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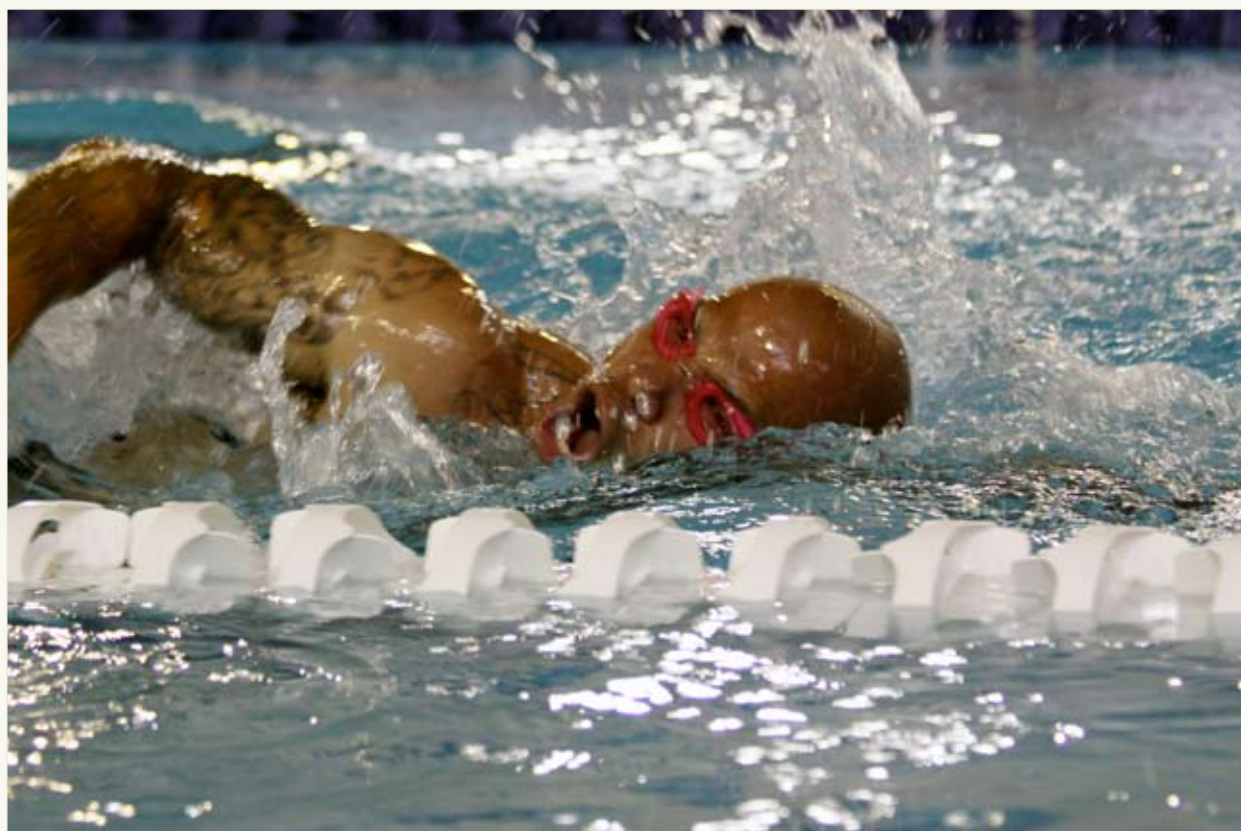
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FEATURE

I WAKUNI APPROACH

Issue No. 25, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

Service members face-off in 2009 triathalon



LANCE CPL. CHRIS KUTLESA

A Marine makes his way down a water lane swimming portion of the Commander's Cup Challenge triathlon at the IronWorks Gym here, June 26. Each swimmer had to start on the diving block. After the whistle sounded the swimmers had to complete 300 meters. The pool itself is 50 meters, meaning each swimmer had to go up and down the pool a total of three times. Read more on pages 6 and 7.

New GI Bill
benefits to
take effect
Aug. 1LANCE CPL. BRYAN G. LETT
HEADQUARTERS MARINE
CORPS

Former Secretary of the Navy Jim Webb believes today's military deserves a GI Bill rivaling that of the World War II era where full tuition, housing allowance and books are covered. So, on his first day in office as senator for Virginia in January 2007, he introduced the Post-9/11 GI Bill.

"This is a great day for our veterans," Webb said during a statement made the day the bill was signed into law June 30, 2008, by President George W. Bush. "This bill properly provides a modern and fair educational benefit to address the needs of those who answered the call of duty to our country — those who moved toward the sound of the guns — often at great sacrifice."

The senator believed the current Montgomery GI Bill was proper for a peacetime military, but a new and improved program was needed during wartime, said Bob Clark, assistant director of accession policy for the office of the Secretary of Defense.

The Post-9/11 Veterans Education Assistance Act of 2008 was passed by an overwhelmingly lopsided vote in the House of Representatives and the Senate. The House voted 416-12, while the Senate voted 92-6.

The new law expanded education benefits to service members who served on active duty on or after Sept. 11, 2001. The changes are scheduled to go into effect Aug. 1.

"I would like to emphasize that this is not simply an expansion of veterans' educational benefits," Webb said.

"This is a new program, a de-

MARFORPAC chaplain lands in Japan

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Capt. Richard A. Pusateri, the Marine Forces Pacific chaplain, visited the station here for the first time during his tour of United States military bases in Japan June 25.

Pusateri visited the station to better understand and meet the needs of service and community members here.

"I've never been to Iwakuni, I wanted to get a handle on what it's like," said Pusateri. "Interacting with all the congregation is just a snap shot, but it gives me a good piece."

During his visit here, Pusateri met with Col. Michael O'Halloran, station commanding officer, Lt. Col. Bret Saunders,

executive officer of Marine Aircraft Group 12, Lt. Col. Christopher A. Feyedelem, commanding officer of Marine Wing Support Squadron 171, and with some of the junior Marines and sailors to get a better idea of what life was like aboard the station. He also had an opportunity to meet and dine with the chaplains and religious program specialists of the station.

Pusateri said through his meetings with the commanding and executive officers and from what he has seen, his overall impression of the station was of a community well off.

"I'm not naive, this isn't heaven," said Pusateri. "But it looks pretty good."

The MARFORPAC chaplain's visit to the station also present-

ed him with the opportunity to find out how well the chaplains and the religious programmers served the community and service members around them.

Pusateri said though the chaplains and religious programmers looked great, he always wants them to do better believing it's always possible to improve.

Some of the chaplains and religious programmers were impressed by what they saw of Pusateri's interest in the community.

"He's the chaplain in charge of the entire Marine Pacific," said Petty Officer 3rd Class Joshua Bruner, a religious programmer with the Memorial Station Chapel here. "It's good to know that

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SEE BILL ON PAGE 3



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Editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Air Station Iwakuni, Japan. All queries concerning news and editorial content should be directed to the Public Affairs Office, Building One, Room 216, MCAS Iwakuni, Japan. Call 253-5551.

The Iwakuni Approach welcomes Letter to the Editor submissions. Letters must include a full name and unit, if applicable. Anonymous letters and comments will not be published. Letters are the opinion of the writer only. Submissions may be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to iwakuni.pao@usmc.mil. Please submit all content at least two weeks in advance of projected publication date for review.

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CHAPLAIN'S CORNER

‘Free exercise’

LT. CMDR. ALLEN R. KUSS
STATION COMMAND
CHAPLAIN

We can take great pride in our nation and the institutions upon which it is constructed. We exercise rights many people don't even understand or imagine how we peaceably live together. One of our most important documents is the Constitution of the United States. The first ten amendments are known as the Bill of Rights. Can you recite the words of this cherished amendment? It states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." Citizens of the United States take pride in the right of freedom of religion. We are a nation comprised of a plethora of various religions and within each one, a diversity of expression and practice. Freedom of religion was and

still is one of the reasons generations of immigrants have come to our shores. This constitutional right means that each can follow their conscience concerning faith and how or if they will practice a religion as it is understood by the person. This same right also protects our citizens from being forced to profess or practice any religion as their conscience dictates.

Our diversity and expression of religion involves the need for tolerance, respect of conscience and a fraternal charity that expects the same treatment from one's neighbor.

It is from our diverse and active faith communities that an underestimated, undervalued vitality of our nation's daily fabric derives its strength. It is from the faith of the congregations of our churches, synagogues, temples, shrines, and prayer centers that many of our citizens find the encouragement, direction and challenge to live as productive citizens even though from the exterior they seem ordinary and like everyone else.

Based in faith and its practice, millions strive for personal integration and wholeness (holiness) according to their faith.

Based on their faith, tens of millions in our country worship the Divine and put the tenants of their faith into action in the "town square".

It is in the "town square" that their greatest actions are seen. Our nation's religious communities have built and maintained hospitals, schools, universities, elderly care facilities, and orphanages to name just a few categories.

To these communities, people come to be fed and healed both physically and spiritually. It is from these same communities that they go out to feed, clothe, heal, teach, and bring the best that imperfect people can offer. On the basis of their faith, millions find purpose, meaning and direction in their lives.

From this right and understanding, your chaplains come to protect and assist you in your personal religious journey.

Our national holiday is an occasion to ponder the natural and constitutional rights we defend and can exercise. It is an occasion when we should be grateful for the Constitution and for all those who have fought to defend and protect all the rights it contains.

Barbeque and fireworks safety tips to remember

SUBMITTED BY
STATION SAFETY

Fireworks safety

Fireworks are not allowed on base for personal use, but here are some safety tips for when and where you can enjoy them with your friends and family off-base.

- Use fireworks outdoors only.
- Always have water handy. (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks. It is illegal and unsafe.

Barbecue safety and Food handling

Here are some tips to keep it safe and fun when you barbecue.

First let's give the barbecue an inspection. You should make a point of doing this every time you change a propane tank as well.

Spray soapy water on the connections, and supply lines. If you see bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check the unit for rust, and any signs of deterioration.

Don't forget to check and clean out the venture tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Gas Grills on Mid-rise balconies

Per Marine Corps Air Station policy letter 2-06R; the use of charcoal grills and grills with propane tanks exceeding 16.4 ounces in weight are not authorized for use on mid-rise balconies. The use of gas grills on mid-rise balconies is limited to small grills utilizing propane gas cylinders not exceeding 16.4 ounces in weight. Request to utilize gas grill on mid-rise balcony must be approved by the Station Fire Department Inspector and Director, Military Housing.

Charcoal grillers

Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.

Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapors a chance to dissipate. Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results. Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

Always make sure that you keep your fire safe from children.

Food handling

Avoid contact between raw and cooked food. Serve cooked food on a clean plate and use clean utensils. Never use the same unwashed plate that you used to thaw the meat, poultry or fish to serve that food. Use separate utensils for each dish.

Use disposable gloves, tongs, napkins and plates to handle food.

Gloves should be changed often and between handling raw and cooked food.

Food handlers should not handle money and money handlers should not handle food.

New GI Bill to cover full tuition, housing, books

BILL FROM PAGE 1

served program," Webb added.

Service members eligible for the Post-9/11 GI Bill need to enroll on the www.gibill.va.gov Web site to initiate the program's benefits.

The post 9/11 GI Bill offers an improved basic allowance for housing, pays full tuition for a public college, a \$1,000 stipend for books, 15 years to use benefits after separating from the military as opposed to 10 years with the MGIB, and a new transferability of all benefits to a dependent.

Since June 15, service members will be able to begin to transfer educational benefits. No benefits will be paid by Veterans Affairs until Aug. 1 when the new educational bill is initiated.

Only active or reserve duty service members who accumulated at least 90 days on active duty service after Sept. 10, 2001, will be considered for determining the individual's eligibility for the new benefits.

However, individuals honorably discharged for a service-connected disability who served 30 consecutive days after Sept. 10, 2001, may also establish eligibility.

"The Montgomery GI Bill was a commitment-based program which required service members to enroll and pay \$1,200 out of their pocket and complete their

contract with honorable service," Clark said.

The new bill's benefits and eligibility are no longer based on enrollment or requiring the service member to "buy in" to the program.

"You're eligible after 90 days of service," Clark said. "Your benefit package is based on service time like a sliding scale and with no enrollment."

Also, for veterans attending classes after Aug. 1, the benefits automatically rollover to the Post 9/11 GI Bill, if the veteran is enrolled in the MGIB and currently eligible for the new bill, Clark said.

If the service member took part in the \$600 buy up program and attends an institute of higher learning, those benefits will be lost with the post 9/11 GI Bill. But if the individual attends education outside of college the buy-up benefits will apply with the MGIB.

He said those service members who have paid the initial \$1,200 to enter the MGIB program will receive the money back on the last stipend payment of the 36 month GI Bill benefits. If the service member had used any of the MGIB, the money paid back will be proportionate and not the full \$1,200.

However, Clark also said the

individual would have to specifically ask to use the MGIB at that point.

"For individuals with little service Post-9/11 the old GI Bill may be more beneficial to them," Clark said.

The new program covers the tuition and fees for the individual, but not to exceed the maximum in-state tuition for a public institute for higher learning. The program also pays the school directly, where as the MGIB paid the individual.

One of the most noticeable changes to the educational program is how service members will now receive a basic allowance for housing. The BAH will be the equivalent of an E-5 with dependants and is based on the school's zip code.

"The basic allowance for housing is easily the biggest part, it's huge," said Alex Ellis, 24, who served in the Marine Corps from 2002-2007 and is currently paying for school with the old GI Bill. "Having that extra money to live off campus and away from the 18-year-olds is nice."

Ellis said the changes to the current program are long overdue.

When the GI Bill started in WWII, the program provided service members with the opportunity to go to school full-time with not necessarily having to work

while doing it.

In addition to BAH, service members will also receive a \$1,000 stipend for books.

"The \$1,000 for books is huge," Ellis said.

"It's absurd how expensive text books are, last semester I spent between \$450 and \$500 dollars on books out of my pocket," Ellis added.

Originally, members of the Department of Defense were concerned about the changes to the GI Bill.

"While helping recruiting this could bring down the retention of service members," Clark said. "So a transferability option was inserted into the bill which allows service members to transfer benefits to their dependents."

The entire benefit package is transferable to a dependent.

In order to transfer benefits, service members must be eligible for the new GI Bill and be in the military on Aug. 1, with at least six years of active or reserve service and enlist for another four years.

"The main thing for Marines to know is that this is a wonderful program," Clark said. "Whether you're using it during or after active duty, or sharing it with the ones you love."

For questions regarding the new educational benefits, visit www.gibill.va.gov.

Architectural housing charrette aims at station's comfort

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Station Facilities planning division hosted a family housing architectural charrette at the Eagle's Nest here June 22 to review the final floor plans for future family housing aboard the air station.

The final plans for future housing have culminated from previous meetings and surveys, taking into account the station communities' needs and desires.

"Really what we are trying to do is go back to the all-American small town," said Mark Gillem, principal of The Urban Collaborative who has undertaken the project for future housing aboard the air station. "We are trying to create a sustainable community that uses our resources, which are limited, in a way that is much more efficient."

Gillem said both he and his team learned though surveys conducted with the community that people wanted great livable units, with

easy access to parking and convenient access to work, schools and parks.

"Those survey results have been very important in helping us stay true to the interest and intent of the residents," said Gillem. "That is who we are here to support."

“Really what we are trying to do is go back to the all-American small town.”

Mark Gillem
Principal of The Urban Collaborative

Final plans for on-base housing presented at the charrette included blueprints and sketches delineating a community with parks and open space along with a common recreation park with sports fields and a community center.

The final plans also outlined a town center with small store front operations, a family

restaurant and a command assembly hall.

Also represented through the sketches were three, two and one story family homes providing ample natural light with covered parking, a variety of public and private spaces, and backyards.

"We've got some excellent floor plans," said Brett James, the director with station facilities planning division. "The community layout is just outstanding. Probably superior to most anything built on any military base around the world."

Construction is slated to begin in the year 2012 and end in 2014.

Anybody coming to the station in the future has the possibility of moving into one of these homes and the goal is for those coming in to enjoy their living situation, James said.

The plans for future base housing are a result of the future expansion slated to incorporate personnel from Naval Air Station Atsugi, Japan and from Marine Corps Air Station Futenma, Japan with the station here.

Chaplain seeks to understand, aide community

CHAPLAIN FROM PAGE 1

people high above us are still in our corner. Seeing their face is really important."

Bruner spent a day as Pusateri's chauffer, driving him around the station to his various appointments.

During his time with Pusateri, Bruner said he was able to learn

something from him.

"It keeps you humble," said Bruner. "No matter how high ranking you are, you still should have an interest in every part of your command structure and not just in what you're used to."

Some of the senior chaplains had their own opinions of Pusateri.

"He's brilliant," said Lt. Commander Allen Kuss, station com-

manding chaplain. "His knowledge, his concern, his depth of understanding I think will help in his advisement role as a chaplain."

As a chaplain, Pusateri feels he has a mission to accomplish for the military community.

It's a mission he feels he shares with all chaplains and religious programmers.

"We can stop a lot of pain and solve a lot of problems," said Pusateri. "We do it all the time and we got to keep trying."

Pusateri's prior post was as First Marine Expeditionary Force chaplain with additional duties as U.S. Marine Forces, Central Command chaplain.

He deployed in support of Operation Iraqi Freedom as the Multi National Force and First Marine Expeditionary Force chaplain from Jan 2008 to Jan. 2009.

ANNUAL JOINT EXERCISE NORTHERN EDGE ENDS OVER ALASKAN SKIES

STAFF SGT. ANDREW W. MILLER
IWAKUNI APPROACH STAFF

EIELSON AIR FORCE BASE, Alaska — Exercise Northern Edge 2009, the largest biannual military training event in Alaska, came to a close June 26 after 11 successful days of multi-service interaction at numerous locations throughout the state.

This exercise, which involved almost 200 aircraft, provided nearly 9,000 service members from all branches of the military the opportunity to train together on, above and afloat in Alaska's massive training areas.

In addition to the permanent personnel already here, almost 2,000 personnel deployed to Alaska from the United States, Japan and South Korea while another 5,000 were stationed aboard an aircraft carrier in the Gulf of Alaska.

"This exercise was designed to train participants in a joint environment, which is an essential element of preparation for combat," said Air Force Brigadier Gen. Mark W. Graper, 354th Fighter Wing commander. "It allows the service members to practice tactics, techniques and procedures which need to be synchronized between the different branches of the military."

Across the board, better command, control, communication and understanding between each service were some of the most important practices sharpened during the event in order to develop better interoperable plans for the future.

According to Air Force Lt. Gen. Dana Atkins, commanding general of Alaskan Command and 11th Air Force, being able to train here each year is valuable because there are more than 65,000 square miles of available training space over land, and 120,000 when including the Gulf of Alaska. This space includes Alaska's Joint Pacific Alaska Range Complex, Gulf of Alaska restricted air space, and an in-transit corridor connecting military training air space and live-fire training ranges.

"Northern Edge is the premier exercise conducted within the Pacific Command's area of responsibility," said Atkins. "It lets our joint warfighters learn about each other."

Learning about each other, and the way the varying services operate is very important, according to Air Force Maj. Lyle Dawley, Northern Edge exercise control team chief.

"Communication can be a big challenge," he said. "We don't always speak the same language whether we are on the ground or in the air."

Realistic scenarios were employed during the exercise so each unit could get the most out of the training, particularly in the areas of defensive counter-air, close-air support, air interdiction of marine targets and personnel recovery missions.

Many of the scenarios required pilots to stay in the air for long periods of time, and the Alaska National Guard's 168th Air Refueling Squadron was there to make that happen. The Eielson-based squadron flies KC-135 refuelers.



STAFF SGT. ANDREW W. MILLER

Lance Cpl. Justin Moore, Marine Wing Support Squadron-171 bulk fuel specialist, extends the hose from an R-11 fuel truck over to a jet for fueling on the flightline of Eielson Air Force Base, AK, June 19. Moore participated as part of Exercise Northern Edge 2009.

"It's like these guys are pulling into a full-service flying gas station," said Air Force Lt. Col. Tim Trefts, the squadron's wing plans officer. "This gets our fighter pilots deeper into enemy lines and cuts down on the time it takes to get air support to guys on the ground."

In another exercise scenario, members of a West Coast based Navy SEAL team trained with Fort Wainwright's Army Task Force 49, conducting security missions and insertions

from CH-47D Chinooks in the Joint Pacific Alaska Range Complex. They also practiced river crossing techniques in Phelan Creek with instructors from the Northern Warfare Training Center.

"The water was pretty cold and the current was fast, but our guys weren't afraid to get in there and go to work," said one senior SEAL team member. "The training that we are learning here is invaluable. We are always looking for ways to improve skills; Northern Edge 09 gives us an opportunity to do that."

The John C. Stennis Carrier Strike Group, which consists of the USS John C. Stennis, Carrier Air Wing 9 and USS Antietam, was stationed in the Gulf of Alaska for its portion of the exercise. The carrier was the chief asset of the naval component commander in the exercise scenario, as well as providing airpower when necessary, according to a pre-exercise statement made by Navy Capt. Joseph Kuzmick, Stennis commanding officer.

Marine Corps Air Station Iwakuni supported the exercise at Eielson Air Force Base with various components of personnel including Marines and sailors with Marine Aircraft Group 12 headquarters, Marine All Weather Fighter Attack Squadron 224, Marine Wing Support Squadron 171, Marine Aviation Logistics Squadron 12, and augments from Headquarters and Headquarters Squadron such as the Provost Marshal's Office and Public Affairs. Additional Marines also supported from Marine Air Control Squadron 4 out of Marine Corps Air Station Futenma, Okinawa, Japan. Also from Futenma, Marine Aerial Refueler Transport Squadron 152 operated at Elmendorf Air Force Base. In all, approximately 290 Marines and sailors from III Marine Expeditionary Force participated.

"Northern Edge is MAG-12's best opportunity to get together with the Navy and Air Force to practice advanced tactics in missions that are similar to what we would have to do here in the Pacific area of operations," said Lt. Col. James Walker, MAG-12 operations officer. "We work with large forces here, 50 to 60 aircraft at a time, and that's not something we get to do on a daily basis. So, this is a good opportunity for MAG-12 to train in a tactical environment."

Some, but not all, of the other units which supported Exercise Northern Edge out of Eielson AFB included B-52H Stratofortresses from Barksdale AFB, La., F-15 Strike Eagles from Mountain Home Air Force Base, Idaho, F-16 Fighting Falcons from Misawa Air Base, Japan, and Eielson's F-16 Aggressors.

Exercise Northern Edge is just one in a series of Pacific Command sponsored exercises that helps forces prepare to respond to potential future crises in the Asia Pacific region.



CPL. JOSEPH MARIANELLI

Royal Malaysian Air Force Capt. Mohd Azizi bin Musa and Marine All-Weather Fighter Attack Squadron 225 1st Lt. Steve Bradford attempt to make radio contact with the search and rescue helicopter during a search and rescue exercise here June 28. For purposes of concealment, both were instructed to not follow rivers or roads which forced them to navigate the thick brush of the jungle.

Hell on Earth, fire not needed

Air Warrior pilots find jungle trekking not as glamorous as movies suggest

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

KUANTAN, Malaysia — Six degrees above the equator, in an unknown jungle, enemies are in pursuit — get to the landing zone.

Ok, so not many find themselves in such a situation, but perhaps a saunter into the jungle sounds like it might be fun.

But where does one begin when planning their jungle excitement.

Step One: Stay out of the jungle.

In the case of Royal Malaysian Air Force Capt. Mohd Azizi bin Musa and Marine All-Weather Fighter Attack Squadron 225 1st Lt. Steve Bradford, they were lucky enough to participate in a search and rescue exercise in Sungai Lembig jungle as part of exercise Air Warrior, a multi-lateral exercise demonstrating joint and multinational capabilities, and improving interoperability between the United States and Malaysia, here June 28.

"I never want to eject over a jungle," said Bradford of what he learned from the exercise.

Step Two: Take a machete "The jungle was a lot thicker than I expected," said Bradford. "So I was kinda glad the Malaysian pilot had a machete."

Movies are way off, no one goes running through the jungle, there simply isn't enough free

space.

If you haven't seen any of those movies, imagine walking through the woods but the vegetation where light pierces the canopy is so thick the ground is not visible and you literally walk on the vegetation as you lumber through it.

Where there isn't light, the growth under the canopy is so dense most of the navigation is spent ducking and weaving when possible, pushing vines, hopefully ones not covered in thorns, out of the way or simply hacking through like a blind woodsman.

"Another thing that's good about the jungle is if you do have enemy forces after you, you've got things to take the bullets for you," said Petty Officer First Class Lawrence Comdeco, search and rescue exercise coordinator and hospital corpsman.

By the way, if evasion is important, the density of the brush will make it practically impossible to not leave a trail.

"For the pilots, the key to them evading is to get that initial head start," said Comdeco. "As soon as they parachute down they need to evade first, set up communications second."

"I knew how hot it was, but I was hurting after a couple of minutes," said Bradford.

Step Three: Wear thick clothing "Wear high socks so the leeches can't get you," said Bradford.

The Malaysian pilot wore his G-suit, which confused the

U.S. service members, but the explanation later was the suit helped combat the leeches, said Comdeco.

You need to wear reasonably heavy clothing to protect yourself from the brush, leeches, insects, snakes, wild boars and species

yet to be identified.

If there is any concern clothing might take away from the leech experience, fear not because leeches managed to wiggle into most of the safety crews' boots and suck blood right through their boot socks.

Using tape on the pant legs was one of the lessons learned from this search and rescue exercise said Comdeco.

Step Four: Know how to use a radio

Bradford said the exercise was a good gear refresher because it had been awhile since he had used the radio or done land navigation for that matter.

Step Five: Have plenty of water

"If I was a pilot flying over the jungle, the things I would include in my flight equipment would be more appropriate for a jungle ... a folding knife with a longer blade and extra water," said Comdeco.

Standard, useful items in a pilot's survival kit are iodine tablets, a flexible saw blade, fishing kit and insect repellant.

In this particular jungle, the day-flying mosquitoes carry fever, and if you're thinking the night time is the right time, the night flyers have malaria, said Comdeco.

Step Six: Get out of the jungle Hopefully you realized after two to three minutes what a terrible idea going into the jungle was and simply turn around.

If, on the other hand, you're forced to press through like the two pilots, and their safety crew, trust the coordinates to the landing zone are correct and the pilots know land navigation because the radio isn't working properly and there is no cell phone reception.



CPL. JOSEPH MARIANELLI

The same team at above left crosses a river to begin jungle navigation to the landing zone.



U.S. AIR FORCE PHOTO/STAFF SGT. CHRISTOPHER BOITZ

F-15 Strike Eagle aircrew members step to their planes during Northern Edge 2009 at Eielson Air Force Base, June 16. NE09 is an annual large-scale exercise hosted in Alaska to improve operations between the Armed Services. The aircrew is assigned to the 391st Fighter Squadron, Mountain Home Air Force Base, Idaho.

TRIATHLON: *GO NAVY*

COMMANDER'S CUP CHALLENGE



LANCE CPL. CHRIS KUTLESA

Jae Y. Kwon represents the Branch Health Clinic during the running portion of the Commander's Cup Challenge triathlon at the IronWorks Gym here, June 26. First place went to the Branch Health Clinic, who took home the title with a time of 39 minutes and 29 seconds.



LANCE CPL. CHRIS KUTLESA

Darci J. Cruse, Health Promotion's assistant director, monitors triathlon participants as a part of the Commander's Cup Challenge held at the IronWorks Gym here, June 26.



LANCE CPL. CHRIS KUTLESA

Participants bicycle seven miles during the Commander's Cup Challenge triathlon at the IronWorks Gym here, June 26. Bikers were encouraged to bike as fast as they could while not spinning out of control by using the bike's handlebars.



LANCE CPL. CHRIS KUTLESA

Spectators and supporters sit alongside the indoor pool before the swimming portion of the Commander's Cup Challenge triathlon begins at the IronWorks Gym here, June 26.

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Community members from around the station participated in the Indoor-Triathlon Competition at IronWorks Gym here June 26.

Five teams made up of Marines and sailors competed in three events: swimming, bicycling and running, to earn points towards the Commander's Cup Challenge.

"The Commander's Cup is definitely showing some tight scores and fierce competition," said Darci J. Cruse, Health Promotion's assistant director. "We have about five to six teams that regularly compete and they keep going back and forth."

All three events ran simultaneously each being executed by a separate team member.

Bikers were required to complete a total of seven miles on the stationary bicycles.

Participants had to keep their resistance set on level nine.

While bikers were encouraged to bike as fast as they could they were also warned by the competitions monitors to not spin out of control and rely on the bike's handlebars.

Once a competitor began to reach seven miles they were to notify the monitor so he could record the score.

During the swimming portion of the competition, athletes took to three lanes at the indoor pool.

In order to stay in accordance with the swimming pool's no-shoe policy, crowds observed the competition from the pool's floor mats as they chanted and cheered.

Each swimmer had to start on

the diving block. After the whistle sounded the swimmers had to complete 300 meters. The pool itself is 50 meters meaning each swimmer had to go up and down the pool a total of three times.

With the bikers and swimmers well under way, the runners took to task on the treadmills.

The runners were required to complete three miles. Each runner was allowed to adjust the treadmill at their own pace, but was restricted from using the treadmill itself for support.

First, second and third place were all based upon the combined times and scores from each event.

"I was really impressed with how fast it all went," said Cruse. "Everyone pulled out really good times."

First place went to the Branch Health Clinic who took home the title with a time of 39 minutes and 29 seconds.

The Branch Health Clinic received a trophy along with \$100 toward a unit party fund.

Second place went to Marine Air Logistics Squadron 12 with a time of 41 minutes and 14 seconds. MALS-12 took home a trophy as well along with \$75 toward their unit party fund.

"This was a really fun competition — I liked it," said Joe R. Contu, a competitor for Marine Wing Support Squadron 171 who placed third. "It was cool to have my entire shop to come out here and support me. The whole thing has been a team effort. I will be leaving here soon, so I am glad I was able to do my part before I depart."

The next Commander's Cup event is the Fitness Skills Challenge scheduled for July 17.



LANCE CPL. CHRIS KUTLESA

First and second place trophies for the Commander's Cup Challenge triathlon are set on display at the IronWorks Gym here, June 26. First, second and third place were all based upon the combined scores from each event.



LANCE CPL. CHRIS KUTLESA

A swimmer sits and observes his other competitors, after completing his leg of the triathlon at the Commander's Cup Challenge triathlon at the IronWorks Gym here, June 26.



THE SHUTTER SHOT

Two swimmers dive into the pool at the sound of a whistle as apart of the swimming portion of the Commander's Cup Challenge triathlon at the IronWorks Gym here, June 26. Each swimmer had to start on the diving block. After the whistle sounded the swimmers had to complete 300 meters.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Marines, sailors visit orphans during

AIR WARRIOR

CPL. JOSEPH MARIANELLI
MARINE AIRCRAFT GROUP 12

KUANTAN, Malaysia — In order to bolster community ties and experience some local culture as part of exercise Air Warrior, Marines and sailors from Marine All-Weather Fighter Attack Squadron 225 and Marine Aircraft Group 12 participated in a competition, of sorts, with a local orphanage here June 26.

Even though supporting Air Warrior, a multi-lateral exercise demonstrating joint and multinational capabilities and improving interoperability between the United States and Malaysia, is the primary mission, some Marines and sailors took their time to support those less fortunate.

The event pitted teams composed of Malaysians and service members against each other in a series of mini-games.

Some of the games were fairly simple, such as the tire roll — a game requiring the participants to quickly, assuming victory was the goal, roll a tire to a turn-around point and then race back to tag in a fellow teammate.

Other games were not so easy for the U.S. service members, such as the top spinning game.

In the top spinning game, a wooden top about the size of a silver-dollar pancake was flung from its coil of rope to a wooden square about the size of a large pizza box.

To discern a winner, the distance between thrower and square was gradually increased.

But the day wasn't about winning and losing, the cultural experience was the driving force behind participation.

"This seems like Malaysia to me, not the Swiss-Garden (the hotel where the Marines and sailors are currently staying)" said Lance Cpl. Sanford Bell, a MAG-12 aviation logistics information management systems Marine. "That's nice, but this is Malaysia, the heart of the people."

Bell participated in several mini-games including the tire rolling.

"It was a little tougher than I thought it would be," said Bell of the tire game. "It was fun though."

Albeit perhaps a little unusual, the tire rolling game seemed much more accessible to service members than the coconut shaving game.

"I was so eager, but I was intimidated," said Cpl. Courtney A. Jones, a VMFA(AW)-225 F/A-18 electrician.

"I was chosen to cut open a coconut, definitely a man's job" Jones said. "That was an experience — I'll probably never do it again."

A potential misconception about coconuts is they fall off the tree and simply have to be cracked open to access the fruit's white-meaty insides.



Lance Cpl. Sanford A. Bell, a Marine Aircraft Group 12 aviation logistics information management systems Marine, quickly rolls a tire toward the turn-around point in a community relations event with a local Malaysian orphanage during exercise Air Warrior here June 26. The tire race involved rolling a tire approximately 25 yards, going around a cone and heading back to pass the tire off to a teammate.

The latter is not the case. The coconuts provided had a thick outer-shell surrounding the smaller, brown elliptical shape traditionally seen in a U.S. supermarket.

Jones had to furiously hack and pry using a machete to remove this outer layer and then crack the coconut to take to her partner, Lance Cpl. Derek Miller, an Aircraft Rescue Firefighter with Marine Wing Support Squadron 171, for shaving.

"It was hard," said Jones. "They didn't tell me how to do it or show me how to do it."

Much like Bell, Jones greatly appreciated the opportunity to spend time with the Malaysians.

"This is a place where you can learn about a culture, experience it," she said.

As part of the festivities, Lt. Cmdr. Dennis W. Cox, MAG-12 Group chaplain, presented the orphanage with several toys on behalf of the Marines and sailors.

A soccer ball, signed by all the Marines and sailors from MAG-12 and VMFA(AW)-225 who were at the event, was also presented as a token of appreciation for allowing the service members the opportunity to share.

"This is why we come on exercises ... because you make a mark on a whole generation of children in this country," said Cox to sum up the day.

Corps seeking

Joint Strike Fighter

instructor pilots

LANCE CPL. PETE ZRIOKA
MARINE CORPS AIR STATION YUMA

MARINE CORPS AIR STATION YUMA, Ariz. — The Marine Corps is looking for fixed-wing pilots to train to fly the F-35B Lightning II Joint Strike Fighter, according to a recently released Marine administrative message.

MarAdmin 347/09, released June 9, 2009, solicits pilots to fill eight F-35B billets. One operational test and evaluation pilot, six instructor pilots and one Defense Contract Management Agency acceptance pilot are needed, according to the message.

Applicants must be AV-8B Harrier, F/A-18 Hornet or EA-6B Prowler qualified pilots, have a minimum of 500 flight hours and a division flight lead or instructor designation. Applicants are preferred to have less than 10 years of commissioned service as of Sept. 30, but officers with 10-13 years commissioned service will be considered on a case-by-case basis. Applying officers are instructed to state a preference of position. Command endorsements are recommended.

Selected pilots will report to either Marine Fighter Attack Training Squadron 501, based in Eglin Air Force Base, Fla., or the Defense Contract Management Agency detachment, Lockheed Martin in Fort Worth, Texas.

The F-35B is slated to replace the Corps' Harriers, Hornets and Prowlers by 2024.

Four Yuma pilots were selected by the 2009 board in January to be among the first F-35B instructors at Eglin AFB.

Eligible Marines should submit their applications to arrive no later than July 29, 2009, to Headquarters Marine Corps' aviation department via their chain of command. The Transition and Conversion Board for 2010, is scheduled to meet Aug. 4, 2009, and will determine those selected.

For more information or a complete list of submission requirements and conversion and transfer opportunities for other pilots, see MarAdmin 347/09.



Dramatic smoke and spotlights create a menacing effect on the newly dubbed F-35 Lightning II, as the Joint Strike Fighter was inaugurated in a brief ceremony at Lockheed Martin's Fort Worth facility on July 7, 2006.

COMMUNITY BRIEFS

SOFA Testing Center

The SOFA Driving License Testing Center has moved from the LRC in Bldg. 360 to the LRC in Bldg. 497.

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

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.

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.

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.

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.

Coupon Distribution Program

The Coupon Distribution Program is available for all here 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 free coupons, look for the baskets marked "Free Coupons". For more information, please contact MFS at 253-6161.

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.



Station commanding officer, Col. Michael O'Halloran, watches as Sgt. Maj. David J. Wimberly, station sergeant major (right) and Sgt. Maj. Gerard J. Calvin, headquarters and headquarters squadron sergeant major, make the first cut into the Single Marine Program Hornet's Nest birthday cake at its 12th anniversary party here June 26.

SAKURA THEATER

Friday, July 3, 2009

1 p.m. Dance Flick (PG-13)
Premier
4 p.m. Obsessed (PG-13)
Premier
7 p.m. The Proposal (PG-13)
Premier

Saturday, July 4, 2009

1 p.m. Battle for Terra (PG)
Premier
4 p.m. Dance Flick (PG-13)

Sunday, July 5, 2009

1 p.m. Battle for Terra (PG)
4 p.m. The Proposal (PG-13)
7 p.m. Obsessed (PG-13)

Monday, July 6, 2009

7 p.m. Obsessed (PG-13)

Tuesday, July 7, 2009

7 p.m. The Proposal (PG-13)

Wednesday, July 8, 2009

7 p.m. Transformers: Revenge of the Fallen (PG-13)
Premier

Thursday, July 9, 2009

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

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

CLASSIFIEDS

Automobiles

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

1994 Rover Mini Cooper
Runs great. Recent tune up. 81K km, Automatic, CD player, Air Conditioning. JCI due Nov 2009. \$2500 OBO For more info call: 253-2600 or 080-3059-0370 (cell).

Mess Hall
Lunch Menu

Monday
Cream Of mushroom soup, Creole soup, sauerbraten, hot and spicy chicken, fried rice, oven glo potatoes, fried zucchini, calico corn, dinner rolls, potato salad, mixed fruit salad, standard salad bar, Congo bars, marble cake double layer, butter cream frosting, blueberry crunch
Specialty Bar: Pasta

Tuesday
Cream Of potatoes soup, chicken noodle soup, Southern fried chicken, BBQ beef cube, steamed rice, buttered pasta, black eye peas, Creole Squash, macaroni salad, deviled potato salad, standard salad bar, chocolate chip cookies, spice cake, 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, potato salad, country style tomato salad, standard salad bar, peanut butter cookies, double layer devil's food cake, 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, cocktail Sauce, macaroni salad, German tomato salad, standard salad bar, sugar cookies, strawberry shortcake, whipped topping, vanilla creamed pie
Specialty Bar: Deli Sandwich

Friday
Clam chowder soup, minestrone soup, braised beef and noodles, baked fish, mashed potatoes, fried cabbage, mix vegetables, chicken gravy, dinner rolls, potato salad, spinach salad, standard salad bar, banana bread, shortbread cookies, Dutch apple pie
Specailty Bar: Mongolian

Jobs

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.

Baby Stroller
GRACO stroller in excellent condition. Black and yellow only used a few times. Infant seats do lock into it, \$30
For more information call 253-2567.

Free Television
FREE!!!
27 inch TV. It's NOT a flat screen, or high def, but it works great and has a remote with it.
For more information call 253-2567



Belinda Pugh, the supervisory technician at the station library demonstrates how to use a kazoo during the opening presentation of the 2009 summer reading program at the station library here June 6. Kazoo and T-shirts were presented to the participants of the program as prizes the children would receive for minutes read during the course of the program. The program is open the children ages 5 to 12. "One of our goals is to help the children maintain their reading comprehension skills during the summer," said Pugh. "If they just read 15 minutes a day, it really will help them maintain that comprehension level." The library is scheduled to host a variety of art and craft projects every Tuesday at 10 a.m. to encourage children to be more creative with their minds and skills. Along with art and craft projects, the Tuesday programs will include guest speakers and books on art, poetry, theater and dancing. Children interested in participating in the summer reading program can sign up from now until July 28 at the station library.

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.

Bench Press Competition

Summer Slam, who can endure the most weight



Vickie FeYedelem attempts to bench press 137.78 pounds at the Summer Slam Bench Press Competition held at Ironworks Gym here June 27. FeYedelem took first place in the womens 148 pound weight class.



A competitor attempts a bench press at the Summer Slam Bench Press Competition held at Ironworks Gym here June 27. Competitors were given three attempts to achieve their maximum bench press.

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Service members, station residents and members of the local community competed in the Summer Slam Bench Press Competition held at IronWorks Gym here June 27.

Approximately 29 competitors came out to test their strength and endurance, nine of which were female.

"It was good to see many women out there. It was good to see them competing," said Brian T. Wilson, assistant athletic director for Marine Corps Community Services.

The competition was the third in a series of strength and endurance competitions sponsored by MCCS Semper Fit Division.

The first of the series was the 2009 Bench Press competition held March 21, and the second, was the Strongman Competition held April 11.

In the bench press portion of the competition, results were scored after each competitor was given three attempts to lift their maximum weight on the bench.

Mr. Watabe was the male overall winner of the bench press section of the competition pressing 200 kilograms (441lbs).

The overall winner for the females was Yolanda Olivas with a best attempt of 57.5 kilograms (127lbs).

Participants who placed first,

second or third in their weight class received gold, silver or bronze medals, but Mr. Watabe and Olivas also received a sculpture.

The second part of the competition was the endurance portion, in which the competitors were afforded the opportunity to bench their body weight as many times as they could for a maximum amount of repetitions.

Female competitors benched half of their weight for a maximum amount of repetitions.

Tara Highbaugh won the endurance test for the females, pressing half of her weight 38 times.

For the males, it was a close race. Mr. Saito and Kevin Ross tied during the endurance test with 30 repetitions.

After a break, they had a second chance to take the title and both men put out nearly as many as they did before, with 28 repetitions the second time.

The third time was the charm for Mr. Saito as he put up his weight 20 times to Ross' 12 and won the endurance portion of the Summer Slam Bench Press Competition.

The next competition is the Far East Power Lift competition scheduled to take place in October.

Questions about the upcoming competition can be directed to the Marine Corps Community Services Semper Fit Division at 253-5225.

WEIGHT CLASS	NAME	WEIGHT LIFTED
Women:		
106 pounds	Brenda Albarracin	94 pounds
114 pounds	Toni Gaddis	99 pounds
123 pounds	Yolanda Olivas	126 pounds
132 pounds	Tara Highbaugh	110 pounds
148 pounds	Vickie FeYedelem	126 pounds
Men:		
132 pounds	Anthony Cooper	187 pounds
148 pounds	Mr. Matoo	314 pounds
165 pounds	Mr. Matuzaki	287 pounds
181 pounds	Mr. Saito	308 pounds
198 pounds	Mr. Watabe	440 pounds
220 pounds	Kevin Ross	418 pounds
242 pounds	Mr. Goto	440 pounds
275 pounds	Michael McNair	270 pounds
Super Heavy	Willie Dearinse	462 pounds

4th of July going out guide

Station to celebrate as America turns 233

CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH
STAFF

Thousands of miles away, a nation celebrates yet another birthday; while in the Far East and around the world, a few good men and women continue to serve and defend the very unalienable rights from which the country was born.

For those on the back end of their tour here, the day will pass just as it did the year before. But for some, it

will be the first Independence Day away from home. From barbeques, all-you-can-eat buffets and root beer floats to free bowling and an impressive fireworks show, residents here will find that the light of American liberty can shine on yet another corner of the globe.

The station has several events planned to help residents celebrate their country's 233rd right. Saturday is another chance for Iwakuni to celebrate everything American. Below, the Iwakuni Approach has compiled a list of must-do activities aside from the norm. So, put on your Uncle Sam hat, fire up the grill, throw on some Jazz and let the children run free. You earned it, patriot.

Painfully American Activities to do at Home Checklist

- ✓ Sing along with the 1972 musical about congressmen fighting to "hatch the bird of freedom," directed by Peter Hunt, "1776."
- ✓ Cheer on Benjamin Martin (Mel Gibson) as he leads the Colonial Militia during the American Revolution in the 2000 film, "The Patriot."
- ✓ Barrel through American Interstates as either Leonard or Bubba in the 1997 video game, "Redneck Rampage," downloadable from Gamespot.com.
- ✓ Play the first and original American video game, "Pong."
- ✓ Read best-selling author, Dinesh D'Souza's 2004 book about the value and potential of Western culture, "What's So Great About America?"
- ✓ For marathoners, read the online autobiography of Founding Father and Renaissance man, Benjamin Franklin at www.earlyamerica.com/lives/franklin/

Strike Zone Birthday Bash



The station's multi-million dollar bowling facility and activity center, "The Strike Zone," turns one tomorrow. The facility will host open bowling from 11 a.m. - 6 p.m. Open bowlers will receive one free game. Several activities will take place during the specified hours. From 1 - 2:30 p.m., two-

to-three person teams can compete for prizes during the Firecracker 300 Interactive Bowling for a \$10 entry fee. Walking Pin Interactive Bowling will be held from 3 - 4 p.m. with a \$10 entry fee for participants.

From 4 - 5 p.m., Tug-O-War Interactive Bowling teams can compete for prizes for a \$10 entry fee. Also, the facility will hold hourly raffles open to Status of Forces Agreement personnel. The grand prize is a Nintendo Wii.



WE WANT YOU TO HAVE A SAFE, RESPONSIBLE AND AWESOME INDEPENDENCE DAY

Single Marine Lounge Pool Tournament



As with any weekend holiday, the Marine Lounge, located above the Crossroads Mall, will be hosting its weekend Pool



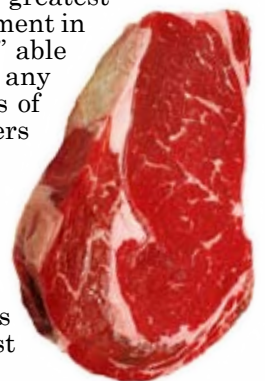
Tournament from 2 to 6 p.m. for a \$5 entry fee. Saturdays are Nine Ball tournaments. First and second place winners will receive a cash prize. The Marine Lounge is open daily to all single and unaccompanied service members.

'Que' it Up



If you have a grill or can find one nearby, why not put some coals on American style? The Commissary here can help. The store boasts having the "greatest meat department in all of Japan," able to support any and all kinds of special orders with enough heads-up.

The deli and produce sections support special orders put in at least 48 hours in advance. For July 4, the produce section can support some special orders today. Orders aside, store officials said it will be business as usual on Independence Day and the entire holiday weekend.



Watch the firework show on the seawall



SGT. JOSH COX

Pyrotechnics fill the sky over the seawall here July 4, 2008.

The station will host its annual firework show tomorrow near Penny Lake here from 8:30 - 9 p.m. The show can be seen from miles away, but the best seats that are still safe are on the seawall here. Families should be sure to keep hold of their children for safety reasons. During the show, the lights on the seawall are turned off to enhance to show. Attendees should also be advised that alcohol is not permitted on the seawall at any time.