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ANCE CPL, KENNETH K TROTTER J

DEDEDO, Guam - Lt. Col. Aisha M. Bakkar, Marine Forces Pacific (Forward) public affairs officer in charge, paints the M in USMC on the side of a bus stop here Oct. 19 as part of a beautification project here in the village of Dededo. The project was set up by participating Marines and sailors and the lieutenant governor of Guam.

Part One: You're not alone

LANCE CPL. VANESSA JIMENEZ IWAKUNI APPROACH STAFF

Lisa Walz has been feeling like she has been walking on eggshells for weeks.

How did it get this bad?

It has been almost three months since Lisa and her husband, Sgt. Dan Walz, arrived at their new duty station here. Living overseas was a first for both of them and Dan didn't seem to be adjusting well. Little disagreements were suddenly out of control arguments and that was the least of Lisa's problems. Dan was becoming increasingly controlling and

he was drinking a lot.

At first, it seemed as though Dan was looking out for Lisa's best interests. He would tell her not to get a job so she could go back to school or how he thought skirts complimented her looks.

Now he tells her how there isn't enough money to go to school and she's too stupid anyway.

He now forbids Lisa to wear pants. He dismisses her input, ideas and makes decisions for the both of them. She feels like a servant more than a wife. Nothing she does is right. Lisa

Annual run seeks help for Ko'ko

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

JOSEPH FLORES MEMORIAL PARK, YPAO BEACH, **Guam** – Approximately 28 Marines and sailors from Marine Aviation Logistics Squadron 12, Marine Fighter Attack Squadron 115 and Strike Fighter Squadron 94 took part in the sixth annual Guam Ko'ko Road Race Ekiden Relay and Half Marathon here Oct. 16. A total of 1,600 participants, including the service members from MALS-12, VMFA-115 and VFA-94, took part in the run to show their support and recognize the Ko'ko birds, the official territorial bird of Guam and its struggle to survive. The race served to raise awareness of the plight of the Ko'ko, a

Service members help to give facelift to bus stops

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

DEDEDO, Guam - Fifteen Marines and sailors from Marine Fighter Attack Squadron 115 and Strike Fighter Squadron 94 completed maintenance and upkeep on several bus stops here Oct. 19.

The purpose of the project was to provide an opportunity for residents to see another side of armed forces as members of a larger community.

We're not just here to do a mission and take away," said Lt. j.g. Travis E. Coffey, Marine Aircraft Group 12 deputy chaplain. "We're here to leave something behind and touch the community in a way that impacts them.

The project was set up by participating Marines and

sailors and the lieutenant governor of Guam. "The lieutenant governor has put together an effort going across the island to do different events, which the community and leaders can do to improve things for its citizens, so Guam can be seen in its best light," said Coffey.

The service members were divided into four groups and spread out along a stretch of highway that had the most defaced bus stops. Many of the bus stops had been defaced

with graffiti and some were even infested with ticks. "There's always going to be obstacles for us to overcome," said Coffey. "That's why we're a team. We keep pushing forward on the task at hand."

Not every service member on the exercise could be there to help with the bus stop clean-up, but the ones who were able to take the time and help out all left with the satisfaction of their efforts.

"Not all of us could be out here to participate because of work, but I was still surprised by the number of people who showed up," said Staff Sgt. Wanda R. Evans, VMFA-115 maintenance administration chief. "It was more than I expected.

The service members chose to paint over much of the graffiti with a black base to make it more difficult for anyone who might attempt to deface the bus stops again. "It was heinous," said Lance Cpl. Kyle E. Riesenberg, a

SEE BUS ON PAGE 3



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CHAPLAIN'S CORNER 'Angels guide us through tough moments'

CMDR. DEAN L. HOELZ MAG-12 CHAPLAIN

"At once, the Spirit sent him out into the desert, and he was in the desert forty days, being tempted by Satan. He was with the wild animals, and angels attended him" (St. Mark 1:12).

Angels were not on my mind until I received a wonderful e-mail from a young Marine.

She has given me permission to quote her as long as she remains anonymous.

She said perhaps it would be helpful to others.

Here is what she wrote: "Sometimes growing up with hardship is the best way. I grew up with divorced parents and a stepfather who, while I loved him, we never made a connection until very recently. I struggled through being picked on and finding my own way and my own personality. I was very lucky; however, through all of it, I had guardian angels, many of them." All the major world religions speak about the importance of

angels. Many of us grew up with the

However, the word "angel," simply means, "messenger." Primarily, angels are "messengers from God

In the Jewish and Christian Scriptures, angels appear to people who are experiencing times of hardship, suffering or uncertainty.

An angel appeared to a pregnant Hagar as she journeyed through the desert

An angel of the Lord came to a teenage Mary saying she would bear a son, the Messiah.

While Jesus was in the wilderness, angels ministered to

The writer of the Book of Hebrews tells his readers, "Do not forget to entertain strangers. for by so doing some people have entertained angels" (Hebrews 13:2).

The young Marine who e-mailed me is wise beyond her years.

For her, personal hardship and struggles enabled her to recognize

angels whom God sent into her

No, not the winged type, but the of God.

images of winged beings or human kind: people who came into her life at the right time and place supplying her with words of comfort, hope, insight and protection. Like this young Marine, we can all identify with hardship of some type. Who hasn't had problems with

relationships, difficulties at home, aging parents, deployments, death of someone close to us, separation from loved ones, career choices?

The list is endless.

In the hardest times of our lives God sends his angels to supply us with unexpected strength, encouragement, and hope.

If we have eyes to see and ears to here, we will, like this young Marine, discover that these messengers of God come in all shapes and sizes, and they all have names as well, like mother, father, daughter, son, friend and stranger.

The neat thing about angels is, if you are willing to assist another person in need, or take the time to listen to someone who needs to talk, then you too, have just earned the title angel, "messenger

PostOffice Holiday Mail

DESTINATION	EXPRESS	1ST CLASS	PRIORITY	PAL	SAM	PARCEL POST
APO/FPO/DPO AE 090-092	17 Dec.	10 Dec.	10 Dec.	3 Dec.	26 Nov.	12 Nov.
APO/FPO/DPO AE 093	N/A	3 Dec.	3 Dec.	1 Dec.	26 Nov.	12 Nov.
APO/FPO/DPO AE 094-098	17 Dec.	10 Dec.	10 Dec.	3 Dec.	26 Nov.	12 Nov.
APO/FPO/DPO AA 340	17 Dec.	10 Dec.	10 Dec.	3 Dec.	26 Nov.	12 Nov.
APO/FPO/DPO AP 962-966	17 Dec.	10 Dec.	10 Dec.	3 Dec.	26 Nov.	12 Nov.

AE: Armed Forces Europe (Serves Europe, Canada, Africa and the Middle East.)

AP: Armed Forces Pacific (Serves Asia and the Pacific.)

AA: Armed Forces America (Serves all of the Americas, to include military bases within the United States, excludes Canada.)

EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO/DPO address.

PAL: A service which provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM: SAM parcels are paid at Parcel Post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

Domestic violence: Don't let others abuse your life

ABUSE FROM PAGE 1

is starting to believe she's crazy and has no one to turn to. Dan never acknowledges his behavior. He claims she is overreacting and acts as if nothing had ever

happened. Lisa's never been so far away from home, and making new friends has proven difficult for her.

As she reaches for the refrigerator door, she looks down at her wrist. The bruises are still visible and it had been a week since the incident.

She stops for a moment to think. Why is she putting up with this behavior?

Lisa married for love and she didn't put up with Dan's behavior out of obligation to her vows. It was because she wanted to. She kept thinking back to their wedding day and all the wonderful memories they shared together, but Dan was making things difficult. Lisa has started to question the way she feels.

The memories were starting to fade as his recent behavior occupied her thoughts.

Lisa hears the door open and flinches. Dinner wasn't ready yet. Dan walks in and throws his bag

on the floor. "Hey, don't I get a greeting?" he

yells. This is a good sign Lisa thought. Usually, when Dan returns from work she only hears the TV switch on as he yells for a beer.

She walks over to him and smiles. She barely opens her mouth before Dan snatches her by the wrist and pulls her close to him.

He whispers through clenched teeth, "Dinner isn't ready is it?" Dan has already been drinking. The smell of alcohol and cigarettes sends chills down her spine and a tear wells up in her eyes. "I'm sorry," she whispers back to

him. "I just started coo.. The pain interrupts Lisa as Dan

wrenches her wrist back. She hoped this wasn't going to happen again. Lisa had so much faith in Dan. She loved him so much

She kept thinking, "how could he do this to me?"

October is domestic violence awareness month. To bring light to some issues that some experience, this is just one scenario of domestic violence incidences, which occur every day. Domestic violence is one of the most chronically unreported crimes in the U.S. but there are many resources on the station available to anyone suffering from domestic violence. Next week's issue will give an overview of resources available, different ways to get help and consequences of domestic violence. If you are in immediate danger, call 911/119. If you are unig a cell phone, dial 082-721-7700.



ANCE CPL KENNETH K TROTTER I

DEDEDO, Guam – Marines and sailors from Marine Forces Pacific (Forward), Marine Aviation Logistics Squadron 12, Marine Fighter Attack Squadron 115 and Strike Fighter Squadron 94 paint together during a beautification project here Oct. 19. Along with the beautification project, the Marines are also uled to interact with Junior Reserve Officer Training Corps cadets on Oct. 28 and Guam girl Power Day Saturday.

BUS FROM PAGE 1

VMFA-115 aviation electrician. "I didn't think we were going to get any kind of progress because of all the (graffiti). It took a little while but as we continued with the project, it transformed."

As the service members painted the various designs, which included the seal of Guam as well as the U.S. Marine Corps and Navy emblems, vehicles passed by honking their horns, the drivers waving.

"That just shows how much they appreciate us," said Riesenberg.

The service members also realized some resi-

dents might see this as a publicity stunt but were steadfast in their commitment to the effort.

'We have an interest in the community," said Riesenberg. "We do this for free, out of pride. We're proud of our country and we want every one to feel the pride we feel.

More events with opportunities for service members to interact with and help the community are scheduled for the future.

In the few remaining weeks pilots from both squadrons took time Oct. 28 to spend time with Junior Reserved Officers Training Corps cadets and are scheduled to spend time at the Guam Girl Power Day Saturday.

Marines, sailors help Ko'ko birds

BIRD FROM PAGE 1

flightless species native to the island that teeters on the brink of extinction

"The Ko'ko is extremely endangered," said John Wesoloski, Ko'ko race director. "There are very few in the wild and we just want to make people aware of that."

The Brown Tree Snake is one of the more serious threats endangering the Ko'ko.

The Brown Tree Snake was first introduced to the island during World War II. With the snake having no

natural predators, the Brown Tree Snake quickly climbed to the top of the food chain.

The Ko'ko along with several other native birds have either gone extinct or are on the brink of extinction due to the snakes presence.

snakes The have singlehandedly eradicated twelve bird species native to Guam.

"We need to be conscious of

not only the Ko'ko bird, but all the other endangered animals and do what we can to protect them and our environment," said Wesoloski.

Some Ko'ko run participants did not know of the struggle between bird and snake.

"I honestly did not know anything about the Ko'ko bird until this," said Seaman Samantha J. Keeler, a VFA-94 aviation ordnanceman and race participant. "I didn't realize they are as endangered as they are.

Some participants were excited at the opportunity to take part in the race. Others were excited about the amount of support and participation there was in the event.

"I was pretty excited, I was actually waiting for it," said Keeler. "A lot of other people were excited as well."

Excitement was just one reason Marines and sailors participated in the event.

"(Events) such as this to raise awareness really help because

a lot of people don't know about it, like me," said Keeler. "I would never have known about (the issue) if someone hadn't told me there was a race."

The run was not only a way for the Marines and sailors to help raise awareness of the Ko'ko but to also show their support to the local community.

"It's always a good opportunity for us to get out here and support the community," said Lt. j.g. David Doyle, VFA-94 maintenance material control officer and race participant. "It's important that the community feel like we're part of their family as well. Anything we can do to help the communities we live in as a military is very important.'

Each_year the Guam Ko'ko Road Race has been steadily growing.

The previous year had 1,400 participants.

This brought vear 200approximately more participants to the streets in support of the Ko'ko bird cause

Marines hone combat planning skills during MOC exercise

Cpl. Marcel Brown IWAKUNI APPROACH STAFF

Marine Aircraft Group 12 intelligence, operations and communication shops conducted command and control systems course training, Oct. 20, during the three-week long MAG-12 Operation Center exercise at the Penny

Lake Fields here. "Training like this is a perishable skill," said John W. Lynch III, Combat Operations Center specialist, Marine Integrated Systems Train-ing Center Okinawa, Japan. "Being able to do it here in our home station where we live and work allows us to stay sharp at that skill." Marines were trained on two different opper-

ating systems.

"Today we're looking at C2PC (Command and Control Personal Computer) and Command Post of the Future (CPOF)," said Lynch. "The unit's operations clerks, logistics clerks and Intel clerks are learning how to use these systems in order to provide situational awareness in the battlefield.'

C2PC is used as a tool to track friendly units by displaying a common operating picture, referred to as an overlay, of unit activity. CPOF is an executive-level decision support system that provides situational awareness and collaborative tools to assist with decision mak-

'Marines are smart; they're motivated and have a lot of ingenuity going on, but sometimes they're not aware of a system, applicaLvnch

Combined, these systems provide commanders with a clear overview of unit and enemy activity, which can be productively used for a wide range of possibilities such as identifying rally points, tracking unit movement, indentifying previous attack locations and much

"If you were going to OIF or OEF, you would see that every battalion, regiment, group and squadron has some place where they're executing command and control, sharing information with our coalition partners and also providing information back to our higher headquarters wherever that may be," said Lvnch

The Marines were intentionally given the training in the COC of the MOC to bring the Marines closer the deployed experience.

"This brings us closer to what we're going to do in real life. The classroom is nice and comfortable and air conditioned, but if we're going to the Southern Philippines or Thailand for example, we're going to have to take our own air conditioning and power. We're going to have to set up everything from scratch, and this allows us to duplicate that capability," said Lynch. "If we do this repeatedly, it becomes a very simple process to conduct expeditionary warfare." C2PC and CPOF are systems more common-

tion or network that gives them rapid access to information that can just make them much more efficient at what they're doing," said with a universally-used computer system.

FEATURE

"It allows other Marines outside this (military occupational specialty) to get the knowledge on how to make overlays, so if they're ever put in that situation or predicament, they'll know how to do this," said Lance Cpl Justine McPeters, MAG-12 warehouse clerk.

Although intelligence and operations functioning systems, it's not uncommon for their Marines to be unfamiliar with these systems. which is the primary reason MAG-12 conducted this training.

You can use C2PC to build intelligence products, plan future operations and manage current operations, which are S-2 (intelligence) and S-3 (operations) functions," said Capt. Joseph M. Zane, communications officer in charge. "If it has to do with computers, people will usually ask (communications) questions, so it's important for them to sit in on the training and know the basics of these systems.

Several of the Marines attending said they would like to see this information passed more frequently, especially to junior Marines coming in.

"I hope we get a chance to do this more of-ten," said Zane. "We really need to get out here as much as we can."

MAG-12 will conduct various training evolu-tions within the MOC throughout October.



Marine Aircraft Group 12 Marines unroll and prepare to set up tents for the MAG-12 Operation Center exercise at Penny Lake Fields here Oct 13. Marines were intentionally given the training in the command and control systems course of the MOC to bring the Marines closer to the

Marine Aircraft Group 12 S-2, S-3 and S-6 Marines recieve period of instruction from John W. Lynch III Combat Operation Center specialist Marine Integrate Systems Training Center Okinawa, Japan, during a command and control systems course in the MAG-12 Operation Center exercise at Penny Lake Fields here Oct. 20. Marines were trained to use both Command and Control Persona Computer (C2PC) and **Command Post of the** Future (CPOF) operating





A Marine follows along on his computer while receiving a lesson during the nand and control systems course in the MAG-12 Operations Center cercise at Penny Lake Fields here Oct. 20. MAG-12 will conduct variou vithin the MOC throughout the month of October



Marines tie down the side of the Marine Aircraft Group 12 command operating center tent during a MAG-12 Operation Center exercise at Penny Lake Fields here Oct. 13.

Marines afford VMFA-115 aircraft opportunity to detonate ordnance

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

The opportunity to train on live ordnance ANDERSEN AIR FORCE BASE, Guam allows the ordnance Marines to experience – Marine Fighter Attack Squadron 115 a more fast-paced approach to their job. The ordnance Marines completed air-to-ground training helps the Marines become more ordnance loading training here, Oct. 21, observant in loading ordnance. as part of a monthlong deployment to the "We have to be more attentive to the fusing, the codes and the electric checks; region.

The purpose of the exercise was to ensure both VMFA-115 ordnance Marines and pilots were proficient in their capabilities of

off the plane," said Gunnery Sgt. Jason A. Hewes, VMFA-115 ordnance chief. "This actually has to blow up." Repetition in loading and preparing employing live ordnance. "We're allowing the pilots to work with tools, some of them have only used in simulation," said Chief Warrant Officer 2 Joy Craig, VMFA-115 aviation ordnance ordnance gives the Marines an opportunity officer. "This is the first time dropping live to troubleshoot and review their progress ordnance for some of them. It's a refresher from day to day. training for others. It's also good training for our ordnance Marines in case of a real-"After a couple of days of doing it, they cut their time down to six planes in 45 minutes," said Hewes. "They've gotten more world scenario.' VMFA-115 is part of the Unit Deployment proficient at what they're doing. They've come together as a group, a team.

Program, which gives aviation squadrons stationed in the U.S. an opportunity to conduct training in the Pacific region. The training not only served to increase the proficiency and efficiency of the ordnance VMFA-115 is based out of Marine Corps Air Marines but also helped those deployed on Station Beaufort, S.C. a different front.

The Marines spent a week fitting F/A-18s "These bombs protect other Marines," said with a variety of weaponry and ordnance. Hewes. "They're utilized to support ground The Marines worked with Mark-82 bombs, forces and to ensure they're protected from NDERSEN AIR FORCE BASE, Guam — Sgt. Ian S. Wheeler (foreground) Mark-83 bombs and Guided Bomb Unit 31 an (aerial) standpoint. Pfc. Greg T. Morris (center) and Lance Cpl. Pawel Jamiolkowski (right), Marine Fighter Attack Squadron 115 aviation ordnance technicians, work to For some ordnance Marines, live ordnance bombs, which weigh approximately 1,000 pounds. The aircraft also employed the is a very uncommon part of their job unless ver a bomb onto the wing of a F/A-18 Hornet on the flightline here GBU-32 bomb, which weigh approximately Oct. 20, during an air-to-ground ordnance exercise. Approximately 43,000 2.000 pounds inds of ordnance was dropped over the week.

Approximately 43,000 pounds of ordnance was dropped during the week. The squadron is scheduled to deploy approximately 80,000 pounds of ordnance by the end of the month.

That's more than we dropped all last year in Beaufort," said Craig. "Guam gives us an opportunity we don't normally have.'



ANDERSEN AIR FORCE BASE, Guam - Col. Trevor J. Fortin, a Marine Fighter Attack Squadron 115 aviation ordnance technician, prepares to move a bomb toward an F/A-18 Hornet during an air-to-ground ordnance training exercise off the coast of Guam, Oct. 20. The Marines and sailors plan to continue to drop live ordnance until their training in Guam is complete.

The bombs were dropped on an uninhabited island off the coast of Guam.

everything that goes along with it to ensure it actually (detonates) instead of like the inert weapons we use where they just fall

they are on deployment. "It's exciting," said Lance Cpl. Pawel Jamiokowski, a VMFA-115 aviation ordnance technician. "There's a feeling you get when you're loading live ordnance. It's the real (deal)."

The Marines and sailors plan to continue to drop live ordnance until their training in Guam is complete.

LANCE CPL, KENNETH K, TROTTER J





ANDERSEN AIR FORCE BASE, Guam - Pfc. Greg T. Morris, a Marine Fighter Attack Squadron 115 aviation ordnance technician, uses a screwdriver to tighten any loose pieces of a coupling in preparation for a bomb before the start of an air-to-ground aerial training exercise here Oct. 20.

WIVES TO MARINES: Jane Wayne day gives spouses inside look to Marine lives

LANCE CPL. VANESSA JIMENEZ IWAKUNI APPROACH STAFF

Spouses of Marines and sailors with Marine Wing Support Squadron 171, Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12, Marine All-Weather Fighter Attack Squadron 242 and Combat Logistics Company 36 were dressed in a variety of different combat utility uniforms and physical training gear ready for Jane Wayne Day here Oct. 21.

Forty-four women signed up for the opportunity to step into their husband's boots for the day.

'Today you're going to live part of the dream that your significant others live every day," said Col. Christopher Mahoney, MAG-12 commanding officer. "You'll get a look at how we condition ourselves, physically get to run around and get a little bit sweaty."

Participants soon realized how their day would go when former drill instructors Gunnery Sgt. Fabio Salas, Gunnery Sgt. Demarcus Charleston, and Gunnery Sgt. Paris Mintz greeted them by barking orders.

The women were now recruits on their way to becoming Marines. The drill instructors

lined up participants in a formation flight simulator, and Marine Corps Martial signifying day one at recruit training and the yellow footprints every recruit steps on upon arriving to Marine Corps Recruiting Depot Parris Island and San Diego.

"Congratulations on your decision to join the United States Marine Corps," said Salas. "It is a decision you will not regret. You are now aboard Marine Corps Recruit Depot Parris Island, South Carolina, and you've just taken the first step to becoming a member of the world's finest fighting force, The United States Marine Corps.

The Women formed two groups and drill instructors ordered the Jane Wayne Day participants to load up on busses and proceeded to the day's events.

Jane Wayne Day participants were able to go through a modified combat fitness test and they raced through an inflatable obstacle course

They were given a tour of a static display with different vehicles Marines use.

The day also consisted of a trip to the Indoor Small-Arms Range where they practiced handling and shooting M16A2 service rifles and M9 pistols at the Indoor Simulated Marksmanship Trainer, a visit to an F/A-18

Arts training.

For lunch spouses ate with Marines and sailors at the mess hall. "The food wasn't bad at all," said Oriana

Prado, Jane Wayne Day participant. "The grilled cheese was really good. I would definitely go sometimes if we had the option."

Spouses explored many different facets of Marine life and one of the main purposes was to give spouses a closer look at what their husbands do on a day-to-day basis.

'Jane Wayne Day allows spouses to see what it's like to be sent through a day very similar to boot camp," said Keeya Charleston, MAG-12 Family Readiness Officer and Jane Wayne Day coordinator. "I think it opens their eyes more, as far as what their significant other goes through. A lot of the time, spouses only see them being gone on deployments and they're left at home. I think Jane Wayne Day helps them see what they went through to be where they are right now.

Jane Wayne Day tested spouse's strength, mentally and physically opening their eyes, not only to what their husband's do but also to their own capabilities. They were given a new perspective on Marine life.



Mandy Apple, Jane Wayne Day participant, races down the field with ammo cans during the modified CFT as part of Jane Wayne Day here Oct. 21. Jane Wayne Day gives spouses the opportunity to go through a mini-boot camp and gives them better insight into Marine life. Forty-four women signed up for the opportunity to step into their husband's boots for the day.



Former drill instructor Gunnery Sgt. Fabio Salas, stands in front of a formation of Jane Wayne Day participants, giving them a recruit indoctrination speech outside of the Sakura Theater during Jane Wayne Day Oct. 21. The women were acting recruits for the day on their way to becoming Marines. Drill instructors lined up participants in a formation signifying day one at recruit training and the yellow footprints every recruit steps on upon arriving to Marine Corps Recruiting Depot Parris Island or San Diego.



Jodi Cisneros, Jane Wavne Day participant, lifts ammo cans during the modified Combat Fitness Test as part of Jane Wavne Day here Oct. 21. Spouses of Marines and sailors with Marine Wing Support Squadron 171, Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12, Marine All- Weather Fighter Attack Squadron 242 and Combat Logistics Company 36 participated in the event.



Former drill instructor Gunnery Sgt. Paris E. Mintz yells at Mandy Apple, Jane Wayne Day participant, as Apple conducts push-ups during Jane Wayne Day here Oct. 21. Among the activities for Jane Wavne Day was a tour of a static display with different vehicles Marines use, a trip to the Indoor Small-Arms Range where spouses practiced handling and shooting M16A2 service rifles and M9 pistols at Indoor Simulated the Marksmanship Trainer, a visit to an F/A-18 flight simulator, and Marine Corps Martial Arts training. For lunch, spouses ate with Marines and sailors at the mess hall.



Naisha Hunter, Jane Wayne Day participant, lifts Claudia Johnson, Jane Wayne Day participant, for the buddy drag during the modified Combat Fitness Test as part of Jane Wayne Day here Oct. 21. Jane Wayne Day tested spouses' strength mentally and physically.



Sgt. Roger Kerstetter. Marine Corps Martial Arts instructor. performs a blood choke on Sgt. Jon Barge. MCMAP instructor, as a demonstration during Jane Wayne Day here Oct. 21. Three MCMAP ins taught shouses a variety of MCMAP moves during the event.

LANCE CPL. VANESSA J

CORPS NEWS HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE **III MEF begins to assess flooded Thailand areas**



LOPBURI, Thailand - Col. John Ostrowski, left, HAST officer-in-charge, holds a young child shortly after helping him into a vehicle in Lopburi, Thailand, Oct. 18. The Humanitarian Assistance Survey Team assisted affected Thai community members during their assessment of flood damage. The role of the Marine Corps during any humanitarian assistance and disaster onse is to rapidly respond with critically needed capabilities to deliver assistance and relief to the area requiring immediate aid.

PATHUM THANI. Thailand - Residents fill a flooded street in Pathum Thani Thailand. Oct. 17. A U.S. survey team surveyed areas of Pathum Thani to assess damage done by flooding in Thailand and help determine the potential support U.S. Forces from III Marine Expeditionary Force could provide to the Roval Thai Armed Forces. Significant rainfall from the oon season resulted in flooding, affecting 8.2 million people in 61 of 77 provinces in Thailand. III MEF regularly trains to respond to natural disasters during exercises held on Okinawa and throughout the Asia-Pacific region



Cpl. Justin R. Wheeler MARINE CORPS BASES JAPAN

MARINE CORPS AIR STATION FUTENMA, OKINAWA, Japan — A humanitarian assistance survey team, consisting of nine Marines and one sailor from III Marine Expeditionary Force, departed for Bangkok, Thailand, to assess flooded areas and determine potential humanitarian assistance and disaster relief support requirements Oct. 15.

Significant rainfall from the monsoon season resulted in flooding, affecting 8.2 million people in 61 of 77 provinces in Thailand. The U.S. embassy in Bangkok made a request to the U.S. government for assistance, and III MEF quickly assembled a HAST, tasking it with a four-day mission to identify key areas, scope and potential support from U.S. forces

"Recent floods have caused a lot of human suffering among the people of Thailand," said Col. John A. Ostrowski, officer in charge of the HAST. "We are going to see what it is that we can potentially provide with our capabilities to help alleviate that suffering. It's key that we provide just what they need.'

The role of the Marine Corps during any humanitarian assistance and disaster response is to rapidly respond with critically needed capabilities to deliver assistance and relief to the area requiring immediate aid. III MEF regularly trains to respond to natural disasters during exercises held on Okinawa and throughout the Asia-Pacific region. III MEF's readiness to rapidly respond and

provide aid to partner nations in the Asia-Pacific region was demonstrated during Operation Tomodachi, the Japan-U.S. effort to provide essential resources and aid to those affected by the March 11 earthquake and subseguent tsunami in mainland Japan.

NEWS

Prior to the deployment of a large number of forces in support of a HA/ DR mission, a HAST deploys to an affected area to assess and gain information essential for planning.

"This event highlights the responsiveness of III MEF in Pacific theater," said Ostrowski. "Less than 12 hours ago, we received word that they may need assistance and now here we are about to board a plane. Like we've done for many years in the Pacific, we are deploying with today's team; today's forces for today's events.

The team consists of subject matter experts in fields of aviation, logistics and medicine. These planners took with them approximately 18,000 sandbags to supplement the relief efforts to those in the disaster-stricken areas.

Lance Cpl. Luis A. Villa, a data technician with 7th network Communications Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, is a part of the HAST and is conducting his first mission in support of a disaster-relief operation. His job is to ensure members of the HAST have communications.

"I really want to see what's going on and help out," said Villa.

Villa, who has been to Thailand before during an exercise, is excited to return and help the people there.

Briefs

New Language Learning System Available

Station library has now added Transparent Language Online to their resources. This program is available to all library patrons within the Marine Corps community to include, active duty, dependents and retirees. for free via web-browser. The program offers more than 80 language opportunites. To register for a Transparent Online Account, visit the library located on the third floor of Bdlg. 411. Once registered, users may access the Transparent Language Online program from any internet connected computer. Accounts remain active throughout the life of the contract with Transparent Language Online. For more information or to register, visit the station library

Wrestling event in Hiroshima

Dove Pro Wrestling is scheduled to host a wrestling show Sangyou-Kaikan Hall in Hiroshima Dec. 25. This is a good opportunity to get out and experience new things this holiday season. For more information contact Sgt. Gavlon Summers at 253-6528.

Memorial Service Fleet Air Wing 31 will hold a memorial service at the monument in front of their Headquarters building from 8:30 a.m. - 1:00 p.m. Nov. 10. Rehearsals will include 70 blank shots from 8:30 a.m. until 11:00 a.m. Nov. 7 - Nov. 10. Base personnel need to be respectful during the rehearsals and the event by not playing loud music or cutting through the event site.

COMMUNITY

COMMUNITY BRIEFS | CLASSIFIEDS

Trick-or-Treat on station The station will host Halloween "Trick or Treating", Oct. 31, from 5 - 7 p.m. For the safety of pedestrians, the Freedom Bridge and Monzen Gate will be closed to all vehicular traffic during this period. Trick or Treating" will not be permitted at any office spaces or barracks Residents not wishing to participate will indicate this by turning off their porch light, or if living in the Towers, indicate by some other means.

Girl Scouts

The Iwakuni Girl Scouts is looking for fun-loving, devoted women and men who want to make a positive impact on the lives of young girls. If you are interested in ecoming a leader, coleader board member or parent volunteer, e-mail wakunigs@gmail.com.

4th Annual Arts and Crafts Fair

The 4th Annual Arts and Crafts Fair is scheduled Nov. 19 from 11 a.m. - 5 p.m. at the Crossroads Mall. Deadline to enter is Nov. 1. The fair is open to SOFA and Non-SOFA artists, craft makers, home business owners and fundraisers. For more information e-mail Valeriekpsaunders@ yahoo.com

Main Gate Construction Roadway repaving at the Main Gate is scheduled from Tuesday through late January. This construction will impact traffic weekdays from 8 a.m. - 4 p.m. During these times, all outbound traffic will be redirected to the North and Monzen Gates Pedestrians and bicyclists will not be affected. The visitor center will be fully operational.

Childcare

If you have an unborn baby and will need childcare, put your name on the waiting list as soon as possible. If you do not sign up for the waiting list you are at potential risk of not having childcare. For more information call Melissa Valdez with Resources and Referral for Children Youth and Teens at 253-4141

Seawall Closure

The seawall fitness path from the school and housing area to the IronWorks Gym Bldg. 1010 is scheduled to remain closed until May 2012 due to a major repair project. The repair will be conducted in two phases. The IronWorks Gym to the Port Area Security Gate is scheduled to close from June 2012 to April 2013. Repairs are necessary to maintain safety and

serviceability of the fitness path. Community safety and security is paramount.

Mothers of Preschoolers

MOPS offers fun support and encouragement for mothers of children ages 0-5. Meeting the 1st and 3rd Thursday each month. Volunteers are also needed to help with our children's program. For more information, call Sarah Spencer at 253-2303 or visit www facebook/IwakuniMOPS

Crime Stoppers

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

obs

Part-time Dental Assistant Position The dental clinic is seeking a certified dental assistant. For more information, stop by the Robert M. Casey Medical and Dental Clinic, Bldg. 111 or call 253-3331 to speak with Petty Officer 1st Class Sean Bohl or Senior Chief Petty Officer Ron Hunter

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-vear degree 5-years experience, U.S. citizen, able to obtain secret security clearance, experience with military requirements, planning and operations. 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 community brief or classified advertisement, send an e-mail to iwakuni. pao@usmc.mil. Include a contact name. a phone number and the information to you would like to be published. You may also submit a brief or classified ad in person at the Public Affairs Office, Building 1, Room 216 or call 253-5551. Ensure you 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 Īwakuni Approach staff reserves the right to edit all submissions

Uniform Change Beginning Nov. 6, Marine Corps uniform of the day will be woodland utilities, sleeves down.

Chapel Services

Roman Catholic

Saturday	
	4:30-5:15 p.m. Confession
	5:30 p.m. Mass
Sunday	5 50 p.m. 11455
Sunday	8:30 a.m. Mass
	9:45 a.m. Religious Education
т п ·	9.45 a.m. Religious Education
Tues. – Fri.	
	11:30 a.m. Weekday Mass
Protestant	
2nd & 4th Sat	urday
2110 & 4th Dat	
	10 a.m. Seventh-Day
	Adventist Sabbath Meeting
Sunday	0
Sunday	

9:30 a.m. Sunday School, Adult Bible Study 10:30 a.m. Protestant Service 4:30 p.m. Lutheran Holy Communion Service (Small Chapel)

Tuesday 9 a.m. Ladies Bible Study

Wednesday 5:45 p.m. Awana (Bldg. 1104) 1st & 3rd Thursday 9:30 a.m. MOPS

Church of Christ

9:30 a.m. Bible Study (Small Chapel)

10:30 a.m. Service Fellowship

- **Teen Programs** High School Meetings (Club grades 9-12) Junior High Meetings (Club JV grades 7-8) HS & JR Bible Studies
- Retreats

Sunday

- Service Projects
- Missions Trip
- Special Events Volunteer Training & Mentoring

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



Marine Wing Support Squadron 171 Marines place Sgt, Zeb Martin, a MWSS-171 Motor Transportation platoon sergeant, into a red ball before rolling him around a course during the 2011 Gladiator Challenge, part of the 2011 Commanders Cup at Penny Lake Fields here Oct. 21. If you would like to submit your own photo, you can submit 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

Monday, October 31, 2011

7 p.m. Apollo 18 (PG-13)

Tuesday, November 1, 2011

Wednesday, November 2, 2011

Thursday, November 3, 2011

7 p.m. Contagion (PG-13)

Theater Closed

Theater Closed

Friday, October 28, 2011 7 p.m. Contagion (PG-13) Premiere 10 p.m. The Debt (R)

Saturday, October 29 2011 4 p.m. Dolphin Tale (PG) 7 p.m. Apollo 18 (PG-13) Premiere

Sunday, October 30, 2011

4 p.m. Dolphin Tale (PG) 7 p.m. Warrior (PG-13) Premiere

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.

Mess Hall Menu

Monday:

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

Tuesday: broccoli 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.

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

Thursday

Minestrone soup. barbecued ribs, chicken orange sauce, on steak and vegetables, steamed rice, pork fried 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.

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

NEWS



everyday military policeman tactics.



niques and putting knowledge of combat to the test.

Military police improve room clearing tactics

Sgt. Kyle C. Hill, Provost Marshal's Office Special Reaction Team leader, teaches a group of military policemen about basic close quarter tactics and how to put them into action during a training exercise here Tuesday. The military policemen worked in collaboration with PMO's Special Reaction Team in order to learn basic close quarters combat methods and how to use them while incorporating

Lance Cpl, Michael J. Dandrea, a station Provost Marshal's Office military policeman helps to breach a main entrance to a building during a training exercise at a midrise here Tuesday. Military policemen breached the building and played out their scenarios i groups of four. They learned to work together and as a single unit to help maintain speed and accuracy while performing close quarter

Pfc. Nicholas Rhoades IWAKUNI APPROACH STAFF

Station military police officers go through the door, run the wall, clear the corner, scan the sector, and communicate the situation.

These are some of the tactics station Provost Marshal's Office's military police officers used during the Simunition training with the station's Special Reaction Team at Crossfire Paintball here Oct. 18 and a midrise Tuesday. SRT helped military police officers improve their

room clearing capabilities under stressful conditions while using simunition rounds.

"This was the first time SRT was implemented with military police officer's training," said Lance Cpl. Amanda A. Phelps, a SRT member. "All military police officers should have basic training of how to go into a room and clear it."

The mission of this training was to teach the military police officers how to keep their nerves under control in stressful environments.

"I feel like it made a pretty big impact on how stressful environments can be when you're doing (exercises) like this," said Phelps.

As military police officers prepared to enter the room, they took a moment to inspect their surroundings. The relization of their stress set in as they noticed loud music made communicating tough and the low lighting made identifying targets harder.

"It's supposed to challenge them mentally with low lighting or loud music, making them rely on communicating louder with their voices and being able to use hand and arm signals," said Phelps. "It makes it more stressful for them so they have to rely on things they don't usually use."

A lot of military police officer training focuses on knowing what to do during stressful situations.

"(This exercise) is better than sitting in the classroom and learning how to write (codes or legal documents) because it puts you physically there and makes you see it more hands-on," said Phelps.

Military police officers suited up after some dry runs and got ready to complete their training

Military police officers loaded up with Simunition rounds, put on plenty of safety gear and got into two man groups. They were then briefed on an active shooter in a school with children present.

Different groups had different types of scenarios they all had to be responded to in different ways. This forced individual groups to use different techniques to respond to a threat.

Lance Cpl. Willis P. Roberts, a station military police officer with 1st platoon, was one of the Marines who participated in the training exercise.

"We were training on proper tactics in clearing rooms with the 5 steps to clear a room: through the door, run the wall, clear the corner, scan the sector, and communicate," said Roberts.

MPs had to act fast on their feet and read the situation to make sure they could make the right choices.

"We could have communicated better. We could just go on impulse, but you need to keep a clear mind and just do what you are trained to do," said Roberts after looking back on his group's performance.

Scenarios ranged from drug possession to responding to barricaded suspects. During the training exercises there were active and inactive shooters, hostages, and screaming innocent civilians.

"Training started in a classroom with hostage negotiations," said Sgt. Adam M. Hoin, station military police officer training NCO. "Then we went to the midrise and practiced empty room clearing to give the Marines a basic feel for what they were going to be doing later on in the day."

Most of the Marines who were involved hope this type of training will continue so they may have more practice and become better at room clearing.

These skills are going to come with time and experience so these MPs may enhance their abilities, said Hoin.

PMO completes different training every Tuesday to keep themselves prepared and ready for anything.

Units stand tall with pride in Gladiators Challenge

PFC. NICHOLAS RHOADES IWAKUNI APPROACH STAFF

The Gladiators Challenge was the final event of the 2011 Commanders Cup competition here Oct. 21.

The Gladiators Challenge consisted of different events including swimming relay races, which incorporated a wide variety of techniques, raft races, and tug of war in two-man kayaks.

Marines and sailors also competed in different styles of tug of war and group races including a metal ball where one Marine sat inside while their teammates rolled them around.

Headquarters Headquarters and Squadron, Combat Logistics Company 36, Marine Wing Support Squadron 171, and Marine Aircraft Group 12 competed in challenges throughout the year.

MWSS-171 won the Gladiator Challengei. However, their celebration was cut short by a third place average for the entire Commanders Cup.

CLC-36 was awarded their trophy after all the scoring had been counted.

After receiving awards, CLC-36 came together and said although they had one of the smallest units, they had max participation and that is what led to a win.

CLC-36 fought for their title throughout all the other events.

Although they placed within the bottom two during the Gladiator Challenge, they racked up enough points to earn the gold. Although Marines were talking a bit

of 'trash,' it was all with good intentions because of the amount of competitiveness involved in the activities.

There was some great competition out here and a lot of the (events) were really close at the end," said Lance Cpl. Jimmy S. Harden, CLC-36 motor transportation operator and Commanders Cup competitor.

The primary mission of this event is to support competitiveness between Marine units and to bring everyone together.

Working as a team and communication are the most important things we got out of these events," said Harden. After the challenge was over there was

some talk on how teams were chosen.

"We didn't hand pick our team like some of the other units did," said Harden.

Just about all the unit teams were made up of Marines and sailors who volunteered to come out and show their spirit for their individual units.

"2011 Commanders Cup was a great event with max participation," said Barbara Roman, Marine Corps Community Services lead fitness coordinator.

Participation shows just how close these units are and how they stand together.

This event brings these units together and allows them to work as teams, said Roman. These Marines and sailors work together to prove their camaraderie and their

competitive drive. Throughout the year the teams fought to the final challenge with only one coming out on top. CLC-36 took the 2011 Commanders Cup champion title.



PEC NICHOLAS RHOADE

Lance Cpl. Michael R. Penaranda, Marine Wing Support Squadron 171 expeditionary airfield systems technician, jumps rope during the final event in the Commanders Cup's Gladiatior Challenge at Penny Lake here Oct. 21.



Staff Sgt. David B. Umoren, Marine Wing Support Squadron 171 motor transprtation maintnence chief, attempts to crawl forward while Master Sgt. Shelly D. Bothwell Jr. a Marine Aviation Logistics Squadron 12 aviation supply specialist, pulls him backward during a game of tug-of-war, which was part of the Gladiatior Challenge at Penny Lake here Oct. 21. Four units competed in different challanges held throughout the year, Headquarters and Headquarters Squadron, Combat Logistics Company 36, MWSS-171, and Marine Aircraft Group 12.