

THE IWAKUNI APPROACH

Issue No. 13 Vol. 5 | Marine Corps Air Station Iwakuni, Japan

Changing with the tides: fishing community pushes through tragedy

LANCE CPL.
BENJAMIN PRYER
IWAKUNI APPROACH STAFF

ISHINOMAKI, Japan – Approximately 350 people from the Funakoshi harbor were washed out to sea during the earthquake and subsequent tsunami in March of last year and were never found.

An area once covered with houses and boats stood silent and desolate, a fraction of its inhabitants remaining among the scant few buildings.

But in this harbor, Marine Corps Air Station Iwakuni volunteers helped a local boat mechanic bring new life to his business and the ravaged town.

"The focus of our work was to help this man try to start re-establishing his business by reclaiming some of his machinery which had gotten trapped in his old workshop," said Robert G. Sheu, station volunteer. "The first two days we worked there, it was pouring rain and everyone was soaked down to the core, yet we all still kept working. I think the Japanese were really impressed by the work ethic we all had."

Volunteers worked at tearing

SEE **FUNAKOSHI** ON PAGE 3

CLC-36 sees entire battlefield

LANCE CPL. NICHOLAS RHOADES
IWAKUNI APPROACH STAFF

Marines from Combat Logistics Company 36 returned March 15 from Camp Fuji after two weeks of infantry based training during Exercise Forest Light, training focused on cold weather tactics.

The Marines from CLC-36 originally set out to teach cold weather infantry tactics to the Japanese Ground Self-Defense Force during Forest Light. In preparation, the logistic Marines began training weeks in advance.

Unfortunately, unfavorable sea conditions prevented the high-speed vessel from completing the journey to Hokkaido in Northern Japan. To adapt and overcome they ventured to

SEE **FUJI** ON PAGE 3

Search is over for a Perry Idol

LANCE CPL. NICHOLAS RHOADES
IWAKUNI APPROACH STAFF

Matthew C. Perry High and Elementary School hosted Perry Idol, an annual talent show, here March 17 to determine who was the best performer in the schools.

Students gathered to showcase their talents of singing, dancing

and performing on stage with hopes of winning this year's Perry Idol and gaining their very own 15 minutes of fame.

Kimi Ferral, a sixth grader at M.C. Perry Elementary, won the event with her natural ability to sing and woo the audience. The winners were decided by popular vote after all performers

completed their acts.

"It allows the children from the high school and the elementary school to come together and show everyone what they can do," said April S. Kelley, senior class adviser.

Performers displayed their talents in front of a crowd of kindergarten through 12th-grade students from both schools. More than one hundred fellow students as well as parents and teachers attended.

"It takes a lot of courage to get

up and perform in front of your friends and people from your own school," said Kelley. "It truly shows these kids' bravery to compete in front of kids of different ages and from a different school."


There were many different talents showcased from students of both high school and elementary school. Some performed a choreographed dance, while others played instruments such as guitars and pianos.

SEE **IDOL** ON PAGE 3



LANCE CPL. BENJAMIN PRYER

ISHINOMAKI, Japan - Miguel Rivera, Marine Corps Air Station Iwakuni volunteer, rigs an old machine up so it can be lifted by a crane at the Funakoshi Harbor March 7, 2012. Volunteers spent their day salvaging equipment and metal from the old workshop and clearing debris from the docking area.



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

PSC 561 Box 1868
FPO AP 96310-0019
Phone 253-5551
Fax 253-5554

CHAPLAIN’S CORNER

Readiness

LT. J. G ALEXANDER J. CHO
MWSS-171 COMMAND
CHAPLAIN

Exodus 3:4 “When the LORD saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!” And Moses said, “Here I am.”

When God speaks to us, what stage of readiness are we in? Are we ready to do anything he asks of us, or do we hide in fear and pretend not to hear him? Readiness with God means having a strong relationship with God so we will not falter.

Many of us spend most of our time telling God what we want and how we want things done. That’s not readiness but simple childishness. Readiness is the ability to respond to whatever God asks of us. That goes hand-in-hand with our military roles. We take our orders from those above. We know they have the best interest for us and we follow every order and every command like our life depended on it. Why can’t we offer God the same respect?

As believers, we need to trust that God has the best interest for us in our lives. We need to understand there is a reason for everything and trust in God’s judgment and his plan. As his followers, we need to maintain a high state of readiness and act

when we are called. When Moses was called by the Lord, he was ready. He replied “Here I am,” and he proceeded to do the great works of God. We need to maintain the same state of readiness as Moses portrayed. No matter how small or big the task in which God calls us to do, we need to submit to the will of our Lord.

In order to maintain a high state of readiness, we need to prepare ourselves by getting ready. Take this time now to strengthen your relationship with God. Take time to pray. Take time to read the word. If you need a jumpstart, contact your chaplain and we will all be ready and willing to help you on your journey. Just as all of us maintain readiness for the military, let us maintain readiness spiritually as well.



Road Tax must be paid between April 02, 2012 - April 27, 2012 in order to drive.

Once your road tax is paid, bring the following to PMO Pass and Registration to receive your new base decal:

- Japanese Title
- Secondary Insurance
- 2012 Road tax receipt
- JCI Insurance
- Recycling fee receipt
- SOFA license and AFID card
- The vehicle / motorcycle

To avoid the long lines of the “last minute rush” at PMO, please pay your road tax and renew your decal in early April!!!

On **Monday, April 30, 2012**, the PMO Pass and Registration Section will only be open for renewing decals, no other business will take place during the time; i.e. driver’s license, vehicle transfers, etc.

Maps to the New Symphonia Building and City Hall can be obtained from the PMO Pass & Registration Section

ALL PAYMENTS MUST BE IN YEN !!!

HEAVY VEHICLE:

PLATE		COST
100Y		¥ 32,000
33E, 33Y, 300Y, 300E, 329Y, 330Y, 331Y	(4,501cc & over)	¥ 22,000
	(4,500cc & below)	¥ 19,000
44Y, 400Y, 55Y, 500Y 529Y, 530Y, 531Y, 500E		¥ 7,500

Heavy Vehicles will pay road tax on the first floor of the New Symphonia Building (0830-1715) (Parking is free in the rear of the building.)

LIGHT VEHICLE / MOTORCYCLE:

PLATE	COST
50A, 40A, 480A, 580A	¥ 3,000
YAMA A, B	¥ 1, 000
IWAKUNI A, B, C	¥ 500

Light Vehicles & Motorcycles will pay road tax on the 2nd floor of City Hall (0830-1715), located across from the Police Station. (Parking is free)

Volunteers help community rebuild

FUNAKOSHI FROM PAGE 1

through the old workshop, pulling out metal to be recycled or re-used.

While most pieces could be lifted out by hand, locals supplied a forklift and a truck with a crane for the removal of larger pieces of equipment, most notably, a machine which, while rusted from the tsunami water and time, was still salvageable and worth a great amount.

After helping reclaim anything of value, volunteers piled all recyclable items next to the mechanic’s new workshop and then worked on cleaning out trash and debris around the docking area of the harbor.

This was to be all the work the volunteers planned to do that day, until they found two large stone slabs of a torii gate by a dock.

Volunteers loaded up two stone pillars using a truck and drove them more than 500 meters to the rest of the torii gate, which locals had already located and placed by the shrine.

“The people we were there to help were so appreciative of everything we did, whether it was offering us something to drink or eat, it let us know the work we were doing had an impact in their lives,” said Sheu. “From the minute we arrived at the worksite to the minute we left, we were always busy, helping out. It made me feel like every minute we were there was a minute well spent in helping these people get back on their feet and carry on with their lives.”

Sing songs to win Perry Idol

IDOL FROM PAGE 1

Many people came out to see the students perform and showed their support, said Emma Petersen, a ninth grader in M.C. Perry High School.

Although, there were numerous performers, this wasn’t their first stop at attempting to become the winner of Perry Idol.

In order to perform, each student had to make it through several stages in order to move on to the main event.

“It was actually a lot of stress going through all of the auditions and rehearsals,” said Petersen. “It was worth it, though. I enjoyed performing for the schools and showing them what I can do.”

When the show ended, one thing was clear: although this was not American Idol, the competition was tough and the finest performers won.



ISHINOMAKI, Japan – Marine Corps Air Station Iwakuni volunteers place two stone pillars, which used to belong to a nearby torii gate, down by several other pieces of the torii which had already been found at the Funakoshi harbor March 7, 2012. Volunteers spent their day salvaging equipment and metal from the old workshop and clearing debris from the docking area.

FUJI FROM PAGE 1

the Combined Arms Training Center Camp Fuji to execute their training.

“Although we had to change our plans, we still had a great training schedule,” said Maj. Andres H. Caceres-Solari, CLC-36 commanding officer.

To continue training, leaders created a schedule which tested many skills from basic to advance.

“We completed land navigation, a modified table three with M-16 service rifles, a machine gun shoot, along with simulated platoon and a company sized attacks,” said Caceres-Solari.

Although infantry based training was used within the schedule, a majority revolved around the original plan for cold weather infantry training.

“The weather was fantastic,” said Caceres-Solari. “It imposed a lot of challenges from heavy snow, to wet and muggy, to dry and sunny. The Marines had a great time and accomplished some great training.”

The Marines received a wide variety of training using field-based skills, which they developed in garrison.

“Small unit leaders were relied on a majority of the time for tasks varying from administrative issues to leading Marines with training patrols and attacks,” said Cpl. Austin W. Fry, CLC-36 acting interpreter and administration specialist.

Non-commissioned officers played an important role in the training and practiced leadership roles in the field.

“There were great squad and fire team leaders in the field with us and they performed very well,” said Fry. “They allowed us to get the most out of our training.”

All of the Marines pitched in and helped to create a training environment, which permitted Marines to see a vast majority of what was happening out on the battlefield. This advantage ultimately will lead to mission success and the safety of their fellow Marines.

Commanding officer commends defense chief



Col. James C. Stewart, commanding officer of Marine Corps Air Station Iwakuni, Japan, congratulates Chief Takao Emoto from the Iwakuni Defense Office, Chugoku-Shikoku Defense Bureau, here, March 27. Chief Emoto retired from his current position this month, which he held for the past year.

Supplements point: help to boost training, muscles

CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

Marines pride themselves on being the most physically fit of the armed forces, this more than likely stems from our warrior ethos. The image of a chiseled, aesthetically flawless, Olympian frame is what some would consider the appropriate line of thought of what a Marine should look like. But that is not always the case. Some Marines, people in general, are genetically gifted. If they even look at a weight, they appear to sprout muscles on top of muscles. It is true, Marines must be physically fit to accomplish our mission, whether in garrison or in combat; however, some of us just wish to be in better shape or to look good. That's where supplements come in.

Supplements aren't for everyone. Some people's bodies do not need the extra minerals, vitamins or proprietary blends which make up many of today's supplemental brews. However, for those who struggle with muscle gain or shredding a massive amount of fat or water weight, supplements can help.

Now, there are those who feel the supplement industry is something that feeds on a false hope or pipe dream, if you will: dangerous even, when taken too frequently or in large amounts. They feel supplements are unnecessary if one wishes to acquire the physique they desire. More often-times than not, some of the very supplements they use are necessary to carry out bodily functions and even then, most people do not realize what they ingest is a supplement.

Think about the most popular supplement, protein.

Protein is the building block of muscle mass. So naturally, it's found in everything we eat, from cookies to beef; from almonds to grilled chicken. The supplement industry has every type of protein imaginable, from regular whey protein to whey protein isolate for people like me, who are lactose-intolerant.

Now, am I saying the muscle-building capability of cookies is inherently the same as that of grilled chicken?

By no means. However, whenever someone takes in an excessive amount of chicken, say canned white chicken, specifically for muscle-building, then it becomes a supplement. They're not doing it for survival, they're doing it for a want to acquire more muscle or keep what muscle they have. But there would be those who could argue chicken is natural and not inherently dangerous.

True. But I'd wager if eaten too often, chicken, grilled or otherwise, like anything else, is not good for the body. However, some will say it's a food source and necessary for survival.

What about supplements not necessarily found in the body but still aid in bodily day-to-day functions?

Let's look at leucine, isoleucine and valine, known more commonly as branched-chain amino acids.

BCAAs are part of nine essential amino acids for the body, which make up a third of all muscle proteins. They're considered essential because they're not naturally produced in the body and therefore must be taken in from outside sources. Sometimes, these foods have it in such few quantities, a supplement is required.

There are those who feel if you can't get these essential elements in your normal diet, then you should not turn to a supplement from a greedy corporation who only values dollars.

I understand their reasoning.

However, when it comes to acquiring muscle growth, your body needs a slight, to moderate excess of supplements in order to grow, when taken correctly, properly and safely.



LANCE CPL. CAYCE NEVERS

Supplements counterpoint: you don't need them

GUNNERY SGT. BRYCE R. PIPER
PUBLIC AFFAIRS CHIEF

Athletes in ancient Greece ate huge quantities of meat and wine to fuel their prowess. Since then, man has tried an endless list of herbs, tonics, powders and foods to make athletes bigger/stronger/faster/better. Why wouldn't we use today's science to produce and consume the pinnacle of dietary supplements?

Well, 'cause you just don't need it.

Back in the "Old Corps", you might have spied a young 6'1", 160 lb. Lance Cpl. Piper leaving GNC with a giant bucket of lean-muscle weight gainer dangling from each spindly arm.

Looking back, I wish he'd put half of the money he blew on that stuff into savings. A Marine in my shop recently spent close to \$200 on a single purchase. What exactly are you buying? A little extra bicep? Will that wither away when you stop taking it? How much do you spend in a year for the perceived "edge" your supplements

provide? How much in five years?

I'm not bashing anyone who uses supplements. If that's your passion and the gain is worth your expense, go for it. My personal goals have shifted from intimidating all the men and impressing all the ladies (neither were realized). Supplements will make you a little leaner/stronger/cut. They will not pay for your kids' college.

I now realize I'll never look like Schwarzenegger. We can't all be Abe Roman. I'm Ok with that. I don't live in the weight room, but lifting is still part of my PT regimen. Ask yourself, is lean mass really the result of hundreds of dollars in the store or hundreds of hours in the gym? Couple that with a moderate and balanced diet and you'll do what unbiased experts have said for years: eat right and PT.



Retired Marine powerlifter still going, lifting strong

CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

Hindsight is 20/20, or so the saying goes. The experiences of our youth serve as a building block for improvement. For some, improvements come from our personal relationships. For others, they come when we recommit ourselves to a cause. For a select few, it's a combination of both.

Abe Roman is one of these few. The retired master sergeant from Bayonne, N.J., served 28 years in the Corps and actively competes as a powerlifter.

Almost 27 years ago to the day, the Torii Teller featured Roman, then a sergeant stationed here, demonstrating his physical prowess and his goals as a powerlifter.

According to Roman, it's something he still pushes for. Twenty-seven years have passed and Roman largely looks the same.

He laughs and jokes, commenting his hair has thinned out a bit, how he wears glasses now, his joints hurt a little more and he has a new hip, but do not let his modesty fool you.

"I'm not much different than I am right now," said Roman. "I'm 167, 168 pounds now. I'm actually five pounds heavier than I was back then. I think I was better then."

Truth be told, he probably looks better now than he did 27 years ago.

Again, he shrugs it off. However, at 51 years old, Roman still resembles a granite statue, a physique men half his age spend countless hours trying to obtain.

What drives him to keep pushing? Many of his contemporaries enjoy the glories of retirement, pulling back from the rigorous stresses of powerlifting and a life within the Corps. But for Roman, this is the best time for him.

Roman humbly attributes some of his gains to one person in particular: his wife Barbara.

"She's mostly responsible for my diet," said Roman, implying that weight lifters take the adage "you are what you eat" as religious doctrine. "When I retired, I started eating more. I rationalized it as I was lifting heavy."

Roman saw the side effect of an increased food intake. "All that did was made my gut grow. I figured out that I didn't need all that food."

Having someone who shares the mindset of healthy living has benefited Roman greatly as it has allowed him to see a significant increase in his gains compared to when he was on his own.

"My wife told me to cut back on garbage food," said Roman. "She's a much more disciplined eater than I am. She helps to keep me in check."

The influence of others does not stop there.

In the 1985 Torii Teller article, Roman remarked on how the exclusive, almost obscure, nature of weightlifting made the lifters frequenting the weight room a rare breed within the Marine Corps.

Roman is still part of a small group he works out with. The close-knit set has expanded slightly through the years as service members leave and come to the station. Even though those service members may depart, their influence is never completely gone.

"Legacies are born from what we leave behind," said Roman. "If you set a record, someone will come along and break that record. If I train three people, who then each train three people who then themselves train three people each, the sport and peoples' ideas about fitness grows and I've touched someone's life and that makes life interesting."

This club consists of mostly seasoned men, who spent decades perfecting their techniques and are a pool of knowledge. There are always newcomers who seek to learn from the determination of Roman and company. Roman does not try to run them off. He only wishes for those who say they will try to do just that.

It is those rare moments when Roman is among his brothers in iron, teaching those who wish to learn, he is truly happy and content.

Roman's 30-year legacy of consistency also translates well for those who wish to learn and become better as service members too. However, he still jokingly believes in running less than twice a year.

"I only run when people are chasing me now!" said Roman



CPL. KENNETH K. TROTTER JR.

Abe Roman, a retired master sergeant and avid powerlifter, grunts and pushes through a squat repetition with 315 pounds at the IronWorks Gym here March 17. The March 29, 1985, edition of the Torii Teller featured Roman, then as a powerlifter. Roman attributes his success to a number of factors, including the nutritional advice of his wife, Barbara, and being around individuals who share his love of powerlifting.



CPL. KENNETH K. TROTTER JR.

Abe Roman, a retired master sergeant and avid powerlifter, focuses himself before attempting a squat repetition with 315 pounds at the IronWorks Gym here Mar. 17. The March 29, 1985, edition of the Torii Teller featured Roman, then as a powerlifter. Roman attributes his success to a number of factors, including the nutritional advice of his wife, Barbara, and being around individuals who share his love of powerlifting.



CPL. KENNETH K. TROTTER JR.

Abe Roman, amateur powerlifter, discusses proper form on the bench press to Donyale Young, aspiring powerlifter, at the IronWorks Gym here Mar. 17. Roman has competed as a powerlifter for 30 years, imparting his wisdom and knowledge of the sport onto the younger generation of Marines he encounters. Roman was also featured in The March 29, 1985, edition of the Torii Teller chronicling his powerlifting habits.

Highway to the safety zone



LANCE CPL. BENJAMIN PRYER

Ida Yoshikazu, Iwakuni police officer, talks to spectators about safety when driving off station on the road adjacent to the outside pool here March 22. Iwakuni police officers did demonstrations on being pulled over out in town and explained the differences between getting pulled over in America and Japan.



LANCE CPL. BENJAMIN PRYER

Ida Yoshikazu, Iwakuni police officer, explains how routine traffic stops are performed out in town during the safety demonstration on the road adjacent to the outside pool here March 22. After the demonstrations, a question-and-answer session was held so any spectators who still had questions could have them answered.



LANCE CPL. BENJAMIN PRYER

Ida Yoshikazu, Iwakuni police officer, explains the different locations a Japanese police car might stop at while pulling someone over during the safety demonstration on the road adjacent to the outside pool here March 22. Iwakuni City police came aboard station to teach station residents about the rules and customs of Japanese police traffic stop procedures.

LANCE CPL. BENJAMIN PRYER
IWAKUNI APPROACH STAFF

Iwakuni City police officers performed a traffic safety demonstration and held a question-and-answer session on the road adjacent to Crossroads Mall here March 22.

The demonstration focused on how to react in the event of being pulled over by Japanese police off station, the differences of being pulled over in Japan versus in the states and a motorcycle-skill display.

"I'm hoping this demonstration cuts down the number of people who have to come and see me for remedial driving lessons," said Roland Kallead, Marine Corps Air Station Iwakuni traffic safety instructor. "There's no reason for people to have to come see me for remedial driving on a Saturday. I'm pretty sure they have better things to do."

The officers pointed out key differences in U.S. and Japanese routine traffic stops.

Many station residents may not be aware it is

completely normal to be placed into the back of a Japanese police car for questioning, something a U.S. citizen may associate with being arrested.

"We saw this as a good opportunity to tell station residents about rules we have off station for driving," said Ida Yoshikazu, Iwakuni police officer. "I had an experience when learning English in the United States that if you get pulled over, don't move. I was shocked, so I understand how people could get confused."

Along with the demonstrations, spectators were encouraged to ask questions at the end of the display for any thoughts left unanswered.

The demonstration taught station residents traffic safety and to understand a little more about the culture and ways of their host country.

"As an Iwakuni police officer, we are going to be dealing with people from the station," said Yoshikazu.

"Knowing more about the Japanese traffic rules will help us communicate better and hopefully make life easier for everyone."



LANCE CPL. J. GAGE KARWICK

Iwakuni police officers show off their motorcycle riding skills during the safety demonstration at the road adjacent to the outdoor pool March. 22. One of the motorcycle demonstrations displayed the differences of rear-wheel braking, front-wheel braking and all-wheel braking.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Long-range convoy: first of its kind

CPL. BRUNO J. BEGO,
2ND MARINE LOGISTICS GROUP

CAMP LEJEUNE, N.C. — Nearly 60 Marines and sailors with Combat Logistics Battalion 8, 2nd Marine Logistics Group, conducted a first-of-its-kind multistate long-range convoy March 12 - 17.

The purpose of the exercise was to test the battalion's mission readiness, which consisted of basic warrior skills, recovery procedures, distribution and equipment repairs, as well as evacuation techniques and motor vehicle operations.

"The idea came up last summer while we were still in Afghanistan," explained Lt. Col. Michael E. McWilliams, CLB-8 commanding officer. "We were talking about how we can approach training and start to prepare our Marines for convoy operations."

The Battalion was tasked months later with transporting gear to Marine Depot Maintenance Command, Marine Corps Logistics Base Albany, Ga., for repairs. Leadership viewed the mission as the perfect venue to hone their convoy skills.

"We took that opportunity to integrate training into a real life mission," McWilliams said. "This is the first time CLB-8 has done a convoy training exercise of this magnitude."

The troops drove more than 300 miles to Marine Corps Air Station Beaufort, S.C., to visit their fellow logistics Marines with Combat Logistics Company 23 during day one of the six-day exercise.

"I think that stop in Beaufort gave the [Marines and sailors who participated in the convoy] an idea of

what other Marines in the MLG are doing," McWilliams said.

After the visit, they drove to Marine Corps Recruit Depot Parris Island, S.C., where they spent the night.

The convoy continued their journey the next morning with a 250-mile drive to Albany, where they spent the next day loading and off loading gear.

Day four was an early day for the Marines and sailors who woke up before sunrise to continue their route to Patriots Point Naval and Maritime Museum at Charleston Harbor, S.C. While there, the troops exhibited their vehicles and gear to the public and talked to visitors.

"I think this exercise was a great opportunity to see where we are at as far as combat readiness goes," said Cpl. Benjamin C. Christopher, a motor vehicle operator with CLB-8. "We had the chance to make sure everybody was doing their job correctly."

Each individual had the opportunity to do a different job each day during the convoy.

"We kept rotating during the exercise," Christopher added. "I think every single person got something out of this exercise."

"Some of us had to drive a certain number of miles for licensing purposes. Others had the chance to talk on the radios and command a vehicle," he said. "Everybody received some experience training, which is going to help them during future operations."

The Marines and sailors successfully concluded their exercise, traveling more than 1,000 miles through three states within their timeline and safely returning to Camp Lejeune.



CAMP LEJEUNE, N.C.-Gunnery Sgt. Imhotep Woodby, the operations chief with Alpha Company, Combat Logistics Battalion 8, 2nd Marine Logistics Group, talks to Marines and sailors during a long-range convoy at a stop in Beaufort, S.C., March 12, 2012. The troops drove more than 1,000 miles during a six-day exercise in order to test the battalion's mission essential tasks, which consisted of basic warrior skills, recovery procedures, distribution and repairs, as well as evacuation techniques and motor vehicle operations.

CAMP LEJEUNE, N.C.—Cpl. Timothy R. Lewing (right), a motor vehicle operator with Combat Logistics Battalion 8, 2nd Marine Logistics Group, ensures his truck is properly loaded during a stop on a long-range convoy aboard Marine Corps Logistics Base Albany, Ga., March 14, 2012. The troops drove more than 1,000 miles during a six-day exercise in order to test the battalion's mission essential tasks, which consisted of basic warrior skills, recovery procedures, distribution and repairs, as well as evacuation techniques and motor vehicle operations.



CPL. BRUNO J. BEGO

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

OSC Scholarship
Applications are now being accepted for OSC scholarships. Graduating seniors or spouses can apply by sending an e-mail to iwakunischolarship@hotmail.com. Deadline for submissions is April 14.

Marine A-4 Skyhawk Reunion
Marine A-4 Skyhawk Reunion, in conjunction with the MCAA Symposium and Centennial Celebrations, is scheduled for May 16-19 at the Gaylord National Hotel, Oxon Hill, MD. All drivers, maintainers and aficionados are welcome. For more information, contact Mark Williams at rodder.wilco@comcast.net.

Thrift Store Volunteers
Volunteer positions available. Applicants should be outgoing, willing to have fun and highly motivated. We are also looking for a board member treasurer with book keeping experience. Board members and store volunteers must attend all store meetings. All positions are volunteer, non-compensated positions. For more information, call Patty or Sharon at 253-4711 or e-mail thrift_store@yahoo.com.

Thrift Store Changes
The Marine Thrift Store has new management and new hours. Wednesday and Friday 10 a.m. - 1

p.m. and 4 - 6:30 p.m., Saturday 10 a.m. - 1 p.m. Open to active-duty military in uniform Monday through Friday, 10 a.m. - 4 p.m. on Saturdays and Sundays.

Like To Draw?
The Iwakuni Approach is looking for artistic people with a sense of humor to submit cartoon drawings. If you are interested, bring your drawings by the Public Affairs Office, Building 1, Room 216. Public Affairs approves editorial content for cartoons published each week.

Iwakuni Roadrunners
All servicemembers and civilians are welcome. Runs are Saturdays at 10:30 a.m. Meeting place is in front of Crossroads Mall. Time and length of runs vary. All abilities are welcome. For more information, visit "Iwakuni Roadrunners" Facebook page.

Off-limit Establishments
The following establishments are hereby off-limits:
•The multi-tenant building "NOW," Tenant occupant's names change frequently. Past names for this building include, Ran, Massage Parlor, Welcome American, Follow Me and F-18.
•Hiroshima's Tougan Goods Company.

NMCRS Quick Assist Loans
The Iwakuni Navy Marine Corps Relief Society provides 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.

Emergency Phone Numbers Reminder
Put these numbers in your wallet:
•Anti-terrorism force protection hotline: 253-ATFP (2837).
•Life limb or loss of vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual capability: 082-721-7700.
•For security issues, contact the Provost Marshal's Office: 253-3303. To report without talking to a person, Crime Stoppers: 253-3333.
•Sexual Assault: To make a confidential report of sexual assault or harassment, contact the victim advocate at 253-4526 during working hours. For after hours, weekends and holidays, call 090-9978-1033 or 080-3427-0835. You can also call the installation Sexual Assault Response Coordinator at 253-6556 or 080-5865-3566.

Iwakuni is now on Facebook
"The Iwakuni Approach" now has a Facebook page. Updates will be made consistently along with

content only available on Facebook. The page welcomes classified ads posted on the wall. Staff will choose ads weekly to feature in "The Iwakuni Approach" paper. A larger selection of photos from covered stories will also be available and free for those pictured to tag themselves. Visit www.facebook.com/theiwakuniapproach.

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

PMO Lost and Found
Contact the Provost Marshal's Office Lost and Found if you have lost anything around the station. Examples include helmets, cameras, cell phones, etc. For more information, to report lost items or to claim lost items, call 253-4929.

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 are required to check out items, and the program is by appointment only. The

lending locker is located in Building 411, Room 101. Appointments are 8 a.m. - 3:30 p.m. For more information, call 253-6161.

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 becoming a leader, coleader, board member or parent volunteer, e-mail iwakunigs@gmail.com.

Jobs

Dental Assistant
The 11th Dental Clinic is now accepting applications for a full-time dental assistant. Certification of qualification is required. For more information, call 253-5252.

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 you would like to be published. You may submit your brief or advertisement in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. Please ensure you provide all requested information to simplify the request process. The deadline for submissions is 3 p.m. every Friday.



SUBMITTED BY LANCE CPL. CHARLIE CLARK

INFOTAINMENT

Chapel Services

Catholic Worship Services
Friday March 30
5:30 p.m. Station of the Cross
Saturday, March 31
4:30 p.m. Confession
5:30 p.m. Palm Sunday Vigil Mass
Sunday, April 1
8:15 a.m. Blessing of Palms
8:30 a.m. Mass
9:45 a.m. Religious Education
Tuesday, April 3
6 p.m. Lenten Penance Service
Thursday, April 5
6 p.m. Mass of the Lord's Supper
Friday, April 6
5:30 p.m. Observence of the Lord's Passion
Saturday, April 7
7:30 p.m. Easter Vigil Mass
Sunday, April 8
8:30 a.m. Easter Sunday Mass
Protestant Services
Friday, April 6
12 p.m. Veneration of the Cross
7:30 p.m. Good Friday Service
Saturday, April 7
10 a.m. SDA Sabbath School & Divine Worship
Sunday, April 8
5:45 a.m. Easter Sunrise Service (Kintai Bridge)
10:30 a.m. Protestant Worship Service
1 p.m. Contemporary Worship Service
4:30 p.m. Lutheran Communion Service
Note: No confessions will be held during the Easter Triduum (Holy Thursday, Good Friday, Holy Saturday)
For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

THE IWAKUNI APPROACH CULTURAL LESSONS

Kanji Adventures

Kanji character for kawa, Japanese for river.

(Left) hiragana character for ka, (right) katakana character for ka.

(Left) hiragana character for wa, (right) katakana character for wa.

川

Hiragana Katakana

か カ

わ ワ

Unlike the English writing system, which consists of 26 written letters, the Japanese writing system proves to be much more extensive and complicated, especially for station residents who may be trying to learn it. Japan uses three main scripts for writing; Kanji, Katakana and Hiragana. Kanji are used to write most words of Japanese or Chinese origin, most nouns, the beginning of most verbs and adjectives and most Japanese personal names. Hiragana can be seen in the end of most verbs and adjectives, grammatical particles, (words like in, to, etc.) and words which lack kanji translations, or which are difficult to comprehend. And Katakana, which are commonly used for foreign words, animal and plant names (both lamen and scientific), and onomatopeias, or physical sounds (a doorbell going ding-dong).

SAKURA THEATER

Friday, March 31, 2012
7 p.m. The Woman in Black (PG-13)
10 p.m. Underworld: Awakening (R)

Saturday, March 31, 2012
4 p.m. Big Miracle (PG)
7 p.m. The Grey (R)

Sunday, April 1, 2012
4 p.m. Dr. Seuss' The Lorax (PG)
7 p.m. Chronicle (PG-13)

Monday, April 2, 2012
7 p.m. The Woman in Black (PG-13)

Tuesday, April 3, 2012
Theater closed

Wednesday, April 4, 2012
Theater closed

Thursday, April 5, 2012
7 p.m. The Party Animals Tour

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:
Corn chowder, Chinese barbecue diced pork, red pepper glazed fish, pork fried rice, orange carrots amandine, fried cabbage, Chinese egg roll, dinner rolls, macaroni salad, potato salad, coleslaw, bear claws, cinnamon crumb top muffin, blueberry pie, velvet pound cake, brownies, chocolate cream pudding parfait, Jell-O parfait.

Tuesday:
Corn chowder, sukiyaki, barbecue beef cubes, home fried potatoes, steamed rice, cauliflower parmesan, southern style greens, cream gravy, dinner rolls, macaroni salad, potato salad, coleslaw, long johns, banana muffins, lemon meringue, devil's food cake, chocolate buttercream frosting, shortbread cookies, bread pudding, Jell-O parfait.

Wednesday:
French onion soup, Swiss steak with brown gravy, mustard dill fish, steamed rice, garlic roasted potato wedges, fried cabbage with bacon, mixed vegetables, brown gravy, dinner rolls, macaroni salad, potato salad, coleslaw, snails, quick cherry coffee cake, blueberry pie, white cake, buttercream frosting, brownies, vanilla pudding parfait, Jell-O parfait.

Thursday:
New England clam chowder, beef stroganoff, pork adobo, pork fried rice, steamed pasta, scalloped cream style corn, peas with onions, brown gravy, dinner rolls, macaroni salad, potato salad, coleslaw, kolaches, apple coffee cake, cherry crunch, bananacake, buttercream frosting, macadamia coho chunks, chocolate parfait, Jell-O parfait.

Friday:
Tomato soup, fried catfish, chili macaroni, grilled cheese, franconia potatoes, steamed pasta, succotash, broccoli parmesan, mushroom gravy, corn muffins, macaroni salad, potato salad, coleslaw, cinnamon rolls, quick French coffee cake, blueberry pie, carrot cake, cream cheese frosting, chocolate chip cookie, chocolate pudding parfait, Jell-O parfait.

Marines shoot for Commander's Cup

LANCE CPL. J. GAGE KARWICK
IWAKUNI APPROACH STAFF


Station Marines participated in a Commander's Cup three-point shootout competition at the Ironworks Gym's sports courts here March 23. Participants, grouped in teams of four, had two minutes to make as many three-point shots as possible. Two team members would perform at the same time. One teammate would shoot then switch places with his partner, who was retrieving the basketball. After the two-minute time limit elapsed, two players from another team had the opportunity to shoot. The competition continued this way until every member of each team shot. The winner of the competition was Marine Wing Support Squadron 171 with a score of 114 points. In second place was Marine Aviation Logistic Squadron 12 with a score of 102. MWSS-171's winning team consisted of an assortment of different Marines from different shops in the squadron who came together to compete. The Commander's Cup takes place once a month for nine months in a series of events and challenges. A culminating event at the end of the year, known as the Gladiators event, capstones the Commander's Cup Challenge. "At the Gladiators event, the overall winner will be determined and seize the Commander's Cup trophy for a year," said Barbara Roman, Ironworks Gym Fitness Coordinator. "They will also have the bragging rights that come with being the best." Participating teams receive points in each event toward a total before the final event at the end of the year. "The higher you place and the better you do, the more points you get," said Roman. Last month's event was a mystery challenge, which turned into a grueling endurance competition consisting of a series of exercises for a timed repetition. Next month's challenge "Sumo Basho," offers participating teams yet another chance to take a trophy home to their shop.

Basketball Shoot Out

MWSS-171	30
MALS-12	27
MACS-4 DET B	25
CLC-36	20
OPS	20
HQ-	0
BHC	0
MAG-12	0
VMFA-242	0
LOG	0

Current Standings

MALS-12	127
CLC-36	110
MWSS-171	100
OPS	94
HQ-	60
MACS-4 DET B	25
LOG	20
VMFA-242	10
BHC	0
MAG-12	0



LANCE CPL. J. GAGE KARWICK

(Left to right) Staff Sgt. Chowa Pearson, Sgt. Maj. Albert Diaz, Lt. j. g. Alexander Cho and Cpl. Eric Holz, Marine Wing Support Squadron servicemembers and winners of the Commander's Cup three point shoot out competition, held at IronWorks Gym sports courts here March 23. The MWSS-171 scored a total of 114 points during the cometition.

IRON MAN COMPETITION 2012



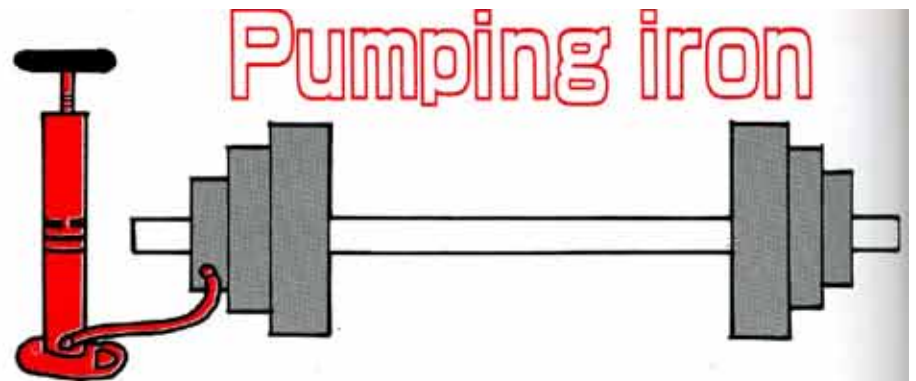
Pfc. Mason A. McGerry holds Lance Cpl. Michael E. Hicks' legs during the crunches portion of the Iron Man challenge held behind the IronWorks Gym here March 23, 2012. These station administration specialists took first place in the challenge. Five H&S sections participated, each section providing four Marines per group.

The Iwakuni Time Machine

In the March 29, 1985 edition of the "Torii Teller," Marines reported the daily work of the Headquarters and Headquarters Squadron administrative department, a group of Marines on station lifting weights to collect charity pledges, exploring the world of radio-controlled vehicles, the emergency leave policy outlined, the cherry blossom season and the installment of new "green phones" aboard station.



Sgt. R. L. Jaggard - photo



For most Marines, aerobic exercise is a vital part of their training, usually running at least once a week—but not for Sgt. Abe Roman. He believes in running only twice a year—during PFT time.

He loves sweets: french-vanilla ice cream, pastries and "lots of cookies," he emphasized. The 24-year-old Marine's shirts range in size from small to large to meet his varying weight.

The Bayonne, N.J. native, though, isn't a "marshmallow" leatherneck by any sense of the imagination. Roman is a powerlifter.

Roman started "pumping iron" four years ago while stationed at Camp Lejeune, N.C. as an administration clerk. He began in a classroom-sized gym. He can now be found five to six days per week at the Fitness Center here lifting for two-and-a-half to three hours in three sets of 150 repetitions per exercise.

"Because of my rotating work schedule as a Radar Air Traffic Controller, I'm at the Fitness Center anywhere from early morning to late evening, working out," Roman said over the grunts from nearby lifters. "Normally I train entirely on my own since it's impossible to find a lifting



Roman lifts 600 pounds in the squat position. Jeff Morin, coach of the all-Marine Powerlifting Team, spots in the background.

partner with a compatible schedule."

Through his individual effort and support from his work section, Roman flew to the states as one of a 10-member team selected to represent the Marine Corps in the late February Inter-Service Powerlifting Championship held in Norfolk, Va.

"Every opportunity to compete can only help," said Roman.

"There's always a tough group of competitors, a tense atmosphere and only three tries at every lift. There are so many regulations that a slight repositioning of the foot can 'cost' you that lift."

At five-foot-five, the 162 pound Marine was forced to lose more than 13 pounds to compete in the 148 3/4 pound, weight class. He placed fourth even though he tore a tendon one month before the championship. "It's the first injury I've ever suffered. I've learned



the importance of stretching which can't be overemphasized," Roman commented, rubbing his bruised upper arm.

While the sergeant's injury set him back in his training, it didn't keep him from setting new lifting goals for his upcoming competition at the Clark Air Base Invitational in June. His official standings of 505 pounds in the squat, 352 pounds in the bench press and 529 pounds in the dead lift are competitive figures. His goal is to surpass these in his next competition event.

For an average Marine, the goal of a workout is to keep a stable weight. But not Roman, in his next contest, he will put on a few pounds and enter at 165 pounds. This is one time the discipline won't be that grueling. Roman will be heading for the ice cream.

—LCpl Diane Baron

With 600 pounds on his shoulders, Roman concentrates on his lift.

