’t swim out too far.
 13. Remember that Japanese beaches are usually open for use throughout the year, but observed by life guards only between the swimming season, which is from July to August.
 14. Warning signs are posted for good reasons. Follow the warnings and always obey the rules.

Marines square off with MiGs in Malaysia

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

ROYAL MALAYSIAN AIR BASE
RKUANTAN, Malaysia — As a pilot with Marine All-Weather Fighter Attack Squadron 225 landed the last of eight F/A-18s here, a rumor suggesting the exercise might be cancelled due to weather was crushed. Due to typhoon conditions in the original flight-path from Marine Corps Air Station Iwakuni, Japan, the rumor was all concern but exercise Air Warrior 2009 officially commenced here June 23. Air Warrior is a multi-lateral exercise demonstrating joint and multinational capabilities, and improving interoperability between the United States and Malaysia. “It’s an opportunity to build relations with another one of our allies because it may be that we have to fight alongside them,” said Lt. Col. Douglas W. Pasnik, commanding officer for VMFA(AW)-225. To lubricate the gears, most units currently aboard MCAS Iwakuni are aiding VMFA(AW)-225s efforts including, Marine Aircraft Group 12, Marine Aerial Refueler Transport Squadron 152, Marine Aviation Logistics Squadron 12, Marine Wing Support Squadron 171 and Marine Air Controller Squadron 4.

The exercise will provide pilots the opportunity to engage air-to-air targets and, in the later stages of the exercise, the movement of multinational ground forces via Navy ships. Pasnik said the greater scope allows the Marines and all forces involved to operate in a Marine Air-Ground Task Force. Air Warrior, as the name implies, is the air component of the overall exercise Landing Force Cooperation Afloat Readiness and Training. LF CARAT is a multi-faceted exercise incorporating units from Malaysia, Singapore, Thailand, the Philippines as well as U.S. forces. While the initial part of Air Warrior will be focused on combating a Malaysian squadron of Mikoyan MiG-29s, the exercise is scheduled to culminate in an amphibious assault supported by the F/A-18s of VMFA(AW)-225. “The opportunity to fight that fourth generation MiG is the opportunity of a lifetime,” said Pasnik. Even though the Marines on the ground won’t get the opportunity, their support will prove just as instrumental in the successful execution of the exercise. “We’re really looking forward to bringing our team together,” said Pasnik. “We’ve got a lot of good Marines.”



CPL. JOSEPH MARIANELLI
Capt. Marcus Yasumatsu, a pilot with Marine All-Weather Fighter Attack Squadron 225, and 1st Lt. Steve Bradford, a weapon systems officer with VMFA(AW)-225, park an F/A-18 for exercise Air Warrior 2009, a multi-lateral exercise demonstrating joint and multinational capabilities, and improving interoperability between the United States and Malaysia, here June 22.



LANCE CPL. CHRIS KUTLESA

JCSDF Officers receive certificates of commendation

Marines congratulate Capt. Shigeru Miura, Japan Ground Defense Force 1st company commander, and capt. Minoru Hanada, JGSDF liaison for base cluster four, after receiving certificates of commendation at a ceremony held outside the Provost Marshal's Office here June 17. Both gentlemen received their certificates for outstanding support during Active Shield Nine, and evaluation of the air station's bilateral defense measures.

Service members continue Earth Day traditions

EARTH FROM PAGE 1

are doing our part in keeping the environment clean and they'll remove unwanted trash," said Hill. "Hopefully other people will take note of that and join in on the effort to keep the area clean."

Many of the participating service members felt the same way Hill did.

Lance Cpl. Isiah Fagins, a motor transportation operator with MWSS-171, said he hoped his actions during the cleanup would inspire others to do the same.

"They say positive stuff is usually contagious, so hopefully everyone else that sees trash will pick it up," added Fagins.

Although the focus of the cleanup was to celebrate Earth Day, the underlining thought on the mind of some of the service members was how their actions that day would affect their relations with the local community.

Fagins said he hoped cleanups on the station would show the Japanese locals that the service members appreciate the land entrusted in their care, and they intend to take care of it.

Fagins wasn't the only Marine who felt that way.

Lance Cpl. Thang Nguyen, a food-service specialist with H&HS, said she hoped that when the locals see the positive work service members are doing, they'll realize there are responsible military members who appreciate the area.

As the morning wore on and the Marines and sailors continued cleaning, some began to see a difference in what they were doing.

Some of the service members were surprised at how much they enjoyed their day during the cleanup.

"The seawall was very dirty, but it was a lot of fun cleaning it up, more than I thought it would be," said Nguyen. "Most likely people that run the seawall will see the difference because we did clean a lot."

The morning came to a close with the MAG-12 chaplain's office providing a barbeque as a thank you to the participating service members for their efforts during the cleanup.

As the Marines and sailors enjoyed a menu of hot dogs and



LANCE CPL. CLAUDIO A. MARTINEZ

Marines and sailors from around the station rummage through rocks, branches and rotting wood to remove trash from the seawall along Penny Lake here during an Earth Day 2009 seawall cleanup June 18. Service members concentrated on removing plastics, old tires and other trash. Plans are being made to remove the rotting wood and tree branches during another cleanup.

hamburgers, plans were already being made for another cleanup.

"We are trying to do this more often," said Hill. "We are trying to

get it to be maybe twice a year if not more than that — maybe later on down the road."

MCBJ, III MEF liberty policy amendments announced

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

A new order issued, Marine Corps Bases Japan/ III Marine Expeditionary Force 1050.7 Chapter 2, allows Marines to consume hard alcohol in specific circumstances as of June 15.

The policy states that E-3s and below can purchase hard liquor for immediate consumption at clubs and restaurants on and off base. In addition, commands can also authorize consumption of hard alcohol at unit functions.

"Just because this order has come out doesn't mean you need to do anything differently," said Lt. Col. Tray J. Ardese, commanding officer of Headquarters and

Headquarters Squadron. "Don't feel like you need to go drink a bunch of hard alcohol just because you can. If you have been drinking beer and like beer then there is no real reason to switch now to tequila."

Ardese pointed out that although the order changes some things it does not change everything.

All military and civilians located in Japan must be 20 years of age to consume any alcohol. E-3s and below living in the barracks can not possess more than six 12-oz. beers or a 750 mL bottle of wine with no more than 15 percent alcohol content.

"Be responsible because as quick as this privilege was given it can be taken away," said Staff Sgt. Jason M. Jensen, squadron gunnery sergeant for Headquarters and

Headquarters Squadron.

According to Ardese, the privilege was previously taken away after a few alcohol-related incidents in Okinawa.

The policy's background information states, "We have made great strides in combating alcohol abuse and deglamorizing alcohol ... However, rarely does a weekend go by without some MCBJ/III MEF personnel abusing alcohol and acting irresponsibly."

In contrast, Headquarters and Headquarters Squadron here recently ran 128 days without a single alcohol-related incident.

With that fact in hand, Ardese encouraged Marines to keep up the good work.

Those who have questions concerning the orders can contact their perspective commands.

Station members volunteer for Operation Comfort and Care Package Drive

The Operation Comfort and Care Package Drive was held in front of the Marine Corps Exchange and Commissary from June 15 - 20. Community members from all over the base volunteered their time at the booths. The purpose of the drive was to collect and donate items to service members deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom. Donated items included DVDs, books, clothing, blankets, and nonperishable food. Children were encouraged to draw and write letters to send with the care packages. "We received such a great response last time from those who were recipients of these care packages and they were very grateful for the wonderful donations that came in right at the perfect time," said Rebecca Streaan, readiness and deployment support specialist.



LANCE CPL. SALVADOR MORENO

Bulk fuel keeps Exercise Northern Edge flying

MWSS-171 Marines learn, improve cutting edge skills during exercise

STAFF SGT. ANDREW W. MILLER
IWAKUNI APPROACH STAFF

EIELSON AIR FORCE BASE, AK —Pacific Command's Exercise Northern Edge 2009 is allowing more than 200 aircraft the opportunity to train in nearly 120,000 square miles of airspace above interior Alaska and the Gulf of Alaska, June 15-26.

With the numerous aircraft in the air and massive amounts of mileage to cover during the 11-day exercise, one of the most important support billets the pilots have covering their six is the bulk fuel specialist.

"We've pumped nearly a half million gallons of jet fuel per day during the first week of this exercise," said Senior Airman Derick Bowers, a bulk fuel specialist with the 354th Logistics Readiness Squadron here at Eielson Air Force Base. "Without us, pilots are pedestrians."

Marine Wing Support Squadron 171 from Marine Corps Air Station Iwakuni, Japan, currently has Marines cross training and working side-by-side with the Air Force to ensure the pilots are taken care of as expediently and safely as possible.

"There is a little bit of a communication barrier, but it is good to see how other services work," said Lance Cpl. Justin Moore, MWSS-171 bulk fuel specialist. "It helps diversify my skill set by knowing how to fuel F-16s and F-15s and working with the different forces."

Because of the differences in lingo, aircraft and overall work atmosphere, the Marines are well-versed before being sent out on the flightline alone.

"We've shown them where the fuel points are on the aircraft, as well as trained them on the paperwork, local forms and Air Force forms and fuel receipts," said Bowers. "Without proper training, lots of expensive equipment can get broken."

Bowers has served as Moore's ride-along for the duration of the exercise's first week.

During the first couple of days the Marines merely shadow the Airmen, watching how they operate on the flightline.

For the next three to four days the Marines drive and operate the R-11 fuel trucks with close supervision from their instructors.

Next week, which is the final week of the exercise, will be



STAFF SGT. ANDREW W. MILLER

Lance Cpl. Justin Moore, a bulk fuel specialist with Marine Wing Support Squadron 171, monitors the fueling of a jet on the flightline of Eielson Air Force Base, Ak, on June 19. Moore is participating as part of Exercise Northern Edge 2009. Exercise Northern Edge is the Pacific Command's premier joint training exercise which better prepares joint forces to respond to crises in the Asian Pacific region.

totally different.

"Next week I'll be all by myself," Moore said eagerly, knowing this is what he's been trained for and doing at Iwakuni for quite sometime now, but nevertheless ready to put to work the new skills he's learned from his Air Force counterparts.

Bowers reiterated his confidence in the Marines' abilities for next week's changes, stating that they have adapted and caught on well to the way the Air Force does things.

Of the nearly 9,000 total service members participating in Exercise Northern Edge this year, approximately 290 are Marines and sailors from III Marine Expeditionary Force.

Although the exercise is headquartered out of Elmendorf Air Force Base, activities are taking place across the training grounds of Alaska in order to better prepare joint forces to respond to crises in the Asian Pacific region.

Exercise Northern Edge is

Pacific Command's premier joint training exercise.

The exercise is designed to practice and enhance interoperability among the United States Marines, Navy, Airforce, National Guard, Special Operations Forces, and the Coast Guard.

Exercise Northern Edge also involves local, state, federal, department of defense and non-governmental agencies.

This is the 16 year Exercise Northern Edge has ran.

IWAKUNI APPROACH Dining Special



CPL. KYLE T. RAMIREZ

Kuti's half-pound Avocado Bacon Cheeseburger satisfies those who crave the freshest ingredients at a "fast food" price (¥650). The sandwich (calorie counters beware) stacks liberal-cut bacon and avocado on a quarter-pound patty with the eater's choice of toppings. As suggested by entrepreneur Kazuyuki Kanechika, the burger is best coupled with his signature pineapple smoothie.

Hikari burger aficionado stacks with ultimate skill



CPL. KYLE T. RAMIREZ

Kazuyuki Kanechika

CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH STAFF

After traveling through five continents in search of the tastiest burger, entrepreneur Kazuyuki Kanechika landed back in southern Japan — just off Route 188 in the small beach community of Hikari — the perfect setting, he says, to create a masterpiece all his own.

Kuti was too good to pass up, with its beach bungalow décor complete with the sounds of low-fi reggae hits of the 1970s. A closer inspection revealed the mobile sandwich shop's original "company vehicle."

Just eight years ago, Kanechika decided to begin what he calls his most important work. After returning

from a tour that took him everywhere from China to Texas in search of the world's most delicious burgers, he bought a kitchen the size of an ice cream truck and began cooking. Within a few months of opening "Kuti," (translated as a place for dwelling and meditation) Kanechika's dream was finally realized.

"Each day, I challenge myself to create a new, more fascinating sandwich recipe," said Kanechika. "I have as much fun eating my burgers as I do making them. With enough practice, I think my skills can become ultimate."

Nowadays, the mobile sandwich shop's tires are almost flat. Two kitchens are in full operation at Kuti's permanent location, drawing in about 200 customers each day, bumping Kanechika up to bigwig status in the small beach community's dining scene.

The small shop offers eight signature burgers and six sandwiches. For those who like it their way, Kanechika also considers special a la carte orders. Also on the menu is a broad selection of cocktail drinks, natural juices, smoothies and soft drinks.

Kanechika said the shop is still mobile, somewhat. They do catering for large events or small get-togethers at reduced prices. Hikari's own sandwich king chose to put the company vehicle up on blocks for the time being to allow him a chance to create a burger masterpiece.

If in Hikari, ask locals about Kuti to be pointed in the right direction.

A Super Physical Fitness Test

Headquarters Marines compete for special chance to fly away on an F/A-18

STORY AND PHOTOS BY
CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH STAFF

Wearing combat utility uniforms and flak jackets, athletes assigned to Headquarters and Headquarters Squadron competed in a Physical Fitness Test, Combat Fitness Test, a run through an obstacle course and more painful activities June 16.

The grand prize: a once-in-a-lifetime opportunity to ride in the backseat of an F/A-18 fighter jet in an upcoming deployment.

"It was always a dream of mine that I thought would never come true," said Staff Sgt. Dominique G. Laboy, Super PFT winner and enlisted head of the passenger section at the air terminal.

"When I was a kid, I always dreamed of becoming a pilot. You know, I would spread my arms and act like I was flying. Just thinking of that one chance to fly for real kept me going throughout the whole competition."

The Marine Corps Martial Arts Program black belt instructor-trainer attributed his win to mental bearing alone.

"I always stay combat ready and that's the key to winning these things," he said. "You never know when they're going to come up with these challenges and you always have to be ready to jump on them. It's that fighter spirit." Laboy finished with the highest score among competitors, but other athletes were hot on his trail.

Lance Cpl. Shawn R. Litchfield, a military policeman with the K-9 section, came in second place with a close score and some torn up heels from his new Danner boots.

Litchfield said after completing the events, "I thought wearing new boots would be more comfortable — apparently not. But, I love the challenge and I love coming out here to represent my section. Now, it's time to go out and get some sushi."

Litchfield said he takes personal pleasure in competing in each athletic challenge that presents itself, having completed at least seven marathons in his tour here.

For his performance, Lt. Col. Tray J. Ardesse, the squadron's commanding officer, promised the Marine a gold liberty card and more challenging competitions in the future.

"Stay in shape and be ready. There's going to be more of them coming up," said Ardesse.



Staff Sgt. Dominique G. Laboy, Super PFT winner and enlisted head of the passenger section at the air terminal here, raises his chin to complete 17 pull-ups while wearing a flak jacket and combat utility uniform during the Super Physical Fitness Test put on by Headquarters and Headquarters Squadron June 16. Laboy was the overall winner of the competition, which consisted of a PFT, Combat Fitness Test, a run through an obstacle course and other physical feats in the afternoon sun.



Lance Corporals Zachary H. Lama (right) and Shawn R. Litchfield, both Super PFT competitors, are neck and neck at a double-bar obstacle. The course was designed with no rest time in between events, challenging the Marines' physical and mental stamina.



Lance Cpl. Donald F. Marshall, a Super PFT competitor, struggles to hold two 30-lb. ammunition cans on his shoulders as he walks from the obstacle course near Ironworks Gym to the Penny Lake athletic fields (a distance of nearly a mile) to then complete a Combat Fitness Test.



Skin ripped away from wearing new Danner boots to the Super PFT, Lance Cpl. Shawn R. Litchfield's heels are let out to breathe after completing the two-hour competition. Litchfield said it was a small price to pay for second place and a gold liberty card.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

The Corps' living history on Okinawa

PFC.J. NAVA
MARINE CORPS BASES
JAPAN

CAMP FOSTER, Okinawa, Japan — From the battlefields of the Revolutionary War, to the island hopping campaign of World War II, to the battles fought in the Middle East today, a Connally has been there. The Connalys are a family stretching many generations whose members have served proudly in the United States Armed Forces in most major conflicts in U.S. history.

Col. J. Connally, the commanding officer of Headquarters Battalion, 3rd Marine Division, and the camp commander of Camps Courtney and McTureous , is one of the latest in his family's long lineage of service members. Instilled in him are the values and morals of generation of our country's fighting men and women.

"This is what I grew up always wanting to do: leading Marines," Connally said. "Serving my country has always seemed like the highest of callings, right below the priesthood."

Born in San Diego on Oct. 7, 1961, Connally grew up with military values as the underpinnings of his life, he said.

"I've always had a sense of family and country as my foundation," Connally said.

Connally's father, Boyce Connally was one of the main sources of that sense of family and country, said Ann Connally, Connally's wife and former Navy Lieutenant.

"[Boyce's] hard work, dedication and contributions to his family left a lasting impression on [Connally]," she added.

Boyce enlisted in the Navy in 1942. He initially planned to

become a signalman but was reclassified a hospital corpsman due to the tremendous loss of corpsmen during the Battle of Gaudalcanal.



CAMP FOSTER, Okinawa, Japan — Jack Connally, Col. Thomas J. Connally's son, poses in the Marine dress blue uniform his mother made for him. Jack expresses interest in becoming a Marine when he is older, according to Ann Connally, Jack's mother.

Boyce was augmented to the 1st Marine Division during the island hopping campaign in the Pacific and fought alongside Marines in the Battle of Peleliu.

Boyce retired from the Navy in 1971 as a Master Chief Hospital Corpsman after 30 years of constructive service.

"My dad always had sayings like, "if you're going to fight, tell the other guy to bring a lunch and lantern, because it's going to take him all day and all night to whip you," Connally said. "Meaning that he believed in doing his duties to the best of his ability and never quitting."



CAMP FOSTER, Okinawa, Japan — Boyce Connally pictured on the heavy cruiser USS Newport News, CA-148 in 1950. Boyce Connally served in the U.S. Navy from 1942 to 1971 as a hospital corpsman. He initially planned to become a signalman but was reclassified a hospital corpsman due to the tremendous loss of corpsmen during the Battle of Gaudalcanal.

Connally's mother, Margaretta Popelas, was also a service member. In 1942, Margaretta enlisted in the Coast Gaurd and became a yeoman.

When the war ended she tried to re-enlist but could not because she had lied about her age in order to join, she enlisted in the Navy. She got out after eight years of combined service.

"His parents always taught him to do the right thing," said Ann, from Fairfax, Va. "They taught him to always give 110 percent."

In 1983, Connally continued the tradition himself by being commissioned as a Marine artillery officer through the United States Naval Academy. He was not the first of family to do so and certainly not the last.

Both Patrick and Michael Connally, Connally's older brothers, were commissioned as Marine Corps artillery officers.

Michael's son, Michael Connally Jr., has kept the tradition strong and is now an intelligence officer with United States Marine Forces, Central Command.

Three of Patrick's children went on to be Marines as well: Cpl. Daniel Connally, a combat engineer with 4 Combat Engineer Battalion, 4th Marine Division; meddically retired Cpl. Luke Connally, a mortar man who waas wounded outside of Haiditha in Al Anbar province, Iraq, in December 2004; and reserve

Capt. Lauren Grgsby a logistics officer.

In 1978, Buck Connally, another of the siblings, was commissioned through the Naval Academy as a surface warfare officer in the Navy.

My brothers are the best officers I know," Connally said. "I've learned so much from them."

They always took care of each other and looked out for each other, Ann said. His brothers were one of the biggest impacts on his life.

The connally's rich military history dates back even further. According to Connally, Tom Connally, his seventh generation grandfather, was a recruiter in Virginia for the Continental Army.

During the Civil, War, Col. John K. Connally commanded the 55th North Carolina Regiment.

In World War I, Connally's grandfather, Army Pvt. Pled Connally fought alongside the 5th and 6th Marine Regiment in 1918 during the Battle of Belleau Wood.

Connally is one of the last members of his family on active duty, but he hopes their long established tradition will keep going, he said.

"I tell my kids the same thing that my dad told me when I was young," Connally said. "I hope that sometime in their life, my children will find time to serve their country."



CAMP FOSTER, Okinawa, Japan — Col. Thomas J. Connally, commanding officer, Headquarters Battalion, 3rd Marine Division, and commander of Camps Courtney and McTureous, is one of the latest in a long lineage of Connally's to serve their country since the American Revolutionary War.

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.

UMUC Academic Advisor Visit
An Academic advisor will be available Aug 10, 11, and 12. Appointments must be made in advance by contacting the Iwakuni UMUC Office. Each appointment will be

30 minutes in duration, in a private classroom, one-on-one with an academic advisor. To make an appointment, please call the UMUC office at 253-3392.

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.

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.
- Put used tissues in a waste basket.
- Wash your hands after coughing or sneezing, and wash with soap and water, or clean with alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick. If you are sick, keep distance from others to protect them from getting sick, too.

For more information, please visit the CDC Web site: <http://www.cdc.gov/>

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

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

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.

Japanese American Society Survival Japanese Class
This class begins July 9, noon to 1 p.m., at the Japanese American Society Office (Bldg. 261) and continues every Thursday in July. Learn the basics of Japanese, getting around off base, greetings and basic interactions. Class size is limited. Registration deadline is July 1. For more information contact the JAS at 253-4744.

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.

MCCS Semper Fit MWSS-171 Soccer Camp

July 27-31, 8-11:30 a.m. at Penny Lake Fields. Sign-ups run from July 1-25 at IronWorks Gym. Fees: \$25, 2nd child \$20, ages 5-15. The Camp is limited to the first 85 participants. For more information, contact Marine Corps Community Services Semper Fit at 253-5777 or visit www.mccsiwakuni.com



"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

Friday, June 26, 2009
7 p.m. The Soloist (PG-13)
Premier
10 p.m. Crank: High Voltage (R)
Premier

Saturday, June 27, 2009
1 p.m. Up (PG)
7 p.m. The Taking Of Pelham 1 2 3 (R)
Premier
10 p.m. Hangover (R)

Sunday, June 28, 2009
1 p.m. Ghost Of Girlfriends Past (PG-13)
4 p.m. Fighting (PG-13)
7 p.m. Crank: High Voltage (R)

Monday, June 29, 2009
7 p.m. The Taking Of Pelham 1 2 3 (R)

Tuesday, June 30, 2009
7 p.m. 17 Again (PG-13)
Last Showing

Wednesday, July 1, 2009
7 p.m. Crank: High Voltage (R)

Thursday, July 2, 2009
7 p.m. Up (PG)

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

CLASSIFIEDS

Automobiles

Jobs

1994 Mazda MPV
118,XXX km, power windows, power door locks, power mirrors, 4-door plus rear hatch, just paid Road Tax, JCI due July 28, great condition, seats 7, 10-disc CD changer, tire snow chains. Needs new water pump (estimated \$540 installed at Typhoon Motors Auto Shop)
For more info call: 253-5170 / 5171

Suzuki Wagon R
JCI runs through September 2010, AC/Heat, radio, great condition, 5-Speed, \$2,200 OBO, will PCS in July. For more info call 253-2326.

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, macaroni salad, spinach salad, standard salad bar, 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, potato salad, Italian style pasta salad, standard salad bar, 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, macaroni salad, spring salad, standard salad bar, 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, potato salad, German style tomato salad, standard salad bar, 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, macaroni salad, cucumber and onion salad, standard salad bar, ginger molasses cookies, double layer German chocolate cake with coconut pecan frosting, pumpkin pie with whipped topping.
Specialty Bar: Mongolian

Now Hiring at MCAS Chapel
Protestant Pianist
Protestant Organist
Christian Non-denominational Music Director
Protestant Director of Religious Education
Catholic Director of Religious Education
Catholic Organist
Catholic Choir Director
For more information please call the Logistical Contract office at 253-4233.

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.

Miscellaneous

Items for sale
GARFIELD: The Movie
Brand new DVD, still in original packaging. Not available at MCAS Iwakuni Exchange \$8.
Playstations:
PLAYSTATION 2 Console with two controllers One year old \$85.00
PLAYSTATION 2 Games \$7 each
PLAYSTATION 2 Microphone \$10
(2) Pre-teen semi-formal dresses, Lavender with rhinestones.
Sizes 10 and 12 available
Excellent condition. \$60 each
High-Back Swivel/Recline Chair
Black, Fair condition, \$30
For more information call 253-2326.

GOOD SAMARITAN/NEIGHBOR PROGRAM

From May 1 – August 31, 2009, submit names of anyone ages 10-17, who have been good samaritans or good neighbors to PMO in order to place them in the running for the Summer 2009 Good Samaritan/Neighbor Program award. The nominee must be someone who reported, prevented or stopped an unsafe or criminal act. The program is strictly anonymous. This is your chance to encourage our children to be good citizens. Let's award our youth for doing their part to improve our community!

Call the PMO Crime Prevention Section at 253-5105 for more information.
Submit all nominations to the Crime Prevention Section during normal working hours.
After normal working hours, submit nominations to the PMO Desk Sergeant, building 608.

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.*

Intramural 6-Man Soccer Season begins



Combat Logistics Company 36 Dragons Coach and forward James Whiteker dribbles the ball past an Ops defender in route to his first of two goals and a 4-2 victory at Penny Lake here June 17. Whiteker was the Dragons' leading offender accounting for half of the Dragons' total goals scored.

CLC-36 Dragons roll past Ops 4-2 in opening week

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

The first week of the 2009 6-Man Soccer Season kicked off at Penny Lake here June 17 where Combat Logistics Company 36 Dragons out-scored team Ops 4-2.
It was a hard-fought battle from the opening to the final whistle.
The game never had a clear winner until the end where the Dragons finally put the game away, scoring the final two goals just before the end of play.
Coach and forward James Whiteker was the leading force for the Dragons, constantly riddling Ops goal keeper with goal attempts.
“It was a lot of fun. It was good sportsmanship and good (physical training). There wasn't a lot of killing each other,” said Whiteker.
The 6-man soccer season rules are mostly the same as regular soccer with only a few exceptions.
One of the major rules that seems to be a bit difficult for the players to get the hang of is the arch that is in front of the goal.
The arch begins on the goal line and surrounds the goal to about ten yards directly in front. Players are not allowed to dribble the ball into the arch to shoot or await a pass inside the arch.
Failure to follow this rule results in a dead ball, and it is turned over to the opposing team, which can result in a goal kick if it was the offense who committed the violation. However, if it was the defense that committed the violation, the play would result in a penalty kick.

“That arch around the goal is something. You really have to watch it both offensively and defensively,” said Whiteker.
The Dragons did just that as they scored two goals in the first half, one by Whiteker and the second by forward Bryan Morgan, to go into the half with a 2-1 lead.
The second half was much like the first with lots of shots but no goals.
Ops seemed to have come out with more intensity than in the first, taking control of the ball and making the Dragons keeper work for a change.
Even with a more intense defense, the Dragons still managed to get a couple more shots by Ops keeper. Forward Sean Robert Regan put one more in off a quick pass, and Whiteker put in a second to extend their lead.
“We did really good today. Yesterday we got beat 8-0, so 4-2 is a big turnaround,” said Ops player Chad Lyman.
The size of the field is much smaller than a regular soccer field. In fact, it is nearly half the size, which makes for a faster-paced game.
“It's a smaller field, but it's an even-playing field. Everyone has to play by the same rules,” said Lyman.
The size of the field and rules are what will make or break a team in this league. The faster a team is and faster they learn how to overcome the new rules the better chance they will have for success.
Games for the intramural 6-man soccer league are held at the Penny Lake soccer field starting at 6 p.m. Mondays, Tuesdays and Wednesdays.



A Combat Logistics Company 36 Dragons Defender clears the ball across the field at Penny Lake June 17. The Dragons controlled the ball for most of the game only allowing 2 goals to be scored against them thanks to their nearly impenetrable defense.

Summer Solstice Golf Tournament



LANCE CPL. SALVADOR MORENO

Stephen Regonini putts for par on the 26th hole at the Torii Pines Golf Course here June 20 during the 2009 Summer Solstice Golf Tournament. Teammate and friend Jeremy Soeken watches as the ball nears the hole, knowing that he will have to make the same shot as part of the second section of the tournament called the Scramble.

53 golfers out drive, out putt, out last summer heat

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

The 2009 Summer Solstice golf tournament began with the swing of a club and the ping of the ball as they met June 20 at Torii Pines golf course here.

The tournament began just before 6 a.m. and lasted well into the evening. There were 53 participants of all ranks, ages, and gender, and the course was a total of 54 holes to play.

"Each player goes through the course six times," said golf course manager and Professional Golfers Association Pro Paul Hahn.

There were three sections of the tournament. The first was the Best Ball of Two, second was called Scramble and third was Alternate Shot.

Prizes for winning a section included a two hundred dollar golf bag with the tournament logo on it, a set of golf balls and \$60 gift certificates to Torii Pines golf course.

The purpose of the best ball section of the tournament was to play the best hit ball by a golfer. Golfers were paired up and they played which ever ball had the better position. The golfer who hit the better ball would play, while the other watched.

The Scramble was similar to the Best Ball section except both golfers hit their balls and they would pick which is the better hit and both hit from there.

"Alternate Shot is I hit, you hit, I hit, you hit," said Hahn.

Breakfast, lunch, and pizza at the end of the tournament were available to all participants along with beverages of all assortments.

"We had a good time. If nothing else we always have a good time out here," said competitor Butch Beltran.

Most of the participants of the tournament were not too concerned with winning or losing, but rather to have a good time.

"We didn't add our score card up, we just turned it in and went on to the next section. We are just out here to play 54 holes of golf and survive" said winner of the Best Ball of Two John Helm.

Helm told his daughter if he won any section and received a golf bag he would give it to her.

He stood by his word and did so. Helm and his daughter also competed in the Father-Daughter tournament held Sunday.

For more information on golf tournaments or the Torii Pines golf course call 253-3402.



LANCE CPL. SALVADOR MORENO

Christopher Rios tees off and drives his ball down the fairway at Torii Pines Golf Course here June 20 during the 2009 Summer Solstice Golf Tournament.