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FEATURE

HOLIDAY BREAK

The Iwakuni Approach will not be
published Dec. 25 or Jan. 1. Lookout
for our Year In Review edition Jan. 8.

BRIEF

THE IWAKUNI APPROACH

Issue No. 48, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

*Command brings
Christmas cheer
for H&HS*LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Headquarter and Headquarters Squadron Marines, sailors and family members gathered at the IronWorks Gym here Dec. 11 to celebrate, the holiday season.

Approximately 700 H&HS community members attended the celebration which brought the unit together as one family.

"(Events like the Christmas party are important) so that all the H&HS families can come together and celebrate together and so we can show them that they are important to us," said Lou Genzer, H&HS family readiness officer and event organizer. "This is just a small 'thank you' for all the support that (H&HS families and service members) give the command element."

Event participants indulged their appetites on a menu offering ham, beef, mashed potatoes, Christmas cookies, cakes and more.

Party goers threw back cups of hot chocolate, apple cider and soda drinks while children ran around playing in bouncing cages or took pictures with Santa Claus.

The event also provided an art-and-craft section where participants could paint, draw or make bracelets with the children.

Genzer said the Christmas party could not have been possible without volunteering community members and the working party made of approximately 30 Marines who set up the gym for the event.

While some of the volunteering community members signed up to volunteer before the event, there were a few who, inspired by the holiday spirit, decided to volunteer when they attended the event.

"It was fun," said Lance Cpl. Jamie Anderson, a volunteer and party-goer. "I walked up and I was one of the first customers and they needed help. So instead of getting my food, I ended up serving."

Anderson said she thought the party helped boost morale and aid

SEE PARTY ON PAGE 3

Marines keep season aglow for orphans

LANCE CPL. CHRIS KUTLESA

A Marine holds a young Japanese orphan from the Tsuta Orphanage up to a Christmas tree at the Aircraft Rescue Fire Fighting station here Dec. 12. ARFF Marines and family members threw a Christmas party for the orphans of Tsuta Orphanage consisting of Christmas presents, food and games. Read the full story on page 5.

Don't let holiday blues get you down on ChristmasLT. CMDR. JOHN M. WOO
U.S. NAVAL HOSPITAL
YOKOSUKA

The winter season brings us many great joys – celebrating the holidays, spending time with family and spreading good cheer; however, it is not uncommon for some to experience what has become known as the "holiday blues."

You are surrounded by people having fun, enjoying life and being generally happy, but somehow you feel just the opposite. You may feel sadness, loneliness or just not being part of the group. Then, you start to wonder what's wrong with you.

The good news is – there's nothing wrong with you! That joy and happiness that we all see por-

trayed in the movies and on television is not always as intense in real life as the entertainment industry would like us to believe, and that can be disappointing. On top of that, the holidays can be stressful with family, shopping, traveling and time pressures.

Finally, three major holidays, Thanksgiving, Christmas and New Year's, are all celebrated within a few short weeks of each other, leaving little time to regroup.

If you add this all together, it is a hectic time of year and it is easy to see why some people may not be in the holiday spirit.


Some symptoms that you may be suffering from the holiday blues are sadness, wanting to be alone, melancholy, tiredness,

low energy, poor sleep, poor appetite, irritability, headaches, stomach aches and a whole host of other generally "not feeling good" symptoms. It is important to understand is that this is your body and mind reacting to the increased stresses going on during this time. This is a normal reaction.

Some people may get struck by the holiday blues and some may not. It really comes down to how each person deals with stress. One way to deal with stress is in an adaptive and positive manner.

These positive adaptations include taking part in hobbies, exercising, vacationing, practicing relaxation exercises, taking

SEE BLUES ON PAGE 3



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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

‘Christmas Crisis’

CHAPLAIN D. ANTHONY BAKER
MWSS-171 CHAPLAIN

So there we were, up on stage in the fabulous Club Iwakuni getting ready to play traditional Christmas songs before a crowd of about 500. How we got there is somewhat of an interesting story in and of itself. MWSS-171 decided to have their holiday party there and they needed some entertainment, some “background music” as the family readiness officer (FRO) had put it. So the FRO asked me and my wife if we could grace the party with some Christmas tunes for about 45 minutes. That should be no big deal, I thought. After all, we lead our church in music every Sunday, me with my guitar and my wife with her beautiful, angelic voice (yes, I am using this article to win brownie points with her. So what?). This should be a piece of cake. However, there are two problems on the immediate horizon for us. First, is a fear of getting up in front of people. Jerry Seinfeld said, “The fear of dying is exceeded only by the fear of public speaking. That means at a funeral you would rather be the one in the casket than the one delivering the eulogy.” The second problem that I have is that I do not like Christmas music. Songs like Jingle Bells, Frosty the Snowman, Rockin’ Around the Christmas Tree, Rudolph the Red-Nose Reindeer and the like I absolutely cannot stand! In fact, I do not like Christmas decorations, holiday sales at the exchange, being greeted with “seasons greetings” by people, and really anything else related to the commercial

Christmas season. I personally do not get into the “Christmas spirit.”

And so, there I was on a Saturday night. My wife and I end up playing nearly a half hour of those Christmas songs that I love so much at our unit party. Truth be known, I had a great time, but I still do not care too much for the songs, or the Christmas season for that matter. So I had to do some thinking (a dangerous endeavor, I know) and figure out why I am such a Scrooge during this time of year. Here is what I came up with.

There is no other time in the year when so much of the world just does not get it. When I say get it, I mean get Christmas. Consider why we celebrate Christmas in the first place. Let me go a step further and ask you pointed question, “Do you know why America decides to celebrate Christmas?” Do you know why the Marine Corps gets a 96-hour liberty period for Christmas? Do you know why is it called Christmas and not another name like “Winter Holiday”?

Take a look at the word “Christmas.” When broken down you get two words, “Christ” which means “holy one, anointed one” and “mass” which is derived from the Latin word missa meaning “the holy mass.” Put it together and the meaning becomes clear: it is a celebration of an individual named Jesus Christ.

During the commercial Christmas season there is no other time of the year when it becomes apparent that so much of America has rejected what Christmas is really about, and,

by natural consequence, God as well. Businesses will make policies that declare, “Our employees cannot say ‘Merry Christmas’” because the word “Christmas” is somehow offensive and exclusive. Christmas offensive, what? Nativity scenes are outlawed on public property for the same reasons. This overly sensitive attitude filters into everything about the commercial Christmas season. Within our lifetime it has all of a sudden become so critical not to offend or exclude anyone with “Christmas.” The suggestion is to be more inclusive.

The main problem with the concept of inclusion is that for the sake of inclusion and tolerance, rationality and logic go out the window. So here is the logical problem with Christmas: people want to enjoy all the benefits of the Christmas season (day off from work, presents, sales, parties, etc.) but do not want to recognize actual Christmas. Christmas becomes more about businesses making a profit and folks getting a day off of work. The Christmas season than has really very little to do with the actual Christmas holiday itself.

I think that everyone should be true to their beliefs, first and foremost. So here is a suggestion, if you do not believe in Christmas, then do not celebrate the holiday or the season. Go to work on Dec. 25. Do not use the word “Christmas” at all. Do not buy presents or decorate a tree. Certainly do not participate in any Christmas party or any Christmas buffet where cartoon characters in bikinis will be serving you. So if there is anyone else out there who feels the way I do, please join me in saying “Bah! Humbug!”

U.S. Forces Japan employees celebrate retirement



LANCE CPL. CLAUDIO A. MARTINEZ

U.S. Forces Japan employees pose for a group picture after a retirement ceremony at the Club Iwakuni Ballroom here Dec. 14. With over 30 years of service: Kenji Nagahama, Hitomi Yamaguchi, Tetsuei Yamada, Tetsuro Nomura, Shiro Morishige, and Masao Hamashige. With over 20 years of service: Hiroshi Yamamoto, Kuniko Kikuchi, Yasuhiro Seiji, Mikio Kurisu, and Aki Yasuda. With over 10 years of service: Kyoto Ito, Kiyoko Maruyama, Toshiko Tomita, Junko Komoto, and Fusae Matsumura.

Holiday Blues: Recognize symptoms to find help, raise holiday spirits

BLUES FROM PAGE 1

down-time and spending time and communicating with significant others.

The key point here is that these are positive ways of dealing with the stress that do not magnify the negative or cause problems for those around you.

Of course, there are also non-positive ways to deal with stress and they entail turning to behaviors that may harm you now or in the long run, or may cause great concern to those around you.

Non-positive behaviors responding to stress include turning to alcohol and drug use, behaving impulsively by spending excessively or having questionable relationships, getting angry and being irritable.

While some of these behaviors may feel good at the time, they end up compromising your health and well being.

So if you start to feel down, take a minute and think about how you want to deal with your holiday blues. Whatever positive, adaptive coping skills you decide

to use, take time for yourself to relax and unwind. One quote that helps me to get some perspective is, “As we grow older, we are less the receivers of holiday magic ... we become the givers, the responsible ones, the creators of this thing called, Joy... and this takes work.”

If those methods don’t work for you, please consider seeking help from a professional. If your sadness or depression lasts more than a few weeks and is accompanied by more intense symptoms of poor sleep, low appetite with

weight loss, low energy, lethargy, poor concentration or suicidal thoughts, these may be signs that you are experiencing something more than a touch of the holiday blues and you should contact your local mental health professional.

You can obtain a mental health referral from you primary care provider by making an appointment at 253-3445 or 082-779-3445.

Other resources for assistance include your command chaplain or Fleet and Family Support Services.

Happy holidays from Thrift Store

THRIFT STORE STAFF
CONTRIBUTED

As many of you may know, the Thrift Store was recently renovated to add extra space and better serve the community.

Did you know?

- If you are a Marine or sailor, all uniforms are free.
- More than 90 percent of Thrift Store income is donated back into the community in the form of donations or scholarships.
- M.C. Perry Schools receive huge donations from the Thrift Store.
- The Thrift Store has a huge selection of books, baby items, uniforms, blankets,

furniture, kitchen essentials and many other items.

- Families facing hardships have received donations.

We would like to send a special thank you to all the units and individuals who have volunteered their precious time helping us at the Thrift Store.

We are constantly looking for volunteers to sort items, price items and place items on our racks. Being a volunteer is a great way to spend your time and give back to the community.

Our hours are Wednesdays 10 a.m. to noon and 4-7 p.m., and Fridays 10 a.m. to noon and 4-7 p.m.. For more information, please call 253-4711.



SGT. JOSH COX

Matthew C. Perry Elementary students spread holiday cheer



LANCE CPL. CLAUDIO A. MARTINEZ

Six Matthew C. Perry Elementary School students in Gwendolyn Ziegler's 5th grade class surround a wreath they worked on during Donald Mokelke's art class at M.C. Perry Elementary School here Dec. 9. Ziegler's 5th grade class worked together to decorate two Christmas wreaths which the class then presented to Iwakuni Mayor Yosuihiko Fukuda and to Kawashimo Elementary School at the Iwakuni Town Hall building Dec. 15.

Harlem Ambassadors school Iwakuni All-Stars 77-44

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

The Iwakuni All-Stars lit up the courts with the Harlem Ambassadors at the IronWorks Gym here Dec. 9 for an exhibition game to give something back to the community.

The Harlem Ambassadors put on a show of high-flying slam dunks, hilarious comedy and fun for the whole family.

The score of the game really didn't matter in the end, although the Harlem Ambassadors did blow out the Iwakuni All-Stars 77-44.

"The entertainment of getting the children involved and the families involved and putting on a good show for the community was the most important aspect of the night," said Richard White, player for the Iwakuni All-Stars.

The Iwakuni All-Stars were composed of some of the best players aboard the station from all units.

Even though the score at the end was a blow out, Harlem Ambassadors' coach and player Lade Majic said "The Iwakuni All-Stars were great sports. I twisted up a couple of shorts and tackled a few guys, but they got back up so they are definitely military men."

Neither team worried about the score throughout the game. It was all about the show and sportsmanship for the spectators.

"The main thing I want them to take away from this game is you don't have to be serious all the time and you can have fun," said Majic. "You don't necessarily have to smoke, drink or do negative things."

At the end of every period, children were invited onto the court to participate in friendly competitive activities conducted by the Harlem Ambassadors.

The winner of each competition was awarded an autographed photo of the team after he or she was taught how to do the "cool" walk down the court.

The "cool" walk was nothing more than dancing as they walked.

Dancing was a huge part of the Harlem Ambassadors performance.

Throughout the game, Majic would stop and cause hysteria by breaking



Officials Abe Roman (left) and Michael Westcott (right) along with Lade Majic (center) break out some of their best dance moves just before a foul shot during an exhibition game at the IronWorks Gym here Dec. 9. Throughout the game Majic was able to persuade many players and fans to break out in dance.

into an all out dance party on the court. No players, spectators or officials could stop her and her persuasive ways.

Anyone who tried to stop her ended up having to break out with their moves or be taught some of her moves. With music playing throughout the game, it was easy to do so.

"God has blessed me with this talent to reach other people," said Majic. "I'm using basketball to do it."

The Harlem Ambassadors tour the United States, along with 19 other countries around the world, in about an 11-month period.

"This is our last stop before we head back to the states to be with our families and enjoy the holidays," said Majic.

The last show of the year for the Harlem Ambassadors was a very well-deserved show for the local community and all their hard work done this year.

For more information on the Harlem Ambassadors or their next stop, visit their Web site at www.harlemambassadors.com.



Harlem Ambassadors 6-foot-6 forward Sam Givens performs a reverse dunk during an exhibition game against the Iwakuni All-Stars held at the IronWorks Gym here Dec. 9. The Harlem Ambassadors put on a show of high-flying slam dunks, hilarious comedy and fun for all spectators who attended the show.



The Harlem Ambassadors along with the Iwakuni All-Stars pose for a photo after an exhibition game held at the IronWorks Gym here Dec. 9. The game was about giving something back to the local community rather than a competitive battle.

Orphans visit station to deck the halls with bails of holly



A Marine hands out gifts with some help from Santa Claus during the Christmas party held for the Tsuta Orphanage at the Aircraft Rescue Firefighting station here Dec. 12. Before the presents were passed out the children ate a traditional Christmas meal consisting of ham, stuffing, mashed potatoes and gravy. Last year ARFF donated \$1,500 to the Tsuta Orphanage.

ARFF Marines share Christmas spirit with Japanese orphans

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Marines and their families threw a Christmas party for a group of children from the Tsuta Orphanage at the Aircraft Rescue Firefighting building here Dec. 12.

"I like playing around with the other kids," said Brooke D. Wichner, a 5th grader at Matthew C. Perry Elementary School. "Most of them don't speak any English, but it's never really a problem because we can just communicate with our hands."

Before the children began to play, they first were served an authentic American Christmas meal.

The ham, stuffing, mashed potatoes and gravy were all provided by the Marines from ARFF. In order to pay for the food, the Marines from ARFF held fundraisers throughout the year.

"We take the money we earn and put it toward events like these," said Staff Sgt. Robert A. Wichner, a crash crew special training project manager and Brooke's dad. "We try and conduct about two to three events a year. Last year we went to the orphanage

and played with the kids and presented them with a \$1,500 check."

The Tsuta Orphanage fund helped pay for the party, but the gifts under the Christmas tree came straight out of the Marines' pockets.

Each Marine from ARFF purchased two presents each.

In order to purchase the right presents, the orphanage provided a list with the children's gender and age.

The presents were passed out to the children from Santa Claus himself, who arrived on a P-19 firetruck.

Once the gifts were passed out, the children opened them, instantly sharing their new toys with the children around them.

The Marines and American children helped the Japanese children prepare their toys for play, assisting in opening difficult packaging and tricky assembling.

"We are all very happy," said Teppei Nakai, a staff member with the Tsuta Orphanage. "You can see everyone smiling so big, it is so happy," Nakai added.

According to Nakai the orphanage will be having a little party on Christmas day at the orphanage, but he said the event at ARFF is the main event.

For many of the Marines, the event was a chance to share the Christmas spirit with the children.

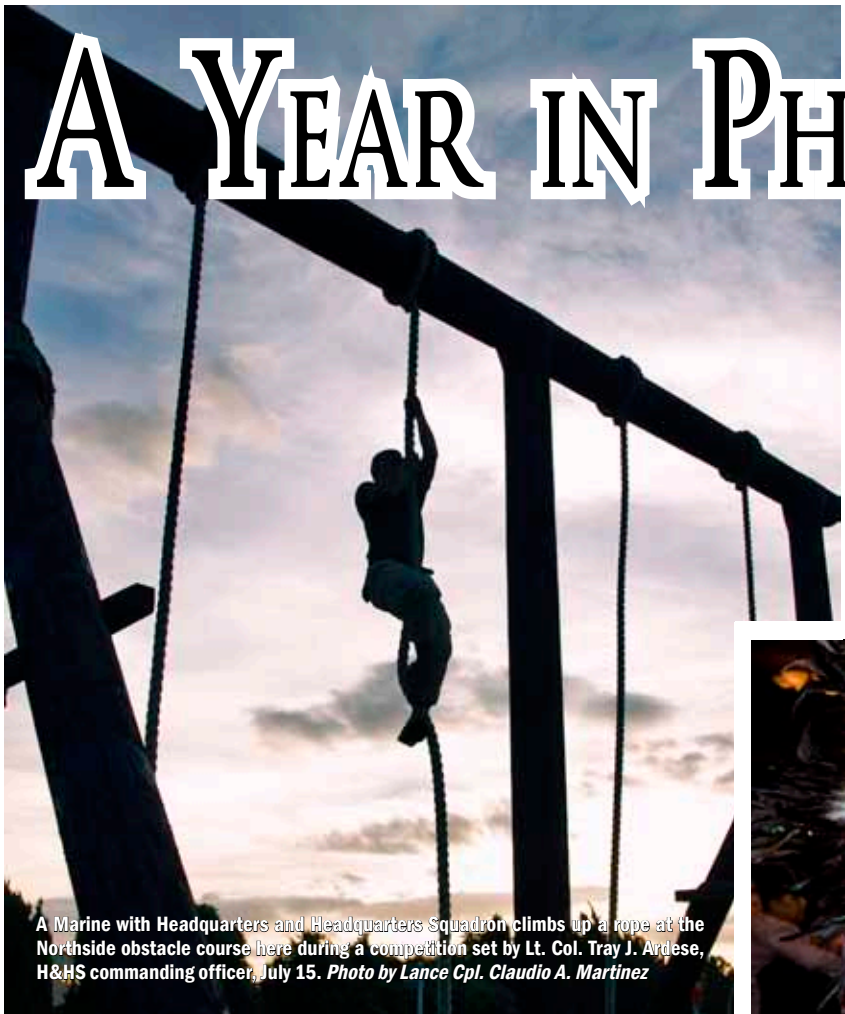
"The smiles on their faces warmed my heart," said Wichner.

"It was great to watch the kids open their gifts and play around with the other kids and Marines," said Wichner.



A Marine and an American girl help a Japanese orphan assemble his toy car at the Christmas party held for the Tsuta Orphanage at the Aircraft Rescue Firefighting station here Dec. 12. The Marines from ARFF paid for the children's gifts out of their own pockets.

A YEAR IN PHOTOS



A Marine with Headquarters and Headquarters Squadron climbs up a rope at the Northside obstacle course here during a competition set by Lt. Col. Tray J. Ardesse, H&HS commanding officer, July 15. Photo by Lance Cpl. Claudio A. Martinez



Members of the Japanese Ground Self Defense Force practice communications operations using a backpack radio while patrolling on the sea wall Feb. 5. Photo by 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. Photo by Lance Cpl. Chris Kutlesa



U.S. Navy Petty Officer 2nd Class Gerald Bowling of Helicopter Sea Combat Squadron 25 Detachment 6 lowers a life preserver during a search and rescue drill aboard a MH-60S helicopter here Oct. 5. Photo by Sgt. Ricardo A. Gomez



A monkey sits outside the Safari Land shop, entertaining people as they pass. Photo by Lance Cpl. Chris Kutlesa



Members of the Tokuyama Filipino Association light up with flashy, peacock-like costumes at the Club Iwakuni ballroom here during a traditional Filipino dance performance at the 14th Annual Pista sa Nayon Festival May 31. Photo by Cpl. Joseph Marianelli



An elderly woman waits to be seen by a medical technician during a humanitarian mission to Batiawan, Philippines, Oct. 18. Photo by Lance Cpl. Chris Kutlesa



El Unit pitcher Justin Rodriguez beats the ball to third base as he does a head first slide during a game against the Swingin' Styx at the main softball field here June 2. Photo by Lance Cpl. Salvador Moreno



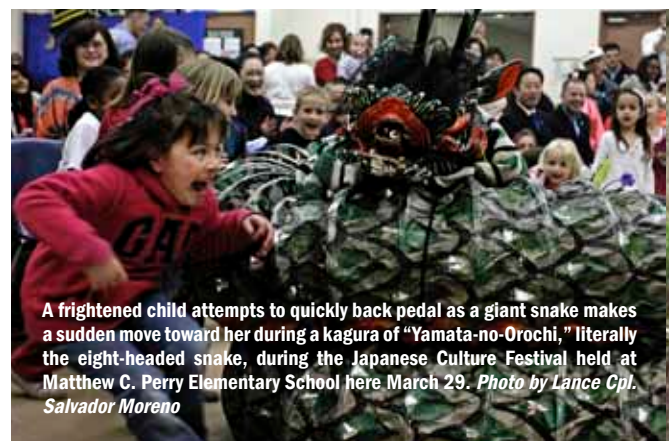
Sgt. Carrie White, a Provost Marshal's Office physical security crime prevention specialist, disassembles and reassembles an M-249 squad automatic weapon as fast as she can at the Northside football field here July 15. Photo by Claudio A. Martinez



Lt. Col. Tray J. Ardesse, commanding officer of Headquarters and Headquarters Squadron here, shares words of wisdom at the M.C. Perry High School's Class of 2009 graduation ceremony held at the Sakura Theater here June 10. Photo by Lance Cpl. Chris Kutlesa



A rider releases an arrow and hits the first target during the Tsuwano Horseback Archery Festival April 12. Photo by Lance Cpl. Salvador Moreno



A frightened child attempts to quickly back pedal as a giant snake makes a sudden move toward her during a kagura of "Yamata-no-Orochi," literally the eight-headed snake, during the Japanese Culture Festival held at Matthew C. Perry Elementary School here March 29. Photo by Lance Cpl. Salvador Moreno



A Higashi Junior High School forward splits two defenders during a fast-break play to set up a shot at the goal during Oct. 3 double-header game against Arsenal at Penny Lake here. Photo by Cpl. Kristin E. Moreno



Lance Cpl. Jeffrey N. Anderson (front), military policeman, provides security during a medical evacuation exercise conducted by the Provost Marshal's Office here Jan. 20. Photo by Lance Cpl. John M. Raufmann



An F/A-18 prepares for flight at the start of aviation training relocation conducted with Japanese forces July 25. Photo by Lance Cpl. Miranda Blackburn



A member of the team representing Iwakuni leaps for the goal with a Sewing Knowledge to Youth StreetBall Syndicate player preparing to shutdown the attempt during an exhibition game at the Matthew C. Perry gymnasium here Nov. 7. Photo by Cpl. Joseph Marianelli

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



BUBIYAN ISLAND, Kuwait — A Navy air-cushioned landing craft returns to the Persian Gulf after delivering 11th Marine Expeditionary Unit personnel and equipment to this uninhabited island Nov. 20. The team practiced an amphibious landing from the amphibious transport dock ship Cleveland and the amphibious dock landing ship Rushmore while the MEU's reconnaissance Marines trained with Kuwaiti commandos.

Kuwait Commandos participate in bilateral training

1ST LT. ROGER HOLLENBECK
11TH MARINE EXPEDITIONARY UNIT

BUBIYAN ISLAND, Kuwait — At the Government of Kuwait's invitation, Marines and Sailors of the 11th Marine Expeditionary Unit (MEU) recently conducted a successful training exercise with a platoon from the Kuwaiti military's 25th Commando Brigade on the uninhabited island of Bubiyan. "We enjoyed training with the professionals from the 25th Commando and were impressed by their performance with small craft and overall enthusiasm for the exercise," said Lt.

Col. Robert Rice, 11th MEU operations officer. "It was a great opportunity for us to build relationships with our regional partners and solidify our commitments to security in the region." The exercise cultivated the already close relationship that the two militaries enjoyed, and included an amphibious landing as well as follow-on training. Kuwaiti commandos trained with MEU reconnaissance Marines in small boat operations and advanced infantry skills while other MEU personnel practiced ship-to-shore landing and setting up company-sized

training sites. "Bubiyan Island provided an ideal venue to practice our ability to move from ship to shore," Rice said. "The position of the ships allowed us to practice a true over the horizon amphibious assault." The Marines and Sailors came ashore from the amphibious transport dock ship USS Cleveland (LPD 7), and amphibious dock landing ship USS Rushmore (LSD 47) which departed San Diego, Calif. on Sept. 18 for a deployment to the Western Pacific and the Middle East.



BUBIYAN ISLAND, Kuwait — Tankers serving with Battalion Landing Team 2/4, the 11th Marine Expeditionary Unit's ground combat element, man an M1A1 Abrams driving through this uninhabited island Nov. 21. Ground and logistics combat elements of the 11th MEU landed Nov. 20 from the amphibious transport dock ship Cleveland and Rushmore in the Persian Gulf.



BUBIYAN ISLAND, Kuwait — Aviation, ground and logistics combat elements of the 11th Marine Expeditionary Unit arrive on this uninhabited island Nov. 20 to practice an amphibious landing. A Navy and Marine Corps team practiced the landing here from ships in the Persian Gulf while the MEU's reconnaissance Marines trained with Kuwaiti commandos.



BUBIYAN ISLAND, Kuwait Aviation, ground and logistics combat elements of the 11th Marine Expeditionary Unit arrive on this uninhabited island Nov. 20 to practice an amphibious landing. A Navy and Marine Corps team practiced the landing here from ships in the Persian Gulf while the MEU's reconnaissance Marines trained with Kuwaiti commandos.

COMMUNITY BRIEFS

CREDO Spiritual Growth Retreat

A free, spiritual growth retreat offered by the Iwakuni Memorial Chapel will be offered Jan. 7-9. The retreat offers active duty Marines and sailors the opportunity to focus on the spiritual side of their lives; the pursuit of a stronger relationship with God, a higher power or according to your particular faith beliefs; and to search for spiritual resources to manage daily living. For more information, contact the Iwakuni Memorial Chapel at 253-3371.

5th annual "Holiday Extravaganza"

The International Holiday Concert will be held Saturday from 7:30-9 p.m. at the Iwakuni Sinfonia

Concert Hall. There will be performances by the M.C. Perry kids chorus, Gospel Choir, Japanese and American singers, American Rock Band, Rockin' Christmas, and many more. To obtain tickets visit Information Tours & Travel office or station chapel.

Fine Arts Exhibit/ Holiday Party

Parents, youth and the Iwakuni community are welcome to uncover the artistic talents of our youth and motivate them to develop their creative skills and possibly related career opportunities Dec. 29. Judging will be conducted at 11 a.m.-1 p.m. Audience viewing at 2:30-4 p.m. For more information, contact K.C. Rich at 253-5284.

Youth & Teens Holiday Party

Dec. 29 at the Club Iwakuni Ballroom "A" there will be a Dee jay, Light finger foods, prizes and a chance to vote for the best dancers for the Youth & Teens Holiday Party. Ages 10-12, 6-8:30 p.m. Ages 13-18, 9-11:30 p.m. For more information, contact K.C. Rich at 253-5284.

6th Annual Angel Tree Gift Exchange

The MCX will hold its 6th Annual Angel Tree Gift Exchange 9-10 a.m. Saturday. Participants select a name from the tree and buy a present, which will be given to kids from the Yahata Children's Home. Santa, along with Chaplain Baker and his staff will hand out the presents Saturday afternoon.

UMUC Spring Registration

Registration for spring sessions is underway. Registration is running until Jan. 18. On site classes start from Jan. 18 to Mar. 14. Distance Education classes start Jan. 25 to April 4.

UMUC Advisor Visit The University of Maryland University College Academic Advisor will be visiting here Jan. 13-15 in Building 411 Rm. 110. The advisor's role is to advise students about how previous college credit may fit into their degree program, how they may use CLEP/DSST credits to fulfill UMUC requirements, and how military training might be usable in their degree program. For more information, call 253-3392.

Hornet's Nest Renovations

The Hornet's Nest is currently undergoing renovations scheduled to be completed June 2010. The recreational areas will be under renovation until March 1. The gym will be closed March 1-June 1. The Cyber Café, located in Building 1345 next to the Wood Hobby Shop, will remain open 24 hours a day seven days a week during the renovations. Single Marine Program trips will continue and can be paid for in the Cyber Café or the Marine Lounge. For more information, contact Jay Stovall at 253-3585.

Dental Assisting Training Program

The American Red Cross

is offering a Dental Assisting Training Program. To receive your certificate you will receive 40 hours of didactic course and 500 hours of supervised clinical experience and chair side instruction. The program must also be completed within six months of the start day. For more information or requirements, call 253-4525 or email iwakuni@usa.redcross.org

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is now providing Quick Assist Loans to prevent active duty service members from falling prey to predatory lenders. These loans are designed to assist with short-term living expenses up to \$300, interest free and are repaid within 10 months. For more information or to apply, call the Iwakuni NMCRS at 253-5311 or stop by their office located in the station chapel, room 148.

To submit an event, car, item or job ad request, please send an e-mail to iwakuni.pao@usmc.mil. Please include a contact name, at least one phone number and the information you would like published or you may submit in person at the Public Affairs Office, Building 1, Room 216.



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

SAKURA THEATER

Friday, December 18, 2009
7 p.m. Chuck Milligan Comedy Show
Adults Only

7 p.m. The Vampires Assistant
(PG-13)

Saturday, December 19, 2009
1 p.m. Old Dogs (PG)
Premier
4 p.m. Amelia (PG)
Premier
7 p.m. The Vampire's Assistant (PG-13)
Premier
10 p.m. Law Abiding Citizen (R)

Monday, December 21, 2009
7 p.m. The Stepfather (PG-13)

Tuesday, December 22, 2009
7 p.m. Couples Retreat (PG)

Wednesday, December 23, 2009
7 p.m. Whip It (PG-13)

Thursday, December 24, 2009
7 p.m. Closed

Sunday, December 20, 2009
1 p.m. Amelia (PG)
4 p.m. Old Dogs (PG-13)

The movie schedule is subject to change. Please check www.mccsiwakuni.com/sakura often for updates, or call the Sakura Theater at 253-5291 for the latest schedule.

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

1998 Mitsubishi RVR
JCI until February 2011. In good condition.
Asking \$2,700. For more information, please
call 080-3705-2973 (cell), 253-2540 (home), or
253-4015 (work).

Miscellaneous

60 inch projection HDTV with entertainment
stands.
All in good condition. Asking \$600 OBO. For
more information, call 253-2650 (home) or
09065256786 (cell).

Items for sale
BOB stoller handlebar console (new) \$19
Graco Snug Ride car seat base (new) \$40.
For more information regarding these items,

please call Carrie at 253-2703.

Jobs

Rainbow Home Day Care
Have openings for full-time, part-time, and
hourly children from 7 a.m. to 5 p.m. Mon-
days – Fridays. Have 13 years of experience
working with children, First-Aid and CPR
certified, and have a degree in early child-
hood education. For more information, call
253-2246.

NMCRS Volunteer Opportunities
Every day sailors, Marines and their families
come to the Navy-Marine Corps Relief Soci-
ety 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. To apply for this opportunity, call
253-5311.

Career Transition Trainer
Inverness Technologies is seeking part-time
career transition trainer at MCAS Iwakuni.
Will perform 1-2 workshops per month help-
ing military members transition into civilian
workforce.
Some travel required. Must know U.S. job
market and have experience in job search
techniques.
Experience in military and training, career
counseling and/or HR desired.
Training topics include: skill assessment,
resume preparation, interview skills, job
searching, etc. Send cover letter & resume:
fax: 703-448-3075 or careers@invernesstech-
nologies.com.

Dental Assistants
The dental clinic is seeking two motivated
dental assistants for a great opportunity in
dental healthcare services.
For more information please stop by the
Dental Clinic, Bldg. 111 or call 253-5252 or
253-3331 to speak with HM1 Taft or HMC
Cadavos.

Mess Hall Menu

Monday

Cream of mushroom soup, Creole
soup, steak ranchero, sweet and sour
pork, mashed potatoes, steamed rice,
succotash, carrots, dinner rolls, brown
gravy, 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 potato soup, chicken noodle
soup, Cajun meatloaf, baked salmon
fillet, potatoes au gratin, steamed
rice, french fried cauliflower, mixed
vegetables, dinner rolls, 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,
turkey pot pie, oven roast, noodles
Jefferson, steamed rice, brussel sprouts,
broccoli combo, biscuits, brown gravy,
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

Cream of chicken soup, minestrone
soup, Swiss steak with mushroom gravy,
honey glazed rock cornish hen, parsley
battered potatoes, buttered pasta, green
beans Southern style, vegetable stir fry,
mushroom gravy, dinner rolls, macaroni
salad, German tomato salad, standard
salad bar, sugar cookies, strawberry
shortcake, whipped topping, vanilla
cream pie.
Specialty Bar: Deli Sandwich

Friday

Tortilla soup, minestrone soup, beef
fajitas, chicken fajitas, chili con carne,
fish tacos, refried beans, beef burritos,
Mexican corn, salsa, jalapeno corn bread,
potato salad, spinach salad, standard
salad bar, banana bread, shortbread
cookies, Dutch apple pie.
Specialty Bar: Hot Dog

Slated upcoming holiday Commissary hours

Dec. 20: 11 a.m. – 6 p.m.
Dec. 21-23: 10 a.m. – 7 p.m.
Dec. 24: 10 a.m. – 5 p.m.
Dec. 25-26: **Closed**
Dec. 27: 11 a.m. – 6 p.m.
Dec. 28 - 31: 10 a.m. – 7 p.m.
Jan. 1: **Closed**
Jan. 2: 9 a.m. – 6 p.m.

Normal commissary hours will
resume Jan. 3. Hours will be
published the remainder of the
holiday season.

Slated chapel holiday services schedule

Dec. 20 3 p.m.- Catholic Advent pageant and dinner	Christmas day mass
Dec. 24 5 p.m.- Catholic Christmas vigil mass 7 p.m.- Protestant Christmas Eve service 11:30 p.m.- Catholic carols and midnight mass	Dec. 31 7 p.m.- Protestant New Year's Eve service
Dec. 25 9 a.m.- Catholic	Jan. 1 9 a.m.- Catholic Mary, mother of God mass
	For more information, contact the Marine Memorial Chapel at 253-3371.

Cluck ... cluck ... cluck ...

CONTRIBUTED BY
MATTHEW C. PERRY
ELEMENTARY SCHOOL
STAFF

The chant echoes
throughout the halls and
breezeways of Matthew C.
Perry Elementary.
It's an inspiring testimony
to the tide of school spirit
sweeping over our stu-
dents.
They all feel it, from the
youngest kindergarteners
to our seasoned 6th grad-
ers.
Yes, we're talking about
Marine Corps Air Station
Iwakuni's newest and most
sought after resident ...
the one and only Perry the
(rubber) Chicken.
A recent transplant from
parts or farms unknown,
Perry the Chicken's arrival
to M.C. Perry was ushered
in by an all-grades assem-
bly and much fanfare.
Since then he has truly

enjoyed rock star treat-
ment as classrooms vie for
their coveted role of care-
taker for such a prodigious
addition to our school's
faculty.
For those unfamiliar with
the cluck, cluck, cluck-
ing taking M.C. Perry by
storm, you need only ask
the students what all the
fuss is about.
"Perry is here to help us
understand responsibil-
ity," says 3rd grader Sarah
Saiki.
Perry's mission at M.C.
Perry is to renew student
interest in school spirit by
reinforcing our core val-
ues of respect for fellow
students, teachers, and
our overall community of
learners.
Classes receive tokens
from faculty members for
outstanding behavior in ar-
eas such as the lunch room.
Classes with the most
tokens at the end of the

month are given the honor
of caretaking the beloved
farm fowl hero.
This includes nightly field
trips to student homes and
honorary thrones in the
classroom.
As 2nd grade instruc-
tor Sandy Alfier says,
"Perry has been enjoying
visit with each child in the
classroom and going to Bali
for Christmas break with
Ms. Alfier."
Recent winners and
recipients of this distin-
guished honor include Ms.
Asada's 4th grade and Ms.
Alfier's 2nd grade class-
rooms although the contest
is heating up for the month
of December.
So the question is, do you
have what it takes to cluck,
cluck, cluck with the best
of them.
Just ask our students.
They know what being a
chicken at M.C. Perry re-
ally means.

All Marine teams: Get paid to play



All Marine Wrestling team head coach Joseph Hicks (right) demonstrates the next drill he wants to the see the Marine trying out to perform at IronWorks gym here Dec. 14. Hicks began wrestling when he was 7 years old and made the all Marine team when he tried out as a second lieutenant fresh out of The Basic School.

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

For the 18 hopefuls, tryouts
began like any other physical
training session.
Jogging around to get the blood
flowing was followed by stretching
to limber up.

What followed was anything
but a typical physical training
session.

The All Marine Wrestling
Team head coach Joseph Hicks
held recruitment tryouts in the
IronWorks Gym here Monday.

"I'm thoroughly impressed," said
Hicks. "The last couple of years
I've come out to Iwakuni there
hasn't been a lot of talent."

Hicks made it clear at the
beginning if the prospects had
never wrestled before they would
not be going to camp.

Despite the caveat, all 18
remained.

Although never guaranteed, all
Marine team head coaches visit
Iwakuni throughout the year
looking for new blood to bolster
and replenish the ranks in their
particular sport.

These initial tryouts represent
only the first or second step in an
important chain.

"Basically, number one is sign up
for the local Iwakuni sports and

bone up their skills,"
Andrew Porche, the
intramural sports
coordinator, said.

Due to the
multitude of sports,
not every hopeful
can start in the local
arena; e.g., there
is no intramural
wrestling here.

For sports
where there is no
intramural league,
the journey begins
outside the Marine
Corps.

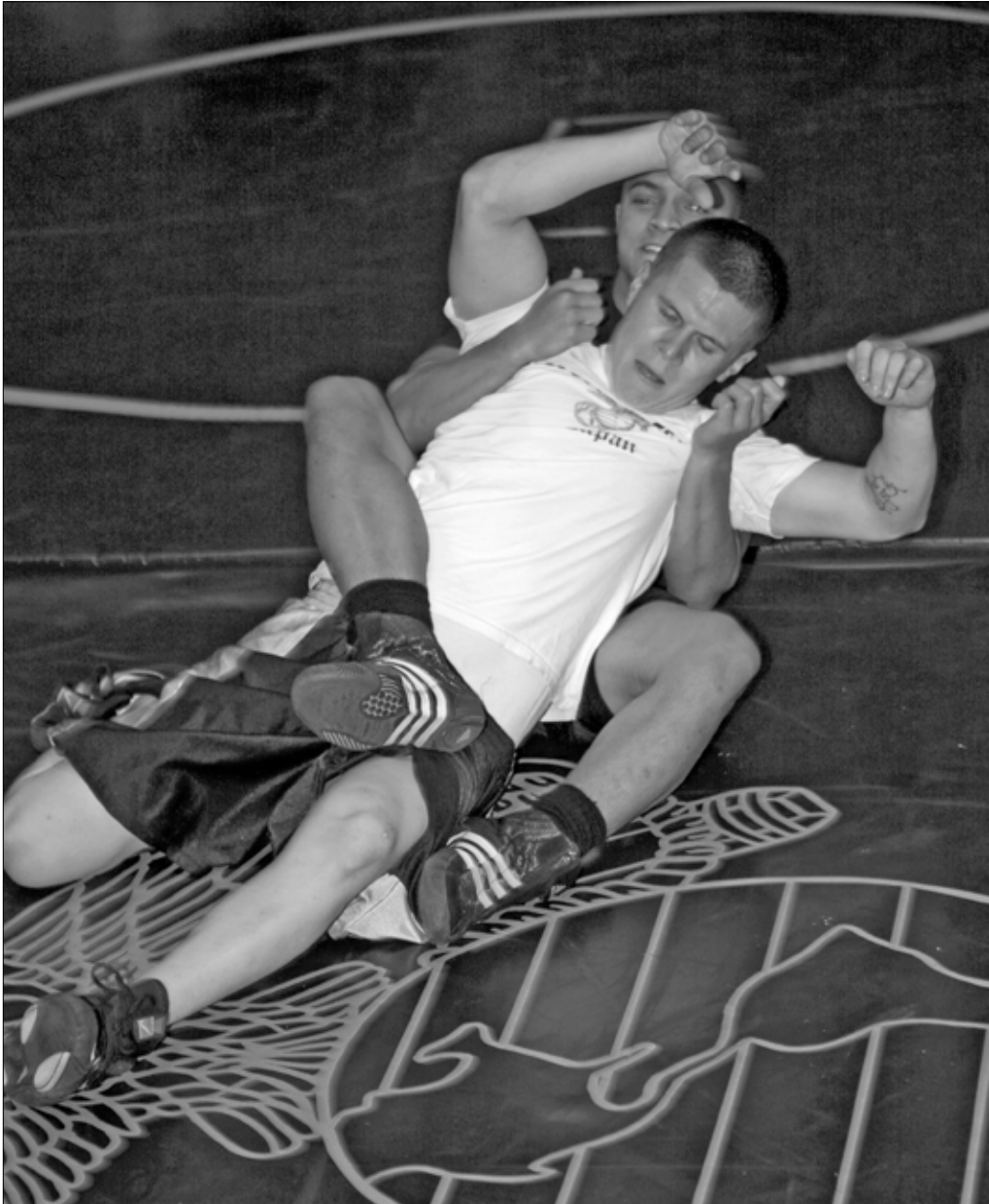
"(The tryout)
was pretty nice,"
Christopher Weixler,
tryout participant,
said. "I hadn't been
on the mat in awhile
so this felt good,
just to touch the
mat and put on the
shoes; the smell and
everything, it's just
awesome."

Weixler wrestled three years
in high school and was looking
forward to this opportunity.

"I thought about (the All Marine
Wrestling Team), that's one of the
things I was looking into really,
and it surprised me that (Hicks)
was actually coming out here."



Daniel Weixler (left) prepares to begin a top and bottom drill with Eli Yang during All Marine Wrestling team tryouts at IronWorks Gym here Dec. 14. During the drill, participants rotated between starting out in the top position and bottom position with the goal being to take control of the match.



Christopher Del Frate struggles strenuously to escape Daniel Weixler's nearly full nelson hold during the All Marine Wrestling team tryouts held at IronWorks gym here Dec. 14. These tryouts represent only the first step to making the team; the hopefuls must still fill out an application, be slected to go to camp and then be chosen for the few available spots.

As with any all Marine team,
being chosen is a privilege and
perhaps the greatest challenge in
selection is being a Marine.

"On the wrestling team we
have to live above the standard
because the way it's looked at and
the way I look at it is that the
Marine Corps is allowing you to
do something special," said Hicks.
"They're basically giving you a
gift."

"The biggest disqualifier is if
he's not a Marine first," Hicks
added.

Although wrestling is just
one of the sports, the process is
essentially the same.

First, Marines must get their
unit to approve camp attendance.
Deployments or other operational
requirements take precedence.

Second, Marines must get
selected to attend the camp
for their particular sport. This
requires putting in an application
at the appropriate time for review
and possible selection.

The tryouts conducted at Marine
Corps installations are just to get
a basic idea of who might be a
camp selection.

Selection from Iwakuni is even
more difficult because of the cost
associated with sending Marines

to camp, said Porche.

Third, once at camp, Marine
hopefuls must compete with
Marines already on the team and
against all the other Marines
invited to camp for a spot.

Using wrestling as the example,
Hicks said the team already has
12 Marines.

While those 12 are not
guaranteed, they have been
wrestling for potentially the past
three years.

Conversely, new hopefuls may
not have been on the mat in years.
The process is not easy, but not
impossible either.

"While it's difficult for new guys,
I know that we always gotta keep
getting new blood in," said Hicks.
"It's just like the Marine Corps;
we always gotta be bringing in
new Marines."

For Marines truly interested,
even the chance of a lifetime is
enough.

"I'm definitely hurtin'," said
Weixler. "I got some injuries
already, but it's awesome, I love
it."

"(Being selected) would be a big
opportunity for me," he added.

For more information about
all Marine team sports, contact
Andrew Porche at 253-3067.

Celebrate the holidays at the

2009 Jingle Bell Jog & Community Christmas Party!

Prizes for
Best Dressed!
Kids, Adults,
and Units too!

Open to all
base personnel!



Kids Activities
Raffle Prizes!

December 21, Check-in 10 a.m, Run Begins 11 a.m.

FREE LUNCH BUFFET

Live Music & Santa!

Get into the Holiday Spirit!
Dress up and head down to
the IronWorks Gym...

☎ 253-6359

www.mccsiwakuni.com/ironworks

