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Samurai boys take on Panthers | p. 11

# THE IWAKUNI APPROACH

Issue No. 2, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

## Station members raise more than \$99,000 for CFC-Overseas

LANCE CPL. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

The 2009 annual Combined Federal Campaign – Overseas came to a close Dec. 31, raising over 15 million dollars this past year.

Six hundred and ninety-nine station members here participated in the campaign and contributed \$99,639.68 to various national and international charities which have met CFC eligibility requirements.

According to information released by the comptroller office here, various units around the station earned awards for either high participation or for high per person average donation.

The Robert M. Casey Medical and Dental Clinic received a gold award for averaging \$173 per person while Matthew C. Perry High School received a gold award for averaging \$158 per person.

M.C. Perry Elementary School also received a gold award for averaging \$126 per person, and the Dental Company at the health clinic received a silver award for donating \$106 per person.

SEE **CFC** ON PAGE 3

## MCAS tax center: Fast, free tax service

STATION JUDGE ADVOCATE'S OFFICE  
CONTRIBUTED

The MCAS Iwakuni Tax Center will open Jan. 25 to assist station personnel and residents in preparing and filing their federal income tax returns for the 2009 tax year. All services are free. The Tax Center is located on the first floor of Building 608 at the Station Judge Advocate's office. Hours of operation will be Monday through Friday 8 a.m. to 4 p.m. and also Saturdays in February from 8 a.m. to 12 p.m.

The Tax Center will have

SEE **TAXES** ON PAGE 3

## Establishment of off-limits areas

According to Marine Corps Air Station Order 5800.18A, the establishments currently known as Happy Night massage parlor, Forever 18 and Sky Light (formerly known as Follow Me) are placed off limits.

This order is punitive in nature.

A change of ownership, management or name of any off-limits establishment does not revoke the off-limits restriction.

This order is applicable to all armed forces personnel, family members, civilians accompanying the armed forces, and others with Status of Forces Agreement status other than law enforcement personnel or other military officials in the execution of their official duties.

Violations may result in disciplinary action under the Uniform Code of Military Justice, adverse administrative action or both.



LANCE CPL. CHRIS KUTLESA

Rebecca Bethard, a physical trainer at the IronWorks Gym here, instructs a group of swimmers during a water-aerobics class titled Aqua Blast at the IronWorks Gym Jan. 11. The new class is scheduled to run every Monday and Friday from 11:30 a.m. to 12:15 p.m. at the IronWorks Gym indoor pool. Read more on page 12.

## MLK Day encourages people to remember, hope, act

MASTER GUNNERY SGT. JOHN  
CORDERO  
IWAKUNI APPROACH STAFF

Like one of my living heroes, author John Piper, most of my heroes have been dead for more than 200 years. One reason is that the greater distance in time between my heroes and me seems to make admiration easier.

Piper said this could be one reason why some people stum-

ble over Martin Luther King Day. Dr. Martin Luther King Jr. is too close, and his faults can still be seen at the distance of nearly 42 years.

King knew he was not perfect, especially when he was caught in some of his less than admirable behavior, as Stephen Oates touches on in his book "Let the Trumpet Sound: The Life of Martin Luther King Jr." Yet, for all his flaws King is still one of my heroes of the 20th century.

He was a man committed to live for a great cause, not a great comfort, a cause to see mercy and justice prevail in a prejudiced and pain-filled world. King was a man who dreamed a dream bigger than himself, and his communication of that dream stirred up people to care about racial diversity and harmony. King is one of my heroes because he never ran from

SEE **KING** ON PAGE 5



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

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# CHAPLAIN'S CORNER

## 'What's love got to do with it'

LT. D. ANTHONY BAKER  
MWSS-171 CHAPLAIN

If I were to say that families and marriages are suffering perilous times, you might take a look at the landscape of American society and agree that the statement I just made is true. As we narrow the scope of our focus from America as whole to MCAS Iwakuni would you still agree with the statement? I believe that many families aboard the air station, maybe even your own, are headed down the road of ruin.

In response to this problem, I would like to make a few observations on love and relationships with the hope that this will help save someone's marriage or family from a tragic end.

I begin by saying that "love" is not an emotion or feeling, it is a decision. Love is a choice by one person to love another person. When our marriages and relationships are driven by our feelings, the result is a topsy-turvy, unstable relationship that is constantly changing. One month, things are going great at work and great at home so you feel in love. The next month, unexpected bills come up, problems at work, maybe a little bit of weight gain, intimacy is torpedoed and now you cannot stand to be around the other person to the point where you want to leave. I will state plainly

that a relationship in this context will not grow. Sure, the feelings and memories of the honeymoon phase of your relationship may carry you through many, many years of marriage and child-rearing, but what will be the quality of that relationship? You very well could have a marriage by title only.

Love involves commitment. Anything worth anything in life, and I mean anything, involves commitment. I see couples young and old seeking to end their marriages so quickly even after only a few years or even a few months of marriage. In counseling couples considering divorce, I always ask the question, "What about your marriage vows? What about the promises you made to each other?" The standard answer usually comes in these forms, "I don't love her/him anymore" or "We aren't in love anymore."

The statements made at a wedding ceremony can be very tear-jerking and emotion invoking because of the sincerity with which they are spoken in those precious moments. The spouses-to-be actually believe that they will love their husband/wife through sickness and health, through poorness and wealth, through the good times and the bad. But words can be very easy to say but difficult to actually do once the situation arises. You see, most couples do not know what "bad times"

are really like until they are actually in them. Bad times can take the form of breast cancer, Alzheimer's disease, a car accident, job loss, trouble with the law, another man/woman, weight gain, lack of affection or any number of scenarios.

The commitment to the relationship and the decision to love by both individuals will override any situation that a couple will face, even infidelity. That is why marriage is such a beautiful thing. Within the context of a committed marriage there is such freedom. There is the freedom to make mistakes, freedom to change and freedom to grow as an individual because you know that no matter what happens, your spouse is not going to leave you at the first sign of difficulty.

And make no mistake about it, marriage, family and relationships can be difficult at times. There will be disagreements, turmoil, trials, and arguments. There will even be feelings of anger, disappointment, or betrayal. However, choosing to love and commit to the relationship will allow a couple to work through their problems and have the blessings waiting for them just around the corner.

If your marriage is in trouble, consider these thoughts before making a decision. Remember there are plenty of folks aboard the base dedicated to helping families work through tough times, including myself. Take care and God bless.

## CFC-Overseas comes to an end

CFC FROM PAGE 1

Marine Aviation Logistics Squadron 12 supply received a bronze award for 41.4% participation within their section.

According to the CFC-O Web site, the campaign is the largest and most successful workplace philanthropic fundraiser in the world and continues a tradition of selfless giving by federal employees.

In a memorandum for department and agency heads posted on the CFC-O Web site, John Berry, the CFC director said, "We need to show the American people who federal workers really are. For over three decades, federal workers have been denigrated and maligned."

"These attacks have hurt recruitment, they've hurt retention, and ultimately, they impair our ability to serve the American people. With all the challenges we face today, we need the best and brightest in federal government. We need to bring pride back to federal service," he added.

In the memorandum, Berry said he believed Federal employees to be big-hearted people, and the CFC is perhaps the best demonstration of that by providing help to the various individuals who depend on the charities for aid.

According to the CFC-O Web Site, the campaign began in the early 1960's and has successfully coordinated the fundraising efforts of various charitable organizations around the world and has given aid in monetary donations numbering in the millions each year.

## Fast, reliable tax services to be provided at SJA

TAXES FROM PAGE 1

representatives working full-time to assist in preparing and filing federal income taxes. For the past year, tax filers need to bring the following information:

- Proof of a valid Social Security Number/ITIN Numbers for the both the tax filer and all dependants claimed on this year's tax return
- W-2 (wage and tax statement)
- Form 1099 (interest statements from banks earned on savings or checking accounts)
- Child care expenses
- Records reflecting spousal

- or child support payments
- Mortgage interest statement
- Individual retirement account (IRA) contributions
- Dividends, interest, and capital gains and losses from the sale of stocks, bonds or property
- Charitable contribution records

One of the free services provided is the electronic filing of your federal income tax return. When an electronic tax return is filed, the Tax Center electronically sends the return to the Internal Revenue Service within 24 hours. Normally, it takes the IRS about two weeks to process the return and directly deposit any refund

due in your checking or savings account. Since most station personnel and residents qualify for a tax refund, individuals are encouraged to file their returns electronically as soon as possible. Additionally, electronic tax filers need to bring with them the savings or checking account number where they want tax refunds electronically deposited.

The general deadline for filing your tax year 2009 federal income tax return is Tuesday, April 15. Individuals filing at the last minute can expect more time in the processing of their returns as the IRS becomes busier as the April 15 filing deadline approaches. To ensure a prompt refund, please file as early as possible.

## One of Iwakuni's own needs our help

FRIENDS OF MINDY GARNER  
CONTRIBUTED

Mindy Garner, a multi-age teacher at Matthew C. Perry Elementary School here and three year resident of our base, has recently been diagnosed with advanced breast and ovarian cancer.

An active member of numerous on- and off-base organizations, including the Boy Scouts of America and a local church, Mindy and her family have left an indelible mark on the school with children in both schools and active involvement in nu-

merous community events.

Currently receiving treatment in the state of Florida from a nationally renowned cancer treatment facility, Mindy has remained resolved in her efforts to return to her home of Iwakuni to enjoy the extended family atmosphere that defines this base. Thus far, the outpouring of support and aid has truly been a blessing for such a close-knit and resilient family.

Already funds have been raised for the family to be reunited for the holidays and additional donations have provided more help.

However, faced with upcoming expenses related to her lengthened treatment and recovery, friends of the Garner family are asking for additional aid from Iwakuni to support this valued member of our community.

Families or individuals interested in donating to help the Garner family may do so at Navy Federal Credit Union offices under The Mindy Garner Family Fund during normal operating hours.

Any and all donations may also be submitted to Navy Federal Credit Union.

Thank you for all that you do.

## Go green, save green in Thrift Store

PATRICIA WALTERS  
CONTRIBUTED

Living lightly on Earth is one of the greatest contributions we can make to future generations.

The most eco-friendly and frugal way to shop for "new" items is to go shopping at the local Thrift Store.

It can be fun and exciting to see what new treasures the store has on display.

"New" items are constantly donated to the store; thus, the items for sale also change on a daily basis.

The Thrift Store is helping shoppers to be "eco-friendly" and save some money with their new "Go Green Special". Starting this month, shoppers are encouraged to bring their green commissary shopping bags to the Thrift Store.

Shoppers will use these bags in place of the white plastic

bags currently used. Customers who provide their own "green bag" will receive \$1 off the already low price of \$6 per bag.

The Thrift Store is located in Bldg. 1117 next to Happy Park. The store is open Wednesdays and Fridays 10 a.m. to noon and from 4 p.m. to 7 p.m. Donations can be made anytime in the convenient fenced drop off point next to the store. Stop by or call 253-4711 for more information.



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

## Semper Ride: Teaching service members ABCs of motorcycling

Ronnie Renner (left) and Chris McNeil (back left), two industry motorcycle professionals, sign autographs at the Sakura Theater here after a unit held safety stand down brief Jan. 12. Semper Ride, a fast-paced motorcycle safety video which is being shown at Marine Corps bases around the world, was featured at the brief in an effort to reduce motorcycle accidents among Marines. In the video, Marines were shown various safety procedures teaching them what tracks are best for what motorcycle and what gear is appropriate to wear to reduce the risk of injury.



LANCE CPL. JENNIFER PIRANTE

# Countering insurgency with Band-aids instead of bullets

CPL. ZACHARY NOLA  
REGIMENTAL COMBAT  
TEAM 7

**NOW ZAD, Afghanistan** — Recently during Operation Cobra's Anger, a multi-day operation led by Lima Company, 3rd Battalion, 4th Marine Regiment, to rid the Now Zad area of Taliban control, members of the company's severe trauma platoon extended an invitation to members of the battalion's civil affairs group to take cover from the rain in their mobile severe trauma bay.

Within the STB the members of the two parties began talking about the day's events. "We started talking about stuff on the battle front," said Cmdr. Tom Craig, the officer-in-charge of the emergency medical facility, Severe Trauma Platoon 3. "What CAG said was that there were a lot of females that needed to voice complaints and that if we could get a female in the battle zone to talk to these people, we could probably help a lot of folks."

In the Now Zad area medical treatment is scarce, often out of reach and varies in level from town to town.

Memories of Taliban repression still cause women to second guess leaving their home in search of help. For any type of surgical treatment, women must travel many miles to Lashkar Gah, where they receive no

post-operational care and due to cultural practices women in the area are often uncomfortable seeking treatment from men.

"There is no doctor in the villages of [Khwaja Jamall, Changwalak, and Dehanna that the women feel comfortable



**NOW ZAD, Afghanistan** — Lt. Amy Zaycek, the severe trauma platoon nurse with the Female Corpsman Team, poses for a photo with Afghan children during a recent patrol in the area of Now Zad, Afghanistan. The FCT recently returned to Now Zad on Jan. 3 to assist members of the Female Engagement Team.

going to," said Lt. Amy Zaycek, the severe trauma platoon nurse with the FCT.

The end result of this scarcity, fear, long distance and potential embarrassment is the women of the Now Zad suffering unnecessarily. It is because of this reason, upon returning to his forward operating base, Craig relayed this message to his

command at Combat Logistics Regiment 2 and requested female support at his position.

The response to this request was the Female Corpsman Team, an all female medical team consisting of a nurse and three corpsmen.

female medical personnel on hand.

"We saw approximately 40 patients there; 27 women and 13 children," said Zaycek a native of Wall, N.J. "Something to gain from that, was that I was told we were seeing women, but the women brought their children. So, that was an unusual circumstance."

"The FET is really riding shotgun on this but they only have one female corpsman with them so that is why we requested more help," said Craig from Chesapeake, Va.

"It's a good opportunity," said Petty Officer 2nd Class Latese Smith, a hospital corpsman with FCT from Chicago, Ill. "I'm looking forward to teaching [the women] to better take care of themselves and their families."

In recent weeks the mood in Now Zad has changed from one of constant tension to one of reconstruction. The area still presents challenges and dangers to both civilians and military forces but the positive results that Afghan national security forces, Lima Co., the FET and FCT have made are undeniable.

"It touched my heart while we were out in Dehanna seeing the kids come up to us," said the 51-year-old Craig. "Knowing that they're actually coming to us, trusting us without fear of retribution from the Taliban, lets me know that's a blow for freedom."

"I was on a twelve-hour notice," said Zaycek. "Cobra's Anger had ended, people were coming to the villages, and from what Dr. Craig had gauged, female medical care was needed."

In the wake of Cobra's Anger the team visited surrounding areas, including the village of Changwalak, which reflected how valuable it was to have

# Martin Luther King Jr.: Inspiring influence 42 years after his life, death

**KING** FROM PAGE 1

pursuing freedom and equality for all people but courageously stood like steel in the face of violent opposition to the point of death.

The third Monday in January is Martin Luther King Day, a day that recognizes King's birthday in Atlanta, Ga., on Jan. 15, 1929, and celebrates his life and legacy. The existence of Martin Luther King Day is very significant in the United States. Arguably nobody in U.S. history was hated and loved by more people than King. His speeches, marches and countless nonviolent activities designed to overturn the social and legal injustices done to "black" people outraged many "white" people. Yet his heroic stature among people of all color is ever increasing.

The first thing that comes to my mind when I think of my admiration for King is his "Letter from Birmingham Jail."

In Birmingham, Ala., on April 12, 1963, King led a peaceful demonstration against the racial injustices there. Segregation was deeply rooted in such things as bus seating, schools, parks, restrooms and drinking fountains. In response to desegregation efforts, some people bombed and torched black homes and churches, which caused the city to be dubbed "Bombingham."

One fact that may have prevented people of lesser conviction and character from following their conscience in leading a demonstration was a state court injunction that prohibited King and other civil rights leaders from demonstrating. With a wife and four children in Atlanta, King still decided that perceived public disobedience was justified, so he peacefully demonstrated.

King led 50 other people downtown and up to the police line, coming face-to-face with the head of police. King then knelt down in prayer. He and all the demonstrators were subsequently thrown in jail.

On April 16, King read a letter published in the city paper that was written by eight white Alabama clergymen who criticized King for demonstrating. King responded by writing the "Letter From Birmingham Jail," which King biographer Stephen Oates described as "the most eloquent and learned expression of the goals and philosophy of the non-violent movement ever written."

The clergymen said King needed to be more patient and not demonstrate.

King wrote: "Perhaps it is easy for those who have never felt the sting of segregation to say, 'Wait.' But when you have seen vicious mobs lynch your mothers

and fathers at will and drown your sisters and brothers at whim; when you have seen hate-filled policemen curse, kick and even kill your black brothers and sisters; when you see the vast majority of your twenty million Negro brothers smothering in an air-tight cage of poverty in the midst of an affluent society; when you suddenly find your tongue twisted and your speech stammering as you seek to explain to your six-year-old daughter why she can't go to the public amusement park that has just been advertised on television, and see tears welling up in her eyes when she is told that Funtown is closed to colored children, and see ominous clouds of inferiority beginning to form in her little mental sky, and see her beginning to distort her personality by developing an unconscious bitterness toward white people; when you have to concoct an answer for a five-year-old son who is asking: 'Daddy, why do white people treat colored people so mean?'; when you take a cross-county drive and find it necessary to sleep night after night in the uncomfortable corners of your automobile because no motel will accept you; when you are humiliated day in and day out by nagging signs reading 'white' and 'colored'; when your first name becomes 'nigger,' your middle name becomes 'boy' (however old you are) and your last name becomes 'John,' and your wife and mother are never given the respected title 'Mrs.'; when you are harried by day and haunted by night by the fact that you are a Negro, living constantly at tiptoe stance, never quite knowing what to expect next, and are plagued with inner fears and outer resentments; when you are forever fighting a degenerating sense of 'nobodiness'; then you will understand why we find it difficult to wait. There comes a time when the cup of endurance runs over, and men are no longer willing to be plunged into the abyss of despair. I hope, sirs, you can understand our legitimate and unavoidable impatience."

To the charge that he was taking "extreme measures," King responded in the letter like this: "Was not Jesus an extremist for love: 'Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which spitefully use you, and persecute you.' Was not Amos an extremist for justice: 'Let justice roll down like waters and righteousness like an ever-flowing stream.' Was not Paul an extremist for the Christian gos-



**Martin Luther King Jr.** addresses a crowd from the steps of the Lincoln Memorial where he delivered his famous, "I Have a Dream," speech during the Aug. 28, 1963, march on Washington, D.C.

pel: "I bear in my body the marks of the Lord Jesus." Was not Martin Luther (the German religious reformer) an extremist: "Here I stand; I cannot do otherwise, so help me God." And John Bunyan: "I will stay in jail to the end of my days before I make a butchery of my conscience." And Abraham Lincoln: "This nation cannot survive half slave and half free." And Thomas Jefferson: "We hold these truths to be self-evident, that all men are created equal..." So the question is not whether we will be extremists, but what kind of extremists will we be. Will we be extremists for hate or for love? Will we be extremists for the preservation of injustice or for the extension of justice? In that dramatic scene on Calvary's hill three men were crucified. We must never forget that all three were crucified for the same crime -- the crime of extremism. Two were extremists for immorality, and thus fell below their environment. The other, Jesus Christ, was an extremist for love, truth and goodness, and thereby rose above his environment. Perhaps the South, the nation and the world are in dire need of creative extremists.

If King was an extremist, he was an extremist for love and justice; he was a creative extremist who had a beautiful dream. On August 28, 1963, 34-year-old King stood before the Lincoln Memorial and said, "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.' I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood. ... I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

King pursued and articulated that great dream. Unfortunately, King's pursuit

was cut short by a nightmarish act of hate.

On April 4, 1968, at 6 p.m., 39-year-old King was shot and killed while standing on the balcony of the Lorraine Motel in Memphis, Tenn., by James Earl Ray, who took aim with a .30 caliber rifle and blew away the right side of King's face and neck. King died at St. Joseph's hospital 75 minutes later. The voice of peace and goodwill toward mankind was silenced by the murderous rage of racism.

Those who hated King and his message reportedly cheered when they received the news of King's death. One FBI agent allegedly said, "They finally got the SOB!"

Those who loved King reacted contrary to King's nonviolent tactics. Riots broke out in 110 cities; tens of thousands of federal troops were sent to U.S. cities to "keep the peace"; 711 fires blazed in Washington D.C. alone.

The existence of Martin Luther King Day testifies to the division in the United States today. This memorial day is more than recognition of King's birth, life and legacy. It's also a day that cries for justice. Many things have changed, but King's dream is not yet realized.

His dream was much bigger than how people of different shades of color behave toward each other. His dream included how people feel and think about each other. Ultimately, his dream encompassed the biblical vision of all God's children being free to see and savor the glory of the Lord.

That dream and vision will become reality; it's only a matter of time.

*Author's note: The influence of pastor and author John Piper, one of my living heroes, pervades much of this article. I am indebted to him for his teaching in many things, including public justice, equality, and racial harmony.*

## January Promotions

### MAG-12

**Lance Cpl.**  
Ovil, Gerald

### Cpl.

Jackson, Shaquan D.  
Zanola, Chelsea J.

### Gunnery Sgt.

Alvarez, Daniel M.  
Carver, Benjamin J.  
Walters, James L.

### H&HS

### Cpl.

Anderson, Jeffrey N.  
Jacob, Nicholas R.  
Ohnemus, James A.  
Wiemers, Justin W.

### Sgt.

Temple, Seth A.

### Staff Sgt.

White, Carrie M.

### MALS-12

### Lance Cpl.

Fox, Garrit W.  
Kiser Zachary G.  
Panzullo, Brendan C.  
Sparks, Matthew R.  
Valdez, Luis R.

### Cpl.

Amantine, Shaunica E.  
Holden, Ryan D.  
Mejia, Georgina  
Winkeleer, Keith E.

### Staff Sgt.

Connelly, Douglas G.  
Howell, Brian O.  
Rios, Christopher A.

### Gunnery Sgt.

Cox, Shane D.  
Crochet Jr., Robert P.

### CLC-36

### Cpl.

Bascon, Titovincen M.  
Batterseamolto, Adam M.  
Valdivia, Owen O.

### Sgt.

White, Evelyn A.

### Gunnery Sgt.

Grondziak, Jerry A.

### VMFA-242

### Lance Cpl.

Cook, Travis M.  
Hermanski, John R.  
Kniffin Jr., John D.  
Schrupp Nathaniel D.

### Cpl.

Mogila, Ryan A.  
Quick, Christopher A.

### Sgt.

Vandyke, Matthew D.

### Master Sgt.

Luke, Bryan E.

### MWSS-171

### Pfc.

Smith, Jessica T.

### Lance Cpl.

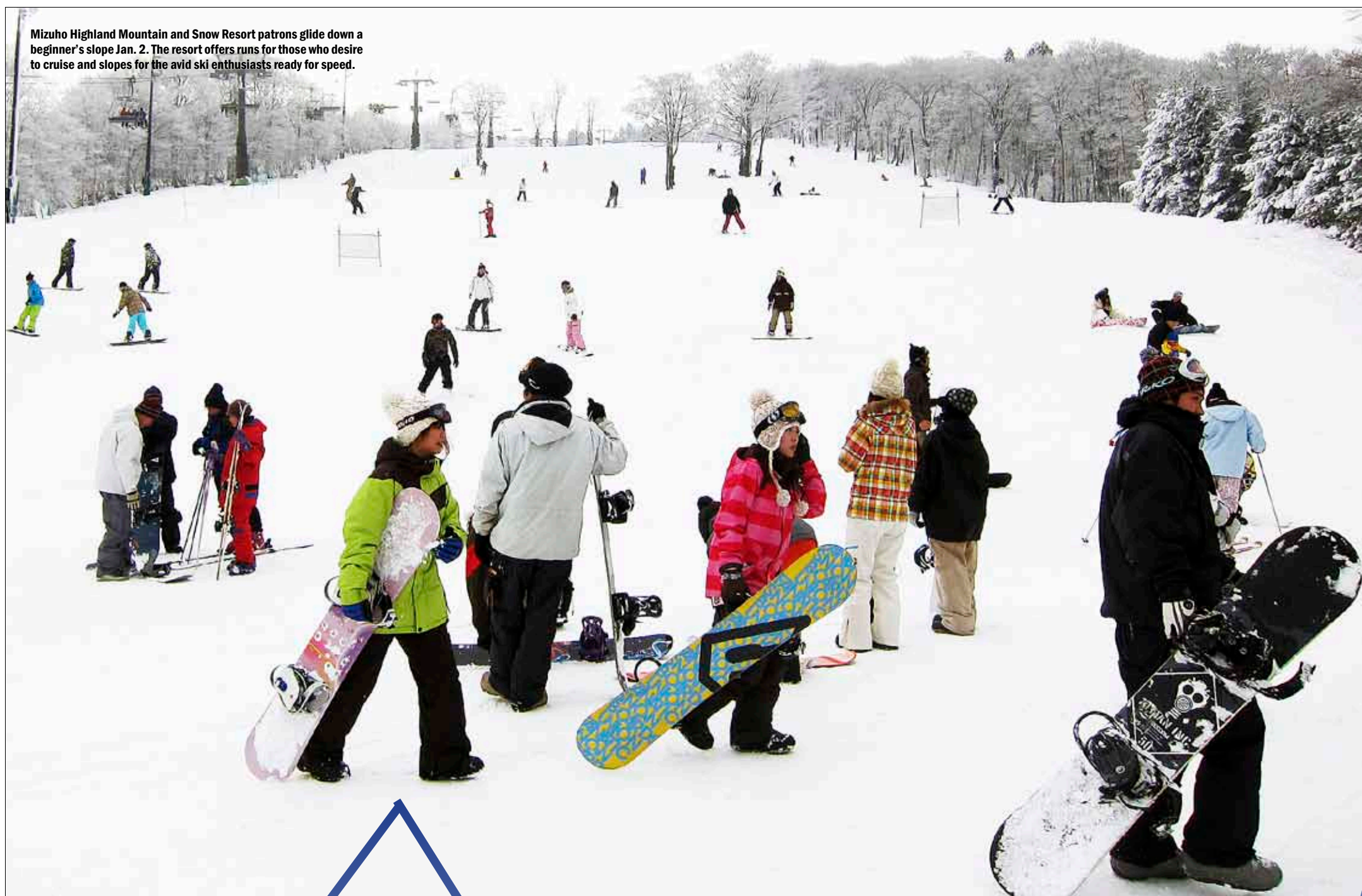
Amenyedior, Anthony K.  
Ayala, Kelsey L.  
Goldhammer, Alexander S.  
Smith, Geoffrey D.

### Cpl.

Adkins, Buddie C.  
Bankes II, Raymond E.  
Burlison, Jonathan D.  
Carter Jr., Aaron L.  
Coleman, Arielle V.  
Cortez, Faustino B.  
Hopkins, Jeffrey M.  
Lovett, James A.  
Martinez, Robert D.  
Mikhail, Patrick S.  
Unwin, Travis W.  
Widmayer, Dustin J.

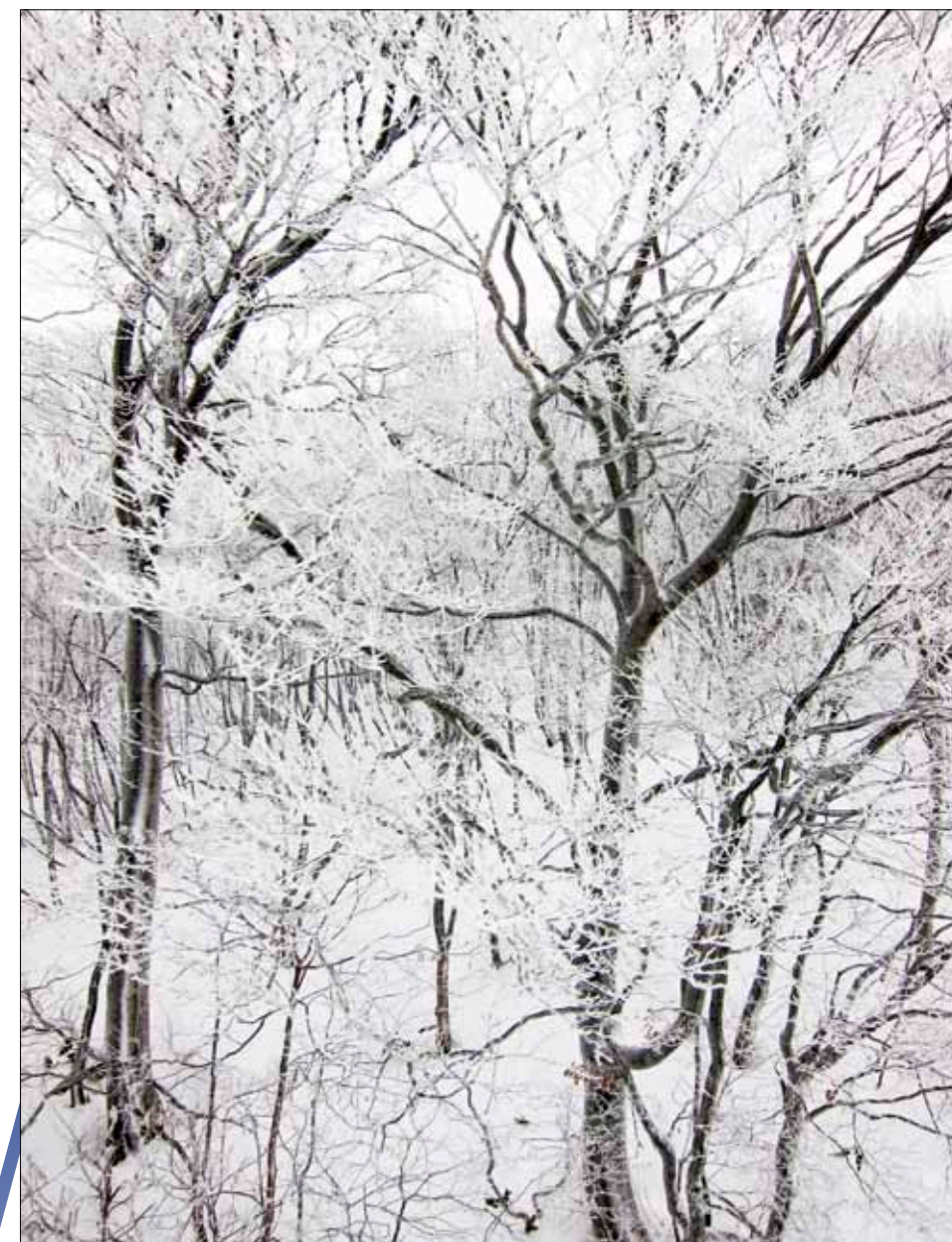
### Sgt.

Caraway, Christopher F.



Mizuho Highland Mountain and Snow Resort patrons glide down a beginner's slope Jan. 2. The resort offers runs for those who desire to cruise and slopes for the avid ski enthusiasts ready for speed.

LANCE CPL. CLAUDIO A. MARTINEZ



LANCE CPL. CLAUDIO A. MARTINEZ

Glistening snow covers the trees surrounding Mizuho Highland ski slopes. The ski lifts offer scenic views of the mountain and Japan Sea.

# CARVING SLOPES ON MT. MIZUHO

Sgt. Josh Cox  
IWAKUNI APPROACH STAFF

During the winter months in Japan, something very special happens at high altitudes. Beautiful patches of snow glistens over Japan's most scenic mountain tops, and attracts ski and snowboard enthusiasts eager to glide down steep powdered trails.

Mizuho Highland Mountain and Snow Resort is a top destination for those looking for exhilarating ski trails and a unique experience with nature.

Combat Correspondents with The Iwakuni Approach and American Forces Network Iwakuni curiously explored the resort Jan. 2 to give our audience a glimpse into the snow-covered world not too far beyond the station's gates. Our journey began with the help of Hiroe Ruby representing Information and Referral. Mrs. Ruby answered questions on the resort, and even called the park on our behalf to request

The entrance to Mizuho Highland Mountain and Snow Resort greets visitors with a ticket counter, rental plaza, pro shop and dining area. The Resort offers American Cuisine and Japanese favorites. Vendors outside the resort also prepare snacks and hot soup for patrons.

additional information. During the visit with Mrs. Ruby we learned a trip to Mizuho Highland would take approximately three hours to travel by car. She also filled us in on prices, specific driving directions and notable attractions. Outdoor Recreation was the next stop on the journey. The activity outfitted the crew with ski gear, snowboards, boots and stocks — completely free of charge for the entire weekend.

Transportation was arranged and only a few days in the office separated thrill seekers from the adventure to come.

Finally the special day came, and a few vehicles loaded with antsy Marines trekked to the resort. After three hours and a few wrong turns, we arrived at Mizuho Highland. With cameras, snow boards and ski gear in hand, the group began an invigorating day on the slopes. Several Marines bonded with nature quite nicely, gliding down the mountain with the grace of migrating fowl. Others bonded with Mother Earth by slamming into trees, violently rolling down the mountain, and occasionally running into innocent Japanese bystanders.

After a fun-filled day on the trails, a few newly developed bruises and good times enjoying hamburgers garnished with eggs, the crew safely returned to Iwakuni with hopes to embark on a subsequent ski trip before the snow melts away.



LANCE CPL. CLAUDIO A. MARTINEZ



LANCE CPL. CLAUDIO A. MARTINEZ

The author, far right, briefly rests after a wipeout at Mizuho Highland Mountain and Snow Resort Jan. 2. The resort's beginner courses include exciting runs for new and seasoned ski enthusiasts alike. After a few warm-up runs, intermediate and advanced slopes await.

## CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



LANCE CPL. JAMES CLARK

**CAMP DWYER, Helmand province, Afghanistan** — A Marine with Bravo Co., 1st Battalion, 6th Marine Regiment, provides suppressing fire with his M249 Squad Automatic Weapon during a training exercise at Camp Dwyer, Afghanistan, Jan. 2. The Marines ran a platoon attack course focused on the positive identification of targets and precision fires in order to reduce the risk of civilian casualties during future operations.



LANCE CPL. JAMES CLARK

**CAMP DWYER, Helmand province, Afghanistan** — A Marine with Bravo Co., 1st Battalion, 6th Marine Regiment, advances toward targets during a training exercise at Camp Dwyer, Afghanistan, Jan. 2. The targets marked with yellow represented civilians while the solid green silhouettes were enemies.



LANCE CPL. JAMES CLARK

**CAMP DWYER, Helmand province, Afghanistan** — A Marine fire team with Bravo Co., 1st Battalion, 6th Marine Regiment, takes cover after receiving simulated enemy contact during a training exercise at Camp Dwyer, Afghanistan, Jan. 2. The Marines ran a platoon attack course focused on the positive identification of targets and precision fires in order to reduce the risk of civilian casualties during future operations.



LANCE CPL. JAMES CLARK

**CAMP DWYER, Helmand province, Afghanistan** — A Marine fire team with Bravo Co., 1st Battalion, 6th Marine Regiment, advances toward an enemy position after receiving simulated enemy contact during a training exercise at Camp Dwyer, Afghanistan, Jan. 2.



LANCE CPL. JAMES CLARK

**CAMP DWYER, Helmand province, Afghanistan** — A Marine fire team with Bravo Co., 1st Battalion, 6th Marine Regiment, responds to simulated enemy contact during a training exercise at Camp Dwyer, Afghanistan, Jan. 2.

## Marines train, improve ability to quickly acquire targets

LANCE CPL. JAMES CLARK  
REGIMENTAL  
COMBAT TEAM 7

**CAMP DWYER, Helmand province, Afghanistan** — Adjusting his body armor, a designated marksman with Bravo Company, 1st Battalion, 6th Marine Regiment tracks the progress of a patrol of Marines from his perch atop the rocky hillside.

The marksman follows the line of tan figures as they plod along toward the platoon attack course at Range 3, Camp Dwyer, Afghanistan, Jan. 2.

The patrol rounds the bend and approaches a cluster of HESCO barriers that represent the first set of houses. There's a brief sputter of chatter across the radio before the patrol separates into squads, which break down further into four man fire teams. Each element pushes towards a predetermined objective, but must also remain cognizant of the situation as it develops and targets are identified.

As the patrol nears the houses and responds to simulated enemy fire, they must determine which targets are hostile and which are friendly as they prepare to return fire.

The exercise simulates a patrol taking on an enemy position without the use of indirect fire due to risk of causing civilian casualties.

This in turn forces the Marines to rely on accurate small arms fire, said 1st Lt. Mark A. Greenleaf, the executive officer for Bravo Co., 1/6. The purpose of the training exercise is to further develop the Ma-

rine's ability to quickly acquire enemy targets and engage them, while minimizing the risk to civilians.

"Coordination is essential at the individual Marine level, and all the way up. The goal is to teach that the kinetic solution isn't always the best one," said Greenleaf.

As the Marines moved through the course they came across silhouettes marked by different colors meant to indicate a hostile or friendly target.

"The exercise gave us the chance to distinguish between targets in the heat of the moment," said Lance Cpl. Brandon C. McConnell, a team leader with Bravo Co., 1/6. "It's pretty easy [during training], in the real world, it won't be like this, and you'll have only a few seconds to make that judgment. The biggest challenge is trying to determine who's friendly and who isn't."

McConnell, who was with 1/6 on their last deployment to Afghanistan as a part of the 24th Marine Expeditionary Unit, described the challenge of making careful and good decisions in the middle of combat. "You have to maintain control. You're getting shot at by one person, and you want to just shoot back at everyone, but you know you can't," he said.

The success of counter-insurgency operations relies heavily on the ability of Marines and sailors to reduce civilian casualties. This requires each individual Marine to take great care in acquiring each and every target.

## COMMUNITY BRIEFS

### H1N1 Vaccine

The vaccine is now available for all beneficiaries during normal clinic working hours. It will be administered on a first-come-first-served basis until all quantities are gone. The seasonal influenza vaccine is also available to all beneficiaries at this time.

### Koto and Taiko Drum Concert

Experience the sounds of the national instrument of Japan as well as the dynamic style of Japanese Taiko drumming here Jan. 31 at the Station Chapel. This concert is a fun-filled event with something for everyone. The event is free to all SOFA status personnel. For more information, call 253-2785.

### University of Phoenix

### Registration

Registration is now open for the on-site MBA program which will begin Feb 15. Registration deadline is Feb. 8. Classes will be held every Monday night from 6-9 p.m. in Rm. 115 Bldg. 411. All UOPX online classes start every Tuesday. For more information, contact Thomas Keating at 253-3335.

### Mammo-Van Visit

The Mammogram van is scheduled to be here during the first week of February. To make an appointment through radiology, patients must first make an appointment with their primary care provider to get a referral for a mammogram. Once the referral consult is put into the system, patients can then check in at radiology, fill out a brief survey,

and then schedule their appointment. For more information, please call 253-6354.

### MLK day of service

Approximately 10 to 15 volunteers are needed Jan. 18. 10 a.m. - 2 p.m. to conduct various projects such as stuffing medical evacuation bags, stuffing briefing packets and records management. For more information contact the American Red Cross at 253-4525.

### IT&T Service for Snow Days

As long as the expressway is open the Marine Corps Community Service Shuttle Bus service remains the same as normal. If the expressway is closed, the service will be canceled and 100 percent will be refunded. Customers also need to bring in their luggage three days prior to flight day instead of two for luggage delivery service to the airport. For more information, call 253-4377.

### Upcoming American Red Cross Courses

The following American Red Cross courses are available in the month of January: the Community First Aid Course will be held Monday from 1-6 p.m. for \$40, and the Adult, Child and Infant CPR/AED Course will be held Jan. 30 from 1-6

p.m. for \$40. For more information, call 253-4525.

### Pediatric Dental Specialist

The dental clinic is pleased to announce a new patient service and improved capability to be available in 2010. Once a quarter or as the need dictates, a pediatric dental specialist for toddlers and children will be visiting from Okinawa. The first visit is scheduled for Jan. 25-29. Dental exams and treatment will be provided; however appointments will be limited so please contact the dental clinic today for an appointment or for additional information at 253-3331.

### Wood Hobby Shop

Temporarily Closed The Wood Hobby Shop, located on North side, will be closed until further notice. For more information, contact K.C. Rich at 253-5284.

### UMUC Spring Registration

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

### CTC Spring Registration

Registration for spring sessions is underway. Registration is running until Sunday in Bldg. 411 Rm. 109. Classes will begin Monday. For more information, call 253-3288.

### Hornet's Nest Renovations

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

### Dental Assisting Training Program

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

### Iwakuni Teens

Join us for Club Beyond every Tuesday night. Enjoy games, music, food and fun plus a short Bible lesson. Club Beyond is held in Yujo Hall, between the chapel and thrift store, 6:30 to 8:00 p.m. Call the chapel at 253-3371 or call John at 080-4177-2060.

## Chapel Services

### Roman Catholic

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

### Protestant

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

### Church of Christ

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

### Latter Day Saints

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

### Teen Programs

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

Call at 080-4177-2060 or jletaw@ClubBeyond

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

## SAKURA THEATER

### Friday, January 15, 2010

7 p.m. Michael Jackson's This Is It (PG-13)

### Last Showing

10 p.m. It's Complicated (R)

### Premiere

### Saturday, January 16, 2010

1 p.m. Alvin and the Chipmunks "The Squeakquel" (PG)

### Premiere

4 p.m. Planet 51 (PG)  
7 p.m. Fourth Kind (PG-13)  
10 p.m. Pirate Radio (R)

### Premiere

### Sunday, January 17, 2010

1 p.m. Princess and the Frog (G)  
4 p.m. Alvin and the Chipmunks "The Squeakquel" (PG)

7 p.m. The Men Who Stare at Goats (R)

### Monday, January 18, 2010

1 p.m. Fantastic Mr. Fox (PG)

### Premiere

4 p.m. The Fourth Kind (PG-13)  
7 p.m. Sherlock Holmes

### Premiere

### Tuesday, January 19, 2010

4 p.m. The Box (PG-13)  
7 p.m. Avatar (PG-13)

### Wednesday, January 20, 2010

7 p.m. The Men Who Stare at Goats (R)

### Thursday, January 21, 2010

7 p.m. 2012 (R)

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

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

# CLASSIFIEDS

## Automobiles

### 2001 Honda CBR 929

Asking \$5,000 OBO. Low miles 20,500 kilometers. Two Brothers aftermarket exhaust, Scotts steering damper, new battery. This bike runs excellent. New oil change and regularly greased chain. Will include necessary riding gear for a little extra including: Icon riding gloves, Joe Rocket riding Jacket, KBC or OBK riding helmet. If interested, call 253-2119 or 090-6017-6822

## Miscellaneous

### Couch and Love Seat

## Mess Hall Menu

### Monday

Cream of mushroom soup, Creole soup, steak ranchero, sweet and sour pork, mashed potatoes, steamed rice, succotash, carrots, dinner rolls, brown gravy, potato salad, mixed fruit salad, standard salad bar, congo bars, marble cake double layer, butter cream frosting, blueberry crunch.  
Specialty Bar: Pasta

### Tuesday

Cream of potato soup, chicken noodle soup, Cajun meatloaf, baked salmon fillet, potatoes au gratin, steamed rice, french fried cauliflower, mixed vegetables, dinner rolls, macaroni salad, deviled potato salad, standard salad bar, chocolate chip cookies, spice cake, butter cream frosting, lemon meringue pie.  
Specialty Bar: Taco

### Wednesday

Cream of broccoli soup, vegetable soup, turkey pot pie, oven roast, noodles Jefferson, steamed rice, brussel sprouts, broccoli combo, biscuits, brown gravy, potato salad, country style tomato salad, standard salad bar, peanut butter cookies, double layer devil's food cake, butter cream frosting, cheese cake.  
Specialty Bar: Barbeque

### Thursday

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

### Friday

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

Just like new. Steel color microfiber. Great for kids. Asking \$450 OBO. For more information, please call 253-2119.

### Free cat to good home

One year old male orange and white tabby cat, all shots, micro chipped, neutered. Very playful and good with kids. Food, bowls and cat litter all come with him. If interested, call 253-2505 or email Nbear15@aol.com.

## Jobs

### Rainbow Home Day Care

Have openings for full-time, part-time,

and hourly children from 7 a.m. to 5 p.m. Mondays – Fridays. Have 13 years of experience working with children, First-Aid and CPR certified, and have a degree in early childhood education. For more information, call 253-2246.

### NMCRS Volunteer Opportunities

Every day sailors, Marines and their families come to the Navy-Marine Corps Relief Society in emergencies. Be that friendly person who lets them know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply for this opportunity, call 253-5311.

### Dental Assistants

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

## Private organization meeting to be held by station inspector

SUBMITTED BY  
STATION INSPECTOR

On Jan. 21 the Station Inspector's Office will be having a private organization meeting in the auditorium of Bldg 1 at 3:30 p.m.

Some topics we will be discussing:

- In the event you just took over as an organization's president or treasurer, audits are needed within 30 days of assuming duties.
- Many of you are asking what measures will be enforced for organizations delinquent with reports, below are the administrative sanctions for late reports. Please keep in mind the Inspector reserves the right to modify based on individual circumstances.  
1st Time Offense: Bank account frozen until reports are received.  
2nd Time Offense: Bank account will be frozen and will be unfrozen 30 days after delinquent reports are received.

3rd Time Offense: Organizations must begin dissolution procedures. If organizations still wish to function as a private organization, they must have all reports updated and route a letter through the President's sponsoring command or Department Head explaining why the organization was delinquent in the first place. They must also explain the new procedures in place to prevent future issues with reports.

Also, these organizations will not be allowed to participate in the upcoming Friendship Day event. The Station Inspector's Office will review, approve and disapprove as appropriate.

Organizations that have been suspended two or more times between May 5, 2009 and May 4, 2010 will not be allowed to participate in Friendship Day 2010.

Only organizations that have been established for more than six months will be allowed to participate.

## Emergency phone numbers for the station

### Anti-Terrorism Force Protection Hotline 253-2837

This line should be used to report suspicious persons or vehicles, suspicious activities or to report people taking pictures aboard the air station.

### All Emergencies 119 or 911

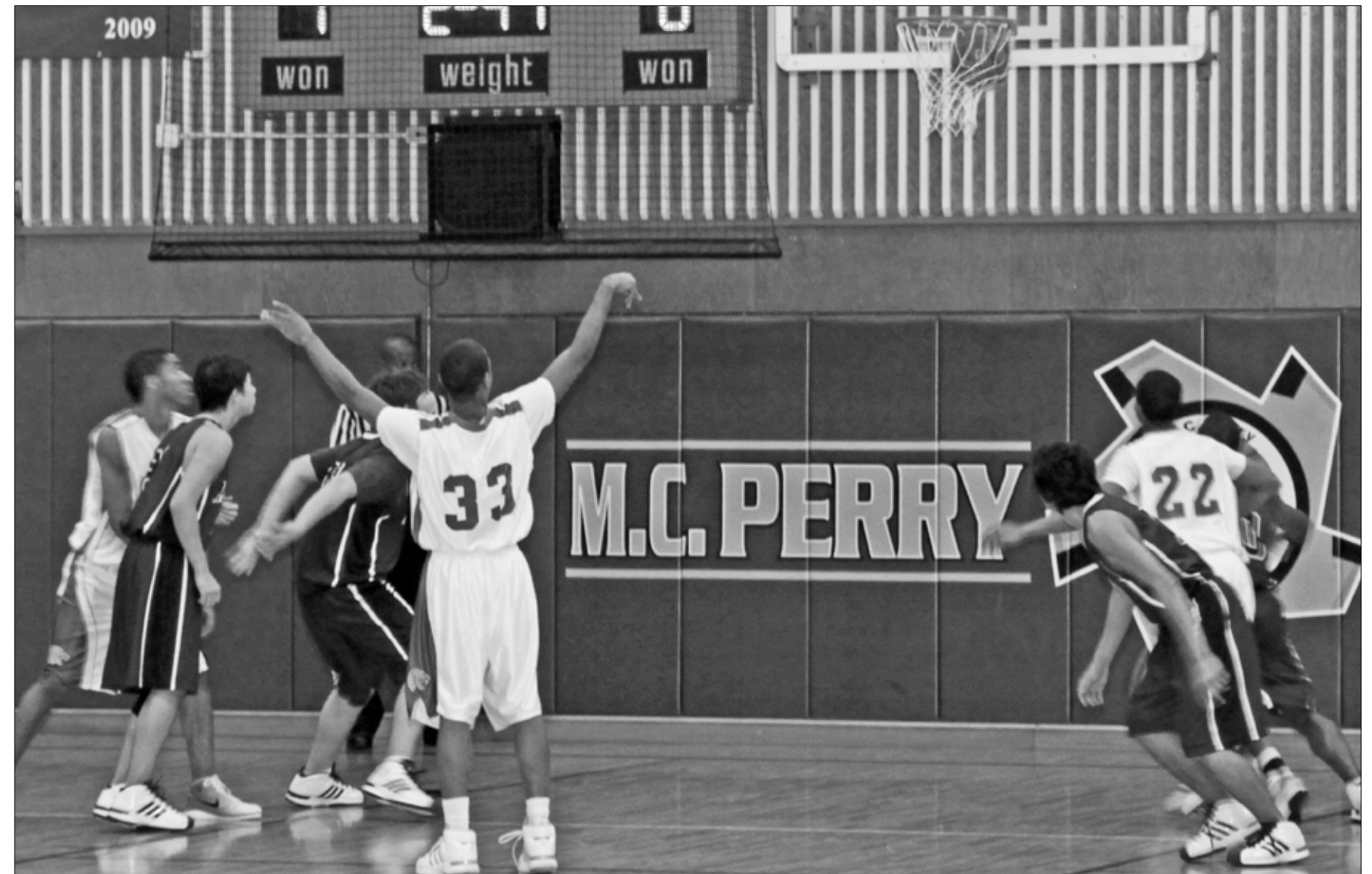
This line should be utilized for "life, limb or loss of vision threatening" emergencies, nearby building(s) on fire, medical assist, assaults, domestic violence, rape and sexual assaults, traffic accidents, hazardous material spills, dead persons or suspicious packages.

### From a Cellular Telephone (0827) 21-7700

This line should be utilized to report emergencies requiring bilingual capability (Japanese - English) or to report emergencies using a cell phone while aboard the station.

### Provost Marshal's Office – Security Issues 253-3303

# High School Basketball



A Yokota High School player shoots for two after being fouled during a high school basketball game between Matthew C. Perry and Yokota High School here at the M.C. Perry Gymnasium, Saturday.



LANCE CPL. SALVADOR MORENO

Players from both teams attempt to rebound a shot during Saturday's game between the Matthew C. Perry High School Samurai boys and the Yokota Panthers in which the Panthers defeated the Samurai 52-36.

## Matthew C. Perry boys fall to Yokota Panthers 52-36

LANCE CPL. SALVADOR MORENO  
IWAKUNI APPROACH  
STAFF

The Matthew C. Perry High School Samurai boys basketball team fell short of victory to the Yokota High School Panthers, 52-36, at the M.C. Perry Gymnasium here Saturday.

The Samurai's loss to the Panthers leaves them with a 2-12 record and lots of needed improvement.

On the other end, the Panthers find themselves improving their season record to slightly over .500 and on the right path to a successful season.

Although this game ended on a bad note for the Samurai, it was still a nail biter.

The Samurai may not have put up many points, but they

did make the Panthers have to work themselves to the bone for the win.

"Everybody stepped up and did pretty well. We just didn't shoot today," said Chris Clark, coach for Samurai.

The Panthers, on the other hand, did shoot well as they easily moved the ball from one side of the court to the other.

At the beginning of the game, the Samurai looked as if they were the team to beat, opening with a 5-0 lead.

"These morning games are tough. It's a little hard to get going," said Paul Ettl, coach for the Panthers.

Although the Panthers started slow, they found their groove fast and took a lead of their own, scoring 13 unanswered points before the Samurai hit another basket.

Coach Clark called a time-

out a minute into the second period to fire up his team.

"All we tell them is to trust what you're supposed to do and trust each other," said Clark.

The Samurai record of 2-12 doesn't really show how far this team has come throughout the season.

Clark said when the Samurai play teams of the same caliber, that's when the Samurai will find out who they really are.

When most athletes lose a game, they seem to hang their heads low as they go to the locker room, but the Samurai walked tall with their heads held high with pride.

"I like a lot of things I'm seeing," said Clark. "Its all about what we do in the Far East Tournament."



LANCE CPL. CHRIS KUTLESA

Rebecca Bethard, the course instructor, briefs the swimmers at her Aqua Blast class at the indoor pool in the IronWorks Gym on Jan. 11. The course is available to all ages and skill levels.

## Swimmers dive into full-body, low-impact water-aerobics class

LANCE CPL. CHRIS KUTLESA  
IWAKUNI APPROACH STAFF

For some people, getting back into shape means getting back onto the treadmill, but IronWorks Gym is proposing something different — getting into the pool.

“When I got here in July, there was no fitness programs that took place in the pool,” said Rebecca Bethard, a physical trainer at IronWorks Gym.

Now there is! Every Monday and Wednesday the IronWorks Gym is sponsoring a water-aerobics class called Aqua Blast. The class is 45 minutes long and begins at 11:30 a.m.

Bethard, who instructs the class, said the program is available to all ages and skill levels.

“I cater each class to the skill sets of the group,” said Bethard. “Water aerobics is really

great because it is low impact, and it keeps your body cool.”

Aqua Blast started last November and since its birth has garnered a faithful following from a variety of different people.

“The water-aerobics class is great for me because I am pregnant,” said Jennifer Zwierzynski, who has been attending the class with her husband and father. “This class is the best way for me to really get a full-body workout because we are doing everything from aerobics to calisthenics. Since I am pregnant, I take it a little easy, but my husband and father really push themselves and afterwards they definitely feel the burn.”

Zwierzynski’s father Gary Bernhard, the family readiness officer for VMFA-242, said he is using the class to get back into military shape.

“I come here for the workout because I need

it. I spent 34 years in the Navy, and since I retired, I have lost my routine of working out. This has also become a great family event,” said Bernhard.

If a shop wants to feel the burn together, they can attend a special Aqua Blast class available on Fridays strictly for service members.

Bethard said the service members-only class is a little bit harder than the regular Aqua Blast, but again is catered per individual.

Those interested in attending Aqua Blast are recommended to wear a swim suit, but Bethard said service members can wear their green-on-green and utilities as well.

Since the course does take place during many people’s lunch hours, Bethard recommends eating at least an hour before entering the pool to prevent cramps.

Those with questions concerning Aqua Blast can call IronWorks Gym at 253-6578.



LANCE CPL. CHRIS KUTLESA

Rebecca Bethard, the course instructor, demonstrates a water-aerobic exercise during the Aqua Blast class at the indoor pool in the IronWorks Gym on Jan. 11. Bethard recommends eating one hour before the class starts.



LANCE CPL. CHRIS KUTLESA

Jennifer Zwierzynski smiles during the Aqua Blast class at the indoor pool at IronWorks Gym on Jan 11. Zwierzynski, who is pregnant, enjoys the class because it is a full body, low impact way to exercise.