



IWAKUNI APPROACH

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VMFA(AW)-242, MAG-12's elite squadron in readiness

CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Marine All-Weather Fighter Attack Squadron 242 carried out a short-surge mission here Monday to show the Marine Aircraft Group 12 command element the squadron is ready to carry out operations at the fastest expeditious pace possible.

With every Marine on-hand and ready for duty, VMFA(AW)-242 was able to prove its ability to maintain peak-level performance, communication and operability.

"We are validating the ability to get aircraft flying to the max sortie rate we can produce," said Maj. Glenn Savage, VMFA(AW)-242 operations officer. "It not only validates our ability to get those aircraft up and flying, it also evaluates the ability and continuity of parts and maintenance support."

MAG-12 provided command-level support to the squadron as they completed their mission.

"It shows how quickly we can go from one pace to a quicker pace, which requires more aircraft, more aircrew, more ordnance, more fuel in a shorter period of time," said Col. C.J. Mahoney, MAG-12 commanding officer. "Very skilled and competent Marines bring their technical skills and put it together at a fast pace."

Maintenance continues to be a vital

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CPL. JENNIFER PIRANTE

Lance Cpl. Nathan Durazo and Lance Cpl. Seth Rickard, ordnance technicians with Marine All-Weather Fighter Attack Squadron 242, unload ordnance from an F/A-18D Hornet jet here Monday. Maintenance crew worked hard to meet the squadron's demanding flight schedule for the day.

Japanese medical students shadow military doctors

LANCE CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

Japanese medical students from the Okayama Medical University followed Navy doctors as they conducted their jobs at the Robert M. Casey Medical and Dental Clinic here July 7.

The purpose of the visit was for the students to have a better working knowledge and understanding of American medical practices.

"It's different the way Japanese and American doctors operate," said Missie Hamano, Branch Health Clinic administration specialist. "It's also a great opportunity for them to learn as much as they can about American medicine. They believe American medicine is so advanced."

The students were first escorted by a Master Labor Contractor nurse throughout certain parts of the clinic and were shown some of the various instruments.

Natsue Morizane and Yuka Miyaake, both sixth-year students, took part in shadowing medical staff.

Students observing American doctors

began five years ago. When the program first started, only a handful of students took part in observing the doctors throughout the year.

The numbers have grown since then, with nearly 10 students a year coming out to observe the doctors.

"The Iwakuni Clinical Center contacted me and asked if we could bring in their students," said Hamano. "He wanted to introduce them to some of our medical procedures and give them a chance to experience a different way to approach medical care."

The pace at which the BHC is run is different from what the students experienced at the ICC.

"Whereas, at the ICC it is very hectic and the doctors are not able to take as much time. The doctors here take out time to talk to the students and answer questions they may have," said Hamano.

The students spent the afternoon following behind several BHC doctors, observing many of the methods and practices they encounter on a daily basis.

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USNH Yokosuka Online improving access to care, patient satisfaction

RICHARD MC MANUS
U.S. NAVAL HOSPITAL YOKOSUKA
PUBLIC AFFAIRS

YOKOSUKA, Japan — U.S. Naval Hospital Yokosuka is improving access to care and patient satisfaction through the implementation of Medical Home Port.

Medical Home Port is a team based approach to patient and family-centered healthcare, which fosters a strong provider/patient relationship and greater access to care.

USNH Yokosuka Pediatric Clinic and Branch Health Clinic Atsugi are currently operating with the Medical Home Port model.

USNH Yokosuka Family Medicine Clinic and BHC Iwakuni launched Jul. 5.

BHC Sasebo is slated to launch August.

USNH Yokosuka Internal Medicine Clinic is scheduled to follow suit in September.

A key element of Medical Home Port is USNH Yokosuka Online, powered by RelayHealth.

USNH Yokosuka Online can be accessed by visiting www.med.navy.mil/sites/nhyoko.

USNH Yokosuka, the parent command of BHC Iwakuni, is the portal for RelayHealth access.

By providing an email address to clinic staff,

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CHAPLAIN'S CORNER

'Leadership is all about the people'

LT. J.G. TRAVIS E. COFFEY
MAG-12 DEPUTY CHAPLAIN

Here at Marine Corps Air Station Iwakuni, we are all encouraged to step up to the plate and be leaders, no matter what our jobs.

Whether we are a commanding officer or a stay-at-home parent, we are all challenged to be leaders for our country, military branch of service, families and community.

How are you being a leader?

Who are you leading in your daily life and activities?

Are you really making a difference?

Leadership is engaging people with the purpose of making progress concerning the problems they face. The most important part of that statement is the word, "people".

Before one can engage, plan and lead the way; emphasis must first be given to the hearts, minds and souls of others.

Leadership is all about people.

In fact, an individual might be the best leader since Moses, ready to take others to the highest heights of life.

However, if the people are not willing to follow them, they are truly just a mere waste of potential as a leader.

John Maxwell once said, "Leadership is not about you, it is about others."

Without people, the world is empty and unfulfilled. For example, without people, the U.S. Navy would just have massive ships, powerful submarines and

advanced planes.

However, when you add people to the mix, those sailors change the objects from being mere tools or resources, into being the most powerful Navy the world has ever known. So, people have the potential for great things.

Bob Biehl, in his book Master Planning, tells about a conversation he had with a man who trains animals for Hollywood movies.

He asked him, how is it that you can stake down a 10-ton elephant with the same size stake that you use to restrain a baby elephant?

It's easy, said the trainer. When they are babies, we stake them down. Then, they try to tug away from the stake countless times before they realize they can't get away. At that point the elephants' memory takes over and for the remainder of their lives they remain convinced they can't get away from the stake.

That gives a great picture of why leadership must engage people to make progress from the things that are holding them back, getting them to believe they can grow.

Engage Others for Growth

So, if leadership is first about people, then it is secondly about engaging people towards growth.

In the Christian Scriptures, John writes in his gospel, chapter 10 verse 10 about this the goal is to be able to have an abundant life (to the full, until it overflows).

Each person is on a journey in life.

They stand at many forks in the

road and all those choices impact their lives with great magnitude.

It is the important task of a leader to come alongside those who are making those choices of life, and to engage their thinking and challenge their choices.

Ken Blanchard, who is one of the authors of the book, Insights on Leadership, refers to this loving and caring style of leadership as servant leadership.

Blanchard explains that leadership is about engaging others by helping them make goals clear, then rolling your sleeves up and doing whatever it takes to help your people win.

Therefore, leadership is being able to teach, mobilize, and transform people towards progress through life obstacles.

So, the task of leadership consists of choreographing and directing learning processes that promote growth.

My challenge for you is to consider how you are able to be a leader.

Who are you helping, serving and teaching?

Who are you helping win?

If you are in the military, you are a mentor to others.

Are your people being blessed by your leadership, are they growing or just surviving?

If you are non-military personnel, are you just surviving and existing here at MCAS Iwakuni, or are you looking for ways to lead and make our community, people and families better?

When we remember that leadership is about serving others and helping people, we can really make a difference.

Be a leader and be blessed!

Food safety tips keep summer fun

SUBMITTED BY:
LT. J.G. MELISSA AMESCUA
U.S. NAVAL HOSPITAL YOKOSUKA

On any particular summer day, food-borne illness, otherwise known as food poisoning, will affect more than 130,000 Americans. Higher temperatures, increased humidity and a plethora of outdoor activities like picnics, baseball games, camping and cookouts can create a virtual paradise for dangerous bacteria.

Bacteria is everywhere and these microorganisms grow faster, getting more people sick in hot and humid summer months when temperatures reach 90 to 110 degrees.

While food-borne pathogens can grow on almost any food, they prefer foods high in protein and moisture such as dairy products, eggs, poultry, meats, fish, shellfish, cream pies, custards, and potato salads.

What about an open bag of chips at a picnic? It is low in protein, so it must be safe?

It depends. Think about how many dirty hands have foraged around the bag looking for the perfect snack!

The vegetable tray is safe though, right?

Maybe, maybe not. Did your delicious veggies share a dirty cutting board with raw meat before their afternoon soak in the sun?

While not especially comforting, we must



LANCE CPL. CAYCE NEVERS

confront these dangers to avoid the perils of food-borne illness.

Of the many food-borne illnesses we face, the most common predator is Salmonella.

Salmonella is a bacteria which lives harmlessly in the intestines of people and animals.

However, when it is displaced from the body, normally in feces, it can contaminate food and, thereby, infect people.

It is not only gross, it is the leading food-borne illness causing hospitalization and death.

In the last 15 years, Salmonella-poisoning

SEE **FOOD** ON PAGE 9



Lance Cpl. Revor McGee, powerline technician with Marine All-Weather Fighter Attack Squadron 242, checks the engine oil after a pro-flight here Monday. VMFA(AW)-242 completed a surge mission to test the squadrons sortie capabilities and mission readiness.



Lance Cpl. David Hutchinson, aircraft communication, navigation and weapon systems technician with Marine All-Weather Fighter Attack Squadron 242, gets an F/A-18D Hornet jet ready to be loaded onto an L-pod after a pro-flight here Monday.

VMFA(AW)-242 puts mission readiness to test

SURGE FROM PAGE 1

component of Marine Corps aviation, and when it comes to keeping jets in the air, every Marine must be on their game during a surge.

"It's very planning and maintenance intensive," said Savage. "It's intense for the Marines out on the flightline who are fixing the aircraft and getting them prepared." "The biggest challenge is to maintain squadron operations while everybody is flying, launching and recovering aircraft."

When a squadron performs a surge, every sortie, ordnance and piece of gear is valuable to mission success.

"We need to arm every bird taking off on this flight schedule," said Cpl. Keaton Grisham, ordnance technician with VMFA(AW)-242. "That means a lot of arming, a lot of running around. It's a busy day for us."

The VMFA(AW)-242 maintenance crew remained confident and overcame challenges by working together.

"Everybody knows

their job and everybody knows where they need to be," said Grisham. "It's really important on days like this when we have so many jets going out. We need everybody in the right place."

"We usually have the work divided up," he said. "We'll have one person running our lines, troubleshooting, a body with him and a radio so they can maintain communication with me."

VMFA(AW)-242 was able to meet every task by maintaining a constant flow of effective communication with one another.

"Communication is key because we have a lot of moving parts," said Grisham. "We need to make sure any word of changes that need to get done is being passed to our junior Marines so we can get it done as quickly as possible."

VMFA(AW)-242 is slated to carry out their next mission at Kadena Air Base, Okinawa in August where it will continue to train for peak-level operability and mission readiness.

Access to care, patient satisfaction Improved

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applicants will receive an invitation to access RealyHealth.

After completing a simple registration, applicants will be able to e-mail their provider, request an appointment, request lab results, request medication refills, manage information and create personal health records, which is especially useful for those managing a chronic condition.

The secure messaging system within RelayHealth ensures personal and medical information is kept private with access limited to medical providers.

Navy Medicine has adopted the Medical Home Port model of care and the online services of RelayHealth from civilian health care in the U.S., and is becoming the standard in health care throughout the military and private sector.

The ability to request lab results and e-mail providers reduces the need for face-to-face visits and creates greater access to care for visits which require a more clinical setting.

Military doctors offer Japanese medical students opportunity to observe, ask questions

SHADOW FROM PAGE 1

The students sat in on conversations the doctors had with their patients, gaining an insight into what they may encounter once they become doctors. They sat in on patient evaluations, and an ultrasound.

"We rely on the Japanese medical system for things we ourselves can't take care of, such as when we have Japanese consultations out in town," said Veronica E. Bigornia, BHC medical officer. "I would hope they take back an understanding of the unique situation we have here and are able to learn from it and learn from them why they do things a certain way."

Communication is paramount to medical officers, especially in a host nation where two individuals may not be able to speak the same language.

The language barrier can sometimes lead to the students not being so eager to ask questions or take part in discussions.

"The language barrier can be a hindrance but their English was actually pretty good," said Bigornia.

For the students, this was an opportunity to not only further their educations but

give back to the community and show their support.

"My mother was a doctor," said Yuka Miyake through an interpreter. "I have always had a respect for it, seeing my mother do this from my childhood. It is a worthwhile effort to contribute and help the community for many years to come."

The students will have to take a national examination next year in order to become doctors. The need for such doctors is not only a major concern for host nation residents but U.S. military service members stationed there as well.

Whenever a U.S. service member is required to travel to a host nation's hospital for Magnetic Resonance Imaging or another procedure that cannot be performed at a U.S. health facility, they benefit from the experience of the hospital staff.

As soon-to-be practicing doctors, they are ever learning and growing as the field of medicine grows as well. Studying alongside military doctors is one of the many ways they can also continue their education, and benefit their country by learning, not just from their country's best and brightest, but from others as well.

New chapter unfolds for station residents, children during 2011 Summer Reading Program

LANCE CPL. CHARLIE CLARK
IWAKUNI APPROACH STAFF

Children, parents, station librarians and library technicians sat down and read books here Monday as part of the 2011 Summer Reading Program.

The Summer Reading Program started June 29 and is scheduled to conclude August 3. It is focused on helping children and adults on station better themselves in reading by providing fun activities to participate in and different topics to read. Prizes will be given out to readers who complete different requirements depending on their age.

The Summer Reading Program was only open to children 4 – to 12-years-old last year.

“The Summer Reading Program is a great way to keep children reading while they are out of school,” said Jessica E. Ossiannder, a station library technician. “After reading a few books over the summer, the children roll right into the new school year ready to read what they need to.”

Library technicians prepare activities for children during the Summer Reading Program and ensure children are comfortable with reading by reading to them during story time every Monday.

This year, station residents, 3-years-old to adults, can not only read, but have different requirements to win prizes, during the Summer Reading Program.

“I love reading about princesses,” said Natalie L. Medel, a

4-year-old at Monday’s story time. “The stories are magical. They are great.”

For children 3 – 12 years-old to receive their first prize, they need to read or be read to for 25 hours. A reading log is given to keep track of every 15 minutes of reading. One page holds five hours of reading time.

To earn a chance at the grand prize, five reading logs must be completed and checked by the station library staff by August 2.

The station library staff was pleasantly surprised by how many station residents participated in the Summer Reading Program, said Ossiannder. The real prize for the children is getting them use to how a book is read.

Teenagers 13 – 17 years old must read for 25 hours. They also have a reading log for every 15 minutes of reading.

Along with completing five reading logs, they must also volunteer with the station library during one of the “Midsummer Knights Read” events scheduled to be held every Wednesday until August 3.

“We want everyone who participates in the Summer Reading Program to improve their reading with each book,” said Jim E. Harris, a station library technician.

The rules for adults differ from the children and teen’s rules.

Adults must read or listen to an audio book at least once a week.



LANCE CPL. CHARLIE CLARK

Jessica E. Ossiannder, a station library technician, reads a book to children during Monday story time for the Summer Reading Program at the station library here July 11. The Summer Reading Program is focused on helping the children to better themselves in reading by providing fun activities to complete and topics to read.

They must write a book review, which will be submitted to the library during the Summer Reading Program. The book must come from the station library.

After each book is read or listened to, the adults can fill out a prize drawing form.

The deadlines for the book reviews are every Sunday before 5 p.m. until August 7.

A grand prize drawing is slated to be held August 10.

The station library also offers a Monday story time for children from 10 – 10:30 a.m., and an American Girl Book Club slated every Thursday during July from 3 – 4:30 p.m.

For more information about the “Midsummer Knights Read” Summer Reading Program, Monday story time or the American Girl Book Club, contact or visit the station library on the third floor of building 411.

Jessica E. Ossiannder, a station library technician, reads a book to children during story time at the station library here July 11. Library technicians prepare activities for children during the Summer Reading Program and ensure children are comfortable with reading by reading to them during story time every Monday.



LANCE CPL. CHARLIE CLARK



LANCE CPL. CHARLIE CLARK

Theo L. Jones, a 2-year-old at Monday story time, inches closer to the book Jessica E. Ossiannder, a station library technician, is reading during Monday story time for the Summer Reading Program here July 11. Ossiannder read three books about princesses, which goes with the “Midsummer Knights Read” theme of the 2011 Summer Reading Program.



CPL. MARCEL BROWN

Sgt. Michael Moretz, combat marksmanship coach, gives pointers to Cpl. Andrea Olguin, combat photographer, during a pistol detail at the Indoor Small Arms Range here Monday. Since Olguin's job requires her to carry a pistol while in forward deployed status, this rare occasion made her the only shooter in the detail who was neither a staff noncommissioned officer or a Provost Marshal's Office Marine.



CPL. MARCEL BROWN

Cpl. Andrea Olguin, combat photographer, fires a round down range during a pistol detail at the Indoor Small Arms Range here Monday.

Cease fire Cease fire!

CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

Headquarters and Headquarters Squadron Marines went hot during their pistol detail's first day of live fire at the Indoor Small Arms Range here Monday.

A majority of the pistol detail was comprised of Provost Marshal's Office Marines, except one, the others were staff noncommissioned officers conducting their annual pistol qualification.

Cpl. Andrea Olguin, combat photographer was the only shooter present who was neither PMO or a SNCO.

"When we do deploy and when we're out on patrols, with us being combat camera, they like us to have a side arm," said Olguin. "For whatever reason, if we can't have our rifle with us, we'll still have some kind of weapon."

Several other military occupational specialties including: radio operators, Navy corpsmen, religious program specialists, motor transportation operators, armorers and explosive ordnance disposal Marines rate pistol qualifications in their MOS.

Additionally, exceptional Marines can be waived pistol qualifications through their chain-of-command.

"If it's not job related, they have to be recommended by their (officer in charge) in order to be able to qualify for (the pistol)," said Staff Sgt. Jon Colbert, detail officer in charge.

Courses like the Wolf Tactical Reconnaissance and Personal Protection (Wolf T.R.A.P.P. course are offered to all interested in getting training with the M9 pistol.

Other available courses involving M9 pistol training are the Combat Marksmanship Course, The Combat marksmanship trainer course and the Range Safety Officers course.

To find out course information or dates for upcoming courses, contact your unit's Section 3 or training chief.



Sgt. Michael Lettko, combat marksmanship coach, gives advice while pacing between his shooters during a pistol detail at the Indoor Small Arms Range here Monday. Lettko encouraged his shooters to relax and stick to the fundamentals of shooting.

CPL. MARCEL BROWN



John A. Mallory, a Blood Thirsty bowler, launches his bowling ball down his team's lane during the 2011 Bowling Tournament at The Strike Zone here Saturday. Blood Thirsty was one of three teams that entered into the tournament.



Nelson P. Chavez, a Blood Thirsty bowler, sends his bowling ball gliding down his team's lane during 2011 Bowling Tournament at The Strike Zone here Saturday. The tournament was set in best-of-three games format.

Marines, sailors make pins cry during 2011 Bowling Tournament

LANCE CPL. CHARLIE CLARK
IWAKUNI APPROACH STAFF

Tiger's Blood clawed its way through Blood Thirsty, and Blowfish and Hootie during the 2011 Bowling Tournament at The Strike Zone here July 2.

The tournament was set in best-of-three games format. Each team bowled simultaneously during each game. The team, which had the highest combined score won the tournament.

"The teams that played were very competitive," said Richard G. Redick, the Marine Corps Community Services intramural sports coordinator. "The players were knocking those pins down right from the start."

James S. Harden III, a Blood Thirsty bowler, started strong with a spare.

Timothy M. King, a Blowfish and Hootie bowler, fired back with a spare of his own.

Meanwhile, Darrin W. Sellers, a Tiger's Blood bowler, kept the game rolling with a strike. He went on to bowl four more strikes, ending the first game with the highest score of 171.

However, winning this tournament required more than one person to perform well. It was the Blowfish and Hootie bowlers who took the first game with a combined team score of 518, edging out Tiger's Blood's 516 and Blood Thirsty's 442 averages.

"We saw our opportunity to get ahead," said Steven E. Reagan, a Tiger's Blood bowler. "We really started to make those pins cry."

Reagan, Samuel L. Operle and Peter A. Lawson, Tiger's Blood bowlers, opened the second game strong by bowling strikes.

Michael A. Ledyard and Donald A. Baker, Blowfish and Hootie bowlers, went on to bowl two strikes each ending the second game with a team score of 565.

Blood Thirsty smashed its competition in the second game. Harden and Alexander R. McCaffrey, Blood Thirsty bowlers, bowled four strikes. Nelson P. Chavez, a Blood Thirsty bowler, lead his team by bowling five strikes, ending the second game with a 591 school.



Darrin W. Sellers, Steven E. Reagan, Peter A. Lawson and Samuel L. Operle, Tiger's Blood bowlers, pose for a photo with their trophies during the 2011 Bowling Tournament at The Strike Zone here Saturday. Reagan also won the most valuable player for the tournament.

Blowfish and Hootie's lead was short-lived. "We got lazy after the second game," Ledyard said. "That really hurt us going into the third game."

During the third game each player only bowled one strike. Harden kept Blood Thirsty alive with three strikes throughout the third game. He only scored a 125.

Tiger's Blood piled on the pain with each player exceeding the other. Lawson bowled two strikes, Operle bowled three, while Sellers and Reagan each bowled four. Their heavy hitting scores would bring Tiger's Blood score to 639, which dwarfed Blood Thirsty, and Blowfish and Hootie's scores of 467 and 487 respectively.

After the scores were added up, Redick handed out prizes and trophies to the teams.

"We make it so that everyone who participates leaves with something in their hands," Redick

said.

The Strike Zone gave free games to the players who were able to get strikes whenever red-headed pins appeared on their screens.

After the teams received their prizes, Redick announced Reagan as the most valuable player of the tournament. Reagan was on the winning team and improved his score exponentially throughout the tournament.

His game started slow with an score of 109 but quickly leaped ahead with 145 in the second game and by the end of the third game his score rocketed to 187.

"I just bowled the best I could, and we came out on top," Reagan said. "This tournament was really fun. I cannot wait to sign up for the next one."

The 2011 Bowling Tournament proved to be an exciting bonding experience for the Marines and sailors who participated.

Wax on, wax off: Karate students learn martial arts during energized practice session

LANCE CPL. CHARLIE CLARK
IWAKUNI APPROACH STAFF

Martial arts students practiced self-defense techniques during a children's karate class in the martial arts dojo at IronWorks Gym here July 7.

The students, ages 5 – 12, stretched, performed strength training, cardio exercises and continued learning self-defense techniques during the practice.

"We go through the basics," said Brian C. Mallon, an IronWorks Gym karate instructor. "That way the students can learn how to use their full efficiency."

Karate differs from other martial arts because it is performed standing using upper and lower body strikes and kicks instead of grappling and submission holds like in Judo.

During the class, Mallon first called the students to attention and bowed to show respect to him as the instructor, the students as the martial arts disciples.

After the introduction to the class, the students sprinted around the dojo floor to get their bodies warmed up before stretching.

When the students ran a few laps, Mallon called them over to start stretching.

Ensuring the students stretch keeps them from getting injured before performing martial arts techniques.

Mallon also had the students do push-ups with him in between stretches to help work on the student's strength.

The students paired up with a partner after stretching. One student held a punching bag while the other student practiced front kicks.

When the teams of students went from one end of the dojo to the other, they switched roles so the students holding the bag could practice their kicks.

Next, punching was added to maneuver to keep the practice varied.

"We try to keep things very balanced," Mallon said. "This style of karate uses just as much leg kicks as it does upper body strikes."

Mallon studied each of the student's techniques. He spent time correcting the student's techniques and demonstrating how the punches and kicks should be performed.

"Mallon really keeps us on toes," said Jesse Baker, an 8-year-old white-belt karate student. "We never know what we will be doing when we come to practice."

When the final kick was flung, Mallon grabbed a foam mat for the students to practice their tumble rolls.

The students made a line in front of the mat and began hurling themselves, one at a time, onto the soft pad.

Mallon helped the students who

struggled with the technique and ensured they were rolling correctly across their backs to avoid injuries.

"My son, Jesse Baker, did karate before we moved here," said Mark D. Baker, a karate student's parent. "He loved karate so much that I signed him up for this class and he's been thrilled ever since."

After the students finished practicing their tumble-rolls, they played a game, which is meant to ready them for sparring when they get older.

The game was one student attempting to pull another student's colored ribbon off his or her's shoulder while protecting their ribbon, which was also hanging from their shoulder.

The students split into two teams. Each team had a leader who chose who would battle it out in the dojo.

Mallon then called the students to attention and dismissed them from the class.

The students, while sweaty and exhausted, ran to their parents with smiles on their faces and bowed out of the dojo.

Karate, a martial arts style developed in the Ryukyu Islands in what is now Okinawa, Japan, first appeared in the Japanese mainland in the early 20th century.

Isshin-Ryu and Ashihara Karate along with youth and adult Judo is taught at IronWorks Gym every week. Call 253-6359 for more details.



LANCE CPL. CHARLIE CLARK

Brian C. Mallon, an IronWorks Gym karate instructor, holds a foam pad for Jesse Baker, an 8-year-old white-belt karate student, to practice Baker's kicks and punches during a children's karate class at the martial arts dojo in IronWorks Gym here July 7. The karate class taught the students self-defense maneuvers.



LANCE CPL. CHARLIE CLARK

Jonathan Lee, a 9-year-old black-belt karate student, blocks Brandon Mallon, a 7-year-old black-belt karate student, as he dives for the red ribbon on Lee's shoulder in an exercise during a children's karate class at the martial arts dojo in IronWorks Gym here July 7. Karate differs from other martial arts because it is performed standing using upper and lower body strikes and kicks instead of grappling and submission holds like in Judo.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



CPL. COLBY BROWN

GARMSIR DISTRICT, Helmand province, Afghanistan—Sgt. Nathaniel McGinness speaks to local children during a security patrol here, July 1. The ANA soldiers partnered with 2nd Squad have taken on independent responsibility of the operations in their area to include sweeping for improvised explosive devices and taking part in the planning of the patrols in the area.

Hemland Marines loosen reigns on local soldiers

CPL. COLBY BROWN
REGIMENTAL
COMBAT TEAM 1

GARMSIR DISTRICT, Helmand province, Afghanistan — Punching bags and jump rope help, but you don't really learn how to fight until you set foot in the ring.

This is the philosophy that shapes Marines' interaction with Afghan National Army soldiers here. While past units essentially told the ANA what to do, the Marines of 2nd Squad, Weapons Platoon are helping them find their own way forward.

"The ANA soldiers have so much more to contribute than being extra Marines," said, 1st Lt. Charles Eberly, the platoon commander of Weapons Platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment. "The more I interact with the people here, the more I realize how essential they are. We are kind of outsiders, but the soldiers are part of the human network here. They know everybody, and they can walk out on any street and communicate effectively."

In early June, Eberly, decided to give the ANA soldiers from 2nd Kandak, 1st Brigade, 215th Corps greater responsibility. Eberly combined soldiers from two different ANA positions to make a complete squad. For about a week, the Marines of 2nd

Squad continued to walk them through daily operations. Then, they loosened the reigns, so to speak.

Before the mini transition, Sgt. Nathaniel McGinness, the squad leader of 2nd Squad, headed every patrol and wrote each watch roster for the ANA and Marines. Now, he splits these tasks with ANA Sgt. Sayed Akbar, a 2nd Kandak squad leader. And, instead of having Marines on point every time, the ANA soldiers now lead, sweeping for improved explosive devices.

"We are teaching ... a mentality that will make them successful in the future," said McGinness.

The Marines of 2nd Squad have handed the initiative to their Afghan counterparts, and along with that initiative, the ANA soldiers have developed a newfound sense of responsibility and pride.

"I like my job of providing security of this area," said Akbar. "After the new improvements, I'm confident my children and my children's children will be able to go to school and continue to build upon Afghanistan."

Local citizens have taken notice of the ANA's increased role. After the ANA squad led their first patrol in late June, local elders mentioned it during a shura the following Sunday.

"The local people are looking to the ANA to hold security,"



CPL. COLBY BROWN

GARMSIR DISTRICT, Helmand province, Afghanistan—An Afghanistan National Army soldier with the 2nd Kandak, 1st Brigade, 215th Corps walks across a footbridge during a security patrol here, July 1. The partnership between the Marines and their Afghan brothers-in-arms is an example for the rest of the infantry squads to emulate.

said Lance Cpl. Joshua Greene, a team leader with 2nd Squad. "For example, if I was back home, I would want my own cops patrolling the streets, not a foreign country's."

More recently, 2nd Squad went on a satellite patrol with the ANA squad. The Afghan soldiers, who outnumbered the Marines 2 to 1, led the patrol and planned their own route. The Marines simply observed how the soldiers

operated and provide advice when necessary.

According to McGinness, the local ANA's progress is an encouraging sign.

"The ANA soldiers have good intentions and have a patriotic drive to serve their country," said McGinness. "We're here to set the military example for them and steer them in the right direction, so they can be independently successful."

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Summer Bible School Classes

Summer vacation bible school classes are scheduled to be held at the Marine Memorial Chapel August 15 – 19, 5 p.m. – 7:30 p.m. Register at the chaplain's office during normal working hours. For more information, contact Aileen Flores or the chapel staff at 253-3371.

Temporary Mess Hall

Building 240 is designated as a temporary mess hall. Hours of operation are 6 – 7:30 a.m. and 11 a.m. – 1 p.m. Monday – Friday. The special shuttle bus will continue to run during the dinner and dinner/brunch meal periods. A sandwich bar is also available from 1:30 – 5:30 p.m.

Lending Locker Program

The lending locker program is available to provide small home appliances and utensils for incoming and outgoing command-sponsored members for up to 60

days inbound and 30 days outbound. A copy of PCS orders is required. The lending locker is located in Building 411 room 101. For more information call, 253-6161.

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is 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 must be repaid within 10 months. For more information, call the Iwakuni NMCRS at 253-5311 or stop by the Marine Memorial Chapel, Room 148.

PMO Lost and Found

Contact the Provost Marshal's Office Lost and Found if you have lost anything around the installation. Examples may include: Cell phones, keys, digital cameras, bicycle helmets, etc. To recover lost items or for more information, call 253-4929.

Crime Stoppers

To report a crime, call 253-3333. Callers can leave a detailed message without having to speak to a live person.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. The promotion is open to anyone with a birthday. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and Marine Corps Community Services take care of the rest. Every Friday, birthdays from the previous week will be announced and on the last Friday of every month there will be a random birthday cake giveaway for one birthday in the upcoming month

Jobs

Administrative Associate NA022

Part time position must be capable of performing on-site contract administration and secretarial duties under the supervision

of the lead mechanic. Perform administrative and clerical duties involving data collection, establish and maintain files, shipping and receiving, aircraft logs and records updating aircraft and maintenance data, training records, inventory control and tool control. Shall be conversant with maintenance and utilization aircraft logbooks and records and have knowledge of OPNAVINST 4790.2 Series, Volume II. A secret U.S. security clearance is required. For more information visit the L-3 Communications site at l-3com.com/careers or contact Albert Ivanoff at 253-3061.

Program Management Positions

Louis Berger Group is seeking experienced DoD, retired or separated military members for program management positions located at Camp Courtney, Okinawa, Japan. Some requirements include a minimum 4-year degree, 5-years experience, U.S. citizen, able to obtain

secret security clearance, experience with military requirements, planning and operations. For immediate consideration for local residents, you may submit an advance resume to lbginokinawa@gmail.com. For more information visit www.louisberger.com and look for the jobs indicated for Okinawa.

Brief and Classified Submissions

To submit a brief or classified advertisement, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, phone number and the information you wish to be published. You may submit your brief or ad in person at the Public Affairs Office, Building 1, Room 216 or call 253-5551 to submit over the phone. Provide all requested information to simplify the request process. The deadline for submissions is 3 p.m. every Friday. Submissions will run the following Friday on a space-available basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

4 food safety steps: clean, separate, cook, chill

FOOD FROM PAGE 2

increased by 76 percent and is responsible for 1.4 million illnesses a year.

Last summer alone, it sickened more than 50,000 Americans causing a recall of approximately 500 million eggs.

Certain populations of people are at higher risk for developing food-borne illness including pregnant women, young children, older adults and people with weakened immune systems.

As such, these groups should take extra caution to remain safe.

To prevent or diminish the chances of contracting food-borne illness, follow the four steps of food safety: clean, separate, cook and chill.

Clean: Wash hands and surfaces often! Unwashed hands are the number one cause of bacterial contamination.

Separate: Do not cross contaminate foods! Keep raw meat and uncooked foods, such as vegetables, separate. During preparation, grilling, and serving, cross contamination is a prime cause of food-borne illness.

Cook: Cook foods to safe temperatures!

Cooking foods to high temperatures for a long enough time will kill bacteria

which cause food-borne illnesses.

Use a food thermometer and cook beef, pork, lamb, veal steaks, chops, and roasts to an internal temperature of approximately 145 degrees.

Let meat rest for three minutes before carving or consuming.

Ground beef, pork, lamb and veal should be cooked to an internal temperature of 160 degrees.

Poultry should be cooked to 165 degrees.

Chill: Refrigerate promptly.

Holding foods at unsafe temperatures is another common cause of food-borne illness.

A good rule of thumb is to keep hot foods hot, and cold foods cold.

Once your picnic is over, do not forget to take proper care of leftovers.

Foods not refrigerated for more than two hours may not be safe to eat. In temperatures of 90 degrees or more, food should not be left out for more than an hour.

If there is any doubt, throw it out!

While it is a bit scary and unsettling, food-borne illness is real and dangerous.

Following these simple rules and remaining cautious will help you and your family to enjoy your summer with delicious, safe meals.

For more information about food safety, visit www.foodsafety.gov.



LANCE CPL. CAYCE NEVERS

INFOTAINMENT

Chapel Services

Roman Catholic

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

Protestant

Saturday 7 a.m. Men's Ministry
9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
4:30 p.m. Lutheran Holy Communion Service (Small Chapel)
Wednesday 6 p.m. Awana (Bldg. 1104)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ

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

Latter Day Saints

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

Teen Programs

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

Call 080-4177-2060 or e-mail jletaw@ClubBeyond.org

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

Photo of the week



CPL. JENNIFER PIRANTE

Lance Cpl. Revor McGee, powerline technician with Marine All-Weather Fighter Attack Squadron 242, checks components on an F/A-18D Hornet jet after a pro-flight here Monday. VMFA(AW)-242 completed a surge mission to test the squadrons sortie capabilities and mission readiness. If you have your own photo to submit? Submit your photos to the Public Affairs Office by e-mailing them to iwakuni.pao@usmc.mil or submit them in person at the Public Affairs Office in Building 1 Room 216. Entries will be judged by the Iwakuni Approach Staff and the top selection will run in the next edition of the Iwakuni Approach. For more information call 253-5551.

SAKURA THEATER

Friday, July 15, 2011

7 p.m. Transformers: Dark of the Moon (PG-13)
Premiere

Saturday, July 16, 2011

1 p.m. Cars 2 (PG)
Premiere
4 p.m. Jumping the Broom (PG-13)
7 p.m. Bridesmaids (R)

Sunday, July 17, 2011

1 p.m. Cars 2 (PG)
5 p.m. Transformers: Dark of the Moon (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 \$3 / Ages 6-11 are \$1.50 / Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

Monday, July 18, 2011

1 p.m. Kung Fu Panda 2 (PG)
7 p.m. Jumping the Broom (PG-13)

Tuesday, July 19, 2011

Theater Closed

Wednesday, July 20, 2011

Theater Closed

Thursday, July 21, 2011

1 p.m. Prom (PG)
7 p.m. Something Borrowed (PG-13)

Mess Hall Menu

Monday

Cream of broccoli soup, turkey pot pie, chicken vegetable, Cajun baked fish, steamed rice, mashed sweet potatoes, cauliflower combo, collard greens, vegetable gravy, apple dressing, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, bear claws, quick apple coffee cake, apple crunch, marble cake with chocolate frosting, macadamia cookie, chocolate pudding parfait, Jell-O parfait.

Tuesday

Chicken gumbo soup, shrimp scampi, barbecue pork ribs, sweet and sour chicken, peas with onions, wax beans, steamed rice, oven browned potatoes, mushroom gravy, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, banana nut muffin, quick apple coffee cake, blueberry pie, devil's food cake with chocolate frosting, peanut butter cookies, coconut cream pudding, Jell-O parfait.

Wednesday

Tomato soup, lasagna, roast pork, fried breaded shrimp, au gratin potatoes, steamed rice, whole kernel corn, mixed vegetables, brown gravy, garlic bread, macaroni salad, potato salad, coleslaw, standard salad bar snails, pecan rolls, cherry crunch, banana cake with chocolate frosting, sugar cookies, chocolate pudding parfait, Jell-O parfait.

Thursday

Minestrone soup, barbecued ribs, chicken on orange sauce, steak and vegetables, steamed rice, pork fried rice, vegetable stir fry cabbage, peas and carrots, brown gravy, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, kolaches, blueberry muffins, apple pie, spice cake with buttercream frosting, brownies, vanilla pudding parfait, Jell-O parfait.

Friday

Cream of mushroom soup, baked tuna and noodles, Salisbury steak, fried catfish, mashed potatoes, steamed rice, brussels sprouts, cream style corn, brown gravy, corn muffins, standard salad bar, potato salad, coleslaw, macaroni salad, kolaches, quick French coffee cake, Boston cream pie, double layer carrot cake with lemon buttercream frosting, oatmeal raisin cookies, vanilla pudding parfait, Jell-O parfait.

ATC takes softball control, beats IYAOYAS 16-6



LANCE CPL. KENNETH K. TROTTER JR.

Christopher Jones, ATC pitcher, hits a pitch during ATC's 16-6 win against the IYAOYAS at the main softball field here Saturday. The IYAOYAS attempted a comeback in the bottom of the third inning, scoring five runs, but could not come back in time before time ran out.



LANCE CPL. KENNETH K. TROTTER JR.

Paul Torres, ATC outfielder, prepares to swing at a pitch during ATC's 16-6 win over the IYAOYAS at the main softball field here Saturday. ATC took the lead early in the game, scoring 14 runs in the first inning. The IYAOYAS scored only one run in the first inning before making five more runs in the third.

LANCE CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

ATC dominated the IYAOYAS 16-6 in an intramural softball game at the main softball field here Saturday.

The game was part of the 2011 intramural softball tournament which ended Tuesday.

ATC, living up to the old saying, "the best defense is a good offense," took the lead early in the game with a series of deep fly balls and grand slams amassing a total of 14 runs in the first inning. This was the first time all season ATC has gotten that many runners home in the first inning.

The IYAOYAS were not able to rebound until the bottom of the third inning. A series of bad pitches over the plate helped ATC in their bid to take the win. The pitches helped to set up situations where ATC was often walked, resulting in bases loaded and fly balls deep to the outfield. The IYAOYAS players also had problems communicating with one another with pop-ups.

Adam Sanders, ATC right centerfielder, had four runners batted in with a grand slam to center field, quickly driving up the score to 6-0 for the IYAOYAS.

"It was good to make a grand slam today," said Sanders. "I was glad to help out."

After the grand slam, ATC continued to pour on the hits. Paul Torres, ATC center fielder, hit a fly ball deep to center field, bringing Joel Berberena, ATC outfielder, home. Torres and Scott Hayman, ATC catcher, were then brought home by way of a fly ball from Christopher Jones, ATC pitcher, making the score 8-0.

ATC added six more runs home before finally being forced off the field when Berberena hit a line drive to second base, being tagged out at first. At the bottom of the first, the first two IYAOYAS batters were quickly ruled out by way of fly balls. If not for Matt Lowry, IYAOYAS pitcher/first baseman, making a homer, ATC would've pitched a shutout in the first inning. The first inning ended with a score of 14-1.

The second inning had the IYAOYAS tack on two more runs. With one out, Sam Gravet, ATC third baseman, and Torres were brought home by Jones with a fly ball deep to center field, making the score 16-1.

"We just came to play today," said Jones. "Scoring those 14 runs in the first inning helped us out."

The second inning capped ATC scoring for the night as the IYAOYAS started to get their defense to work together.

At the top of the third, ATC was quickly taken off the field by way of a series of quick reactions to fly balls in the outfield.

With John Bass, IYAOYAS pitcher, on second, Lowry on first and two outs, Kenny Snook, IYAOYAS shortstop, hit a homer deep to center field making the score 16-4 at the bottom of the third. That would not be the IYAOYAS only homer for the afternoon. The next play, Robert Griffin, IYAOYAS second baseman, hit a homer to right field, making the score now 16-5. The IYAOYAS would get one more runner home during the game. Johnny Altieri, IYAOYAS left fielder, was on second with William Stevens, IYAOYAS pitcher, on first. Shannon Boyer, IYAOYAS second baseman, hit a line drive between first and second. Altieri made it to home. Stevens made it to second. Bob Jernigan, IYAOYAS centerfielder hit a line drive to second and was tagged out at first before Boyer could get home ending the inning.

The next inning saw neither team score any more runs. ATC went on to finish the game comfortably in the lead with 16-6.

"It felt good to come out here and beat the number three seeded team," said Jones. "A few days before we beat the number one seeded team."

Though the team won, they allowed the IYAOYAS to attempt a comeback with five unanswered runs in the third inning.

"We played deeper than normal and were sacrificing a lot," Jones added.

The two teams will continue to roll on in the tournament. The next round of the tournament was played Monday. The tournament ended Tuesday.

To Military Treatment Facility Providers

Did you know?

DoD is removing Social Security Numbers
from ID cards

SSN Removal

As of June 2011, the Social Security Number (SSN) is no longer printed on any DoD ID card.

These changes are being made by the Department of Defense to protect the personal identity information of cardholders.

ID Card Changes:

- New ID cards will have a **DoD ID Number** in place of the SSN.
- If the beneficiary is eligible for DoD (TRICARE) benefits, there will also be an 11-digit **DoD Benefits Number (DBN)** printed on the back of the new ID card. MTF systems may not accept the DBN. In that case, beneficiaries will need to provide their SSN.

MTFs have the following options to confirm beneficiary eligibility:

- Ask a beneficiary to verbally provide his or her SSN or sponsor's SSN.
- Use **General Inquiry of DEERS (GIQD)** and the beneficiary's DBN to obtain his or her sponsor's SSN



For more information about Social Security Number removal, please visit www.tricare.mil/ssn.