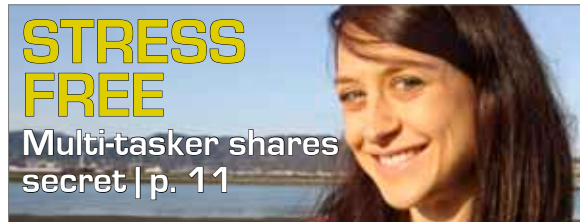




ABC
Service members help teach Japanese children



LAUGH FACTORY
Show brings on knee slappers | p. 5



STRESS FREE
Multi-tasker shares secret | p. 11

THE IWAKUNI APPROACH

Issue No. 9, Vol. 3 | Marine Corps Air Station Iwakuni, Japan



REVIEW: TOTAL SHIELD 2010

Exercise closes, sections tested, lessons learned

STORY ON PAGES 6,7

LANCE CPL. CLAUDIO A. MARTINEZ

A Marine Wing Support Squadron 171 Marine stands watch on the seawall here to protect the station against further attacks during Exercise Total Shield 2010 Feb. 24. Exercise Total Shield was designed to test the station's ability to continue its normal support operations while successfully defending itself against terrorist attacks. See full story on pages 6,7.

Environmental awareness spreads to Iwakuni

LANCE CPL.
JENNIFER PIRANTE
IWAKUNI APPROACH
STAFF

During the month of April, the Environmental Department here is slated to raise awareness on the significance of environmental appreciation for the 40th anniversary of Earth Day April 22.

Since 1997, Japan has enforced the Law for the Promotion of Sorted Collection and Recycling of Containers and Packaging which requires consumers to follow sorting guidelines and dispose of their waste in an organized fashion.

As residents in this country, there are small steps that service members and civilians can take in an ongoing effort

to minimize their own carbon footprint and maximize the potential of reusable resources during their stay.

Personnel living off base are not permitted to bring their trash and dispose of it on base, where trash is likely to pile up in excess amounts.

By sorting materials into

SEE **ENVIROMENT** ON PAGE 3

Servmart celebrates 1-year anniversary

PFC. MARCEL BROWN
IWAKUNI APPROACH STAFF

After one year of hard work and dedication, the U.S. Marine Corps Servmart celebrated its one-year anniversary here Feb. 18.

"The past year has been fantastic," said Lt. Cmdr. Keith Applegate, Station Logistics officer. "Every military installation has a community distribution center," said Applegate. "Before Servmart, Leatherneck Depot was the distribution center for the air station. This store has done 10-fold what the Leatherneck Depot was able to do to support the air station."

The USMC Servmart is an enterprise partnership between the Marine Corps and the General Services Administration to provide office, industrial and janitorial supplies to the Marine Corps community.

"I think all of our customers are

SEE **SERVMART** ON PAGE 3

UNIFORM CHANGE COMING

The switch to summer season uniforms is March 15.





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CHAPLAIN'S CORNER

'The Game'

LT. ROBERT E. MILLS
STATION CHAPLAIN

As I write this article, the closing ceremonies of the 2010 Winter Olympics in Vancouver, Canada are being held. People are dancing, music is playing, and lasers are shooting their beams all over the place.

In the last 17 days, some dreams have come true, others have been shattered, heroes have been made, and even a life has been lost.

Some people say the Olympic Games bring out the best in human beings, and while many admirable things did happen, I wonder about the game the rest of us have to play every day – the game of life.

You see, not many of us here at Iwakuni are Olympic-class athletes.

We don't have the time to dedicate six or more hours per day to training on one particular sport. We don't have a ski jump in our backyard or a bobsled run

just down the street. We don't even have a curling sheet in our basements. What we do have is a forever-growing list of things we have to do at work, at home, at church, in our social circles and in other areas of our lives. We don't have the luxury here of being specialists.

We have to figure out the fine art every day of being good at a lot of things. From the newest private first class to the most senior officer on the base, we all have incredible demands on our time. Society seems to demand more and more from us the ability to be good at everything – to be a winner at the game of life. Fortunately, this is something most of us want to do anyway – that is, to enjoy life, to be good at what we do, to be well adjusted, and to have fun and be happy.

Olympic athletes spend many hours every single day working out and practicing to build the strength in their muscles, massive endurance, exact timing in their movements and the razor-sharp hand-eye coordination needed to excel in their particular sport. While we don't have that kind of time or the luxury

of a dedication to a single focus here at Iwakuni, we can certainly be world-class athletes in the most important game of all – the game of life.

Here's the secret: The happiest, most well-adjusted, healthiest people I know are those who have an understanding of their place in the universe through a personal relationship with God. They have confronted the things that slow them down and through God's help (and not in their own power) have been delivered from those things.

They have decided not to focus on their own happiness and satisfaction, but their focus is on helping those around them and letting God use them to bless others. They are balanced, strong, fun, energetic people of vision. They can be found at all military ranks, in both genders, in uniform and out, and just about everywhere in the world.

These are the people who are the ultimate winners in the game of life.

If you have questions about how to be an Olympic-class athlete in the game of life, talk to your chaplain or pastor.

USS Rentz visits station to refresh and build goodwill



CPL. JOSEPH MARIANELLI

The USS Rentz sits awaiting maintenance and resupply in the port facility here Sunday. The USS Rentz is part of the Nimitz Carrier Strike Group and is heading back to San Diego, Calif. after a tour in the Arabian Gulf where the group conducted escort operations. While here, the USS Rentz's crew took on fuel and food, properly discharged waste and conducted a community relations event at Nagatani Mountain Stream.

got news?

Do you have an idea for a story or need coverage for an event? We are here for you. Contact the Public Affairs Office two weeks in advance of projected publication date for review by e-mailing iwakuni.pao@usmc.mil, calling 253-5551 or stopping by Building 1, Room 216.

SERVMART MEANS BUSINESS



The Servmart staff poses for a group photo at the United States Marine Corps Sermart here Feb. 26. The store reached its one year anniversary Feb. 18.

PHOTO BY MARCEL BROWN

SERVMART FROM PAGE 1

satisfied because they are able to obtain the material they need for their operations," said Robert T. Bugawan Jr., Storage Division officer, Logistics Department, here.

Before the opening of Servmart, supplies had to be ordered from the United States and would take anywhere from two to three weeks to arrive in Japan.

Applegate said Servmart makes obtaining supplies more convenient for the Marines and sailors stationed here.

"If we don't carry a specific item, tell us so we can provide what you need," said Bugawan. "Let us know how we can help you."

The store currently has over 15,000 line items in stock with a substantial amount of space to

expand its inventory based on customer demand.

"If items are not in stock, they are more than happy to order them for you," said Sgt. Annie L. Spencer, Marine Wing Support Squadron 171 Fiscal chief here. Although the store has only been in business for a year, both Bugawan and Applegate said they believe the store's volume is estimated to double within the next five years based on sales statistics and the expectation of population growth.

"We foresee our management in depth and inventory will increase as future growth approaches," said Bugawan.

With a small staff of only 17 employees, the store managed to distribute 89,853 individual items and receive \$1,264,026 in sales the past year.

Unlike other stores on base, Servmart does not sell to the general public. All units have designated supply runners who are registered with Servmart. They can purchase whatever materials their unit may need from the store. Servmart has a number of different payment options including government purchase cards, standard purchasing documents, GSA accounts and an online ordering system for special orders.

"We do special orders for items that are not in the shop," said Applegate. "If people need the item enough, we will keep it in stock."

Due to preparation for Exercise Total Shield 2010, the Servmart staff wasn't able to arrange a formal one-year anniversary celebration, but Bugawan said the

real celebration is the satisfaction of the customers who shop at Servmart.

"They treat me fantastic," said Spencer. "They have kind and friendly customer service."

Bugawan said two customer service representatives that really contributed to the store's success this past year are Marlene Nelson and Chananuch Reed.

"They put their personal pride in their work," said Bugawan. "They are full of innovation and good ideas, and they provide no less than an excellent job."

Servmart is located in Building 1007, down the road from the IronWorks Gym.

"We just want the public to know that we are here," said Bugawan, "and we're here to provide the necessary materials and information they need."

Environmental Department spreads word on how to keep MCAS eco-friendly

ENVIRONMENT FROM PAGE 1

their proper recycling categories out in town, contractors don't have to spend extra time and money collecting and separating the mess.

"If people are motivated to do that, we really appreciate it," said Bengtson, environmental director here.

Taking the time to sort recyclable products benefits the air station financially and ultimately benefits service members and civilians through the Qualified Recycling Program here.

QRP recycles hundreds of tons of small plastics, cardboard, paper and various types of scrap metals including aluminum, copper wire, lead and steel ever year.

Previously, lead acid batteries were among the materials being disposed of as hazardous waste but are now listed among the recycled materials.

"The money goes for good things," said Bengtson.

Revenues from the program go right back

into the air station by funding various projects including the construction of several bus shelters, shades on the playgrounds and recharging sheds for electric vehicles and solar lighting.

QRP is also open to ideas from residents on ways the money can be spent.

Another concern the Environmental Department has raised is the importance of disposing of hazardous materials properly. "Only rain in the storm drain, as they often say," said Bengtson.

Pouring mop water, soap, oil or washing a vehicle over or near a storm drain is highly discouraged and are sure ways to spread storm drain contamination.

Even though soaps are biodegradable, they still effect the water quality by consuming the oxygen in water.

"If people are going to wash their vehicle, we would like to see people use the car wash here as much as possible," said Bengtson.

Those who own vehicles are also encouraged to be mindful of how and where they dispose of their vehicle liquids such as oil and antifreeze.

"All the oil for personal vehicles can go to the auto hobby shop," said Chuck Hill, environmental protection specialist here. "For the people in the shops, we have designated areas around the air station where they can take their used oil."

The Hazardous Minimization Center, located at Building 1645, has a locker that contains reusable hazardous materials such as household chemicals or paint that people have donated for others to use at no cost.

If service members are executing a permanent change of station and need to get rid of these items, rather than throw it in the trash where it doesn't belong, they can drop the trash off at the HazMin Center for others to use when they come aboard the air station.

"It is always a good thing to check before you go out shopping and spend a lot of money," said Bengtson. "It might be available right there at the HazMin Center and it's free."

For more information about environmental awareness and upcoming Earth Day events, call 253-6857.

PLAY TIME

Service members visit local preschool to teach and play

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Nestled into the side of a hill not too far off the station lies a little building full of Japanese preschoolers learning all the fundamentals in preparation for kindergarten, but for one day a month they learn their ABCs and 123s in English from their teachers and Marines and sailors from Marine Corps Air Station Iwakuni, Japan.

That one day came when service members from here taught and played with the children of Iwakuni Hoikuen Kuroiso Feb. 24.

"I have gone on these trips before," said Cpl. Nicholas Cossio, a maintenance administrator for Marine Aviation Logistics Squadron 12. "I keep going on these community relations trips because I think they are a really great way of giving back to the community."

The moment the service members arrived, the Japanese children instantly started buzzing around them, only to be quickly herded by their teachers in preparation for the lesson.

The service members introduced themselves while the children repeated their names in unison.

After learning numbers, letters and colors, the children began to grow a little restless, meaning it was time for the "monkey dance."

The "monkey dance" was not part of the service members' plan. It was the children's. The dance involved the children acting as different jungle creatures: it was not long before the service members jumped in and joined.

"After all that learning, the kids need to get up and do the 'monkey dance,'" said Machiko Hamamoto, affectionately known on the station as Mama-san. "It helps them focus, and it gets them energized to go out and play."

To say the "monkey dance" energized the children would be an understatement. Like little monkeys, they climbed on every piece of the playground, but they mostly just crawled on the service members.

"There was this one little girl who just kept jumping on me and pinching my cheeks, and the whole time she just (kept) talking, like telling me a story or something. I had no idea what was going on," said Coccio.

As the day drew to a close, Hamamoto announced that for some of the children it would be their last day at the preschool before graduating to kindergarten.

After thanking the school's faculty, the service members piled back in the cars and drove down the small hill, exchanging stories all the way back to the station.

"I had a really good time," said Coccio. "Those little guys were lots of fun. I will definitely be going on more of these comrels."



LANCE CPL. CHRIS KUTLESA
Marines and sailors teach preschoolers at Iwakuni Hoikuen Kuroiso Feb. 24. The moment the service members arrived, the Japanese children instantly started buzzing around them, only to be quickly herded by their teachers in preparation for the lesson.



LANCE CPL. CHRIS KUTLESA
A Marine tosses a child in the air during recess at Iwakuni Hoikuen Kuroiso Feb. 24. During recess, service members gathered the children into a large circle for a game of duck, duck, goose. For some of the children, the day was their last before graduating onto kindergarten.



LANCE CPL. CHRIS KUTLESA
A young girl grabs the cheeks of Cpl. Nicholas Cossio on the playground at Iwakuni Hoikuen Kuroiso Feb. 24. Cossio and the young girl talked throughout the day although neither knew what the other was saying. Cossio said he enjoyed the experience and plans on going back again.



LANCE CPL. CHRIS KUTLESA
Service members and preschoolers pose for a picture at the end of the day at Iwakuni Hoikuen Kuroiso Feb. 24. Throughout the day the children learned the alphabet, numbers and colors from the service members. Once the children finished class, the servicemembers and preschoolers took to the playground for free time.

THE TOMMY DAVIDSON SHOW

Comedians get station members rolling

LANCE CPL. CPL. MIRNADA BLACKBURN
IWAKUNI APPROACH STAFF

Roars of laughter filled the Club Iwakuni ballroom here Feb. 24 during the Tommy Davidson comedy show.

Tommy Davidson, a stand-up comedian for more than 20 years, joined with Lav Luv, his opening act, to entertain station residents during a tour of U.S. military installations in Japan.

During the tour, they visited Yokosuka Naval Base, Yokota Air Base and U.S. Army Base Camp Zama.

Lav Luv, from Atlanta, Fla., started off the night with his very edgy performance by relating his experiences in the military.

"I was in the Army," said Lav Luv. "I got out of the Army and started doing comedy. I've been doing comedy since about '95." Lav Luv's diversity of jokes kept the audience rolling throughout his entire act.

"He was hilarious," said Lance Cpl. Robert Cooper. "I actually bought his DVD, and it was really funny. He told the truth, and he was dead on when he talked about the military."

Davidson had the crowd laughing from the moment he stepped on the stage with his dancing, singing, witty jokes and spot-on impersonations.

Davidson has been interested in comedy since he was very young.

"We used to do laundry on Sundays, so I would just sit up in the laundry mat and do impersonations all day," he said.

Davidson is not only a stand-up comedian, but he has also had roles in movies such as "Booty Call" with Jamie Foxx, "Strictly Business" with Halle Berry and "Ace Ventura: When Nature Calls" with Jim Carey. He is most famous for his roles on the sketch comedy television series "In Living Color."

He is also working on the documentary "iComic" with Cedric the Entertainer and the cartoon series "The Youngins" with Will Smith, which will both be coming out next fall.

"I am also working on 'The Tommy Davidson Show,'" said Davidson. "It's a combination of Flip Wilson, who was a very good comedian back in the '70s who did a variety show, and 'In Living Color.'"

Davidson and Lav Luv both said that they did the tour to show their gratitude for the armed services.

"People don't know how hard people work out here and the eclectic group of people that are out here," said Davidson. "Everybody is from everywhere, so it's like performing at home. For what everyone's doing out here, it's kind of a way for me to give thanks."

"I just want to thank everyone for their support over the years," said Davidson. "They've always come out. I've always sold really well on bases, and I really appreciate it. It's added to a lot of the experiences that I've had, and it's made my career a lot more proud."

As the show came to an end, station members lined up to meet the comedians. While waiting for their autographs, pictures, T-shirts and DVDs they expressed their appreciation as well.

"It was nice to have everyone, low and high ranking, get together to laugh," said Cooper. "It's really cool to be able to just chill and not worry about work and just have fun."



LANCE CPL. MIRNADA BLACKBURN
Tommy Davidson performs during the comedy show at the Club Iwakuni ballroom here Feb. 24. During the tour, Davidson and fellow comedian Lav Luv also visited Yokosuka Naval Base, Yokota Air Base and U.S. Army Base Camp Zama.



LANCE CPL. MIRNADA BLACKBURN
Angela Garbutt gets a T-shirt signed by Tommy Davidson after the comedy show at the Club Iwakuni ballroom here Feb. 24. Autographs, pictures, T-shirts, and DVDs were all available after the show.



LANCE CPL. MIRNADA BLACKBURN
Station members laugh while enjoying the Tommy Davidson comedy show at the Club Iwakuni ballroom here Feb. 24. Davidson and Lav Luv both said that they did the tour to show their gratitude for the armed services.

EXERCISE, EXERCISE, EXERCISE

TOTAL SHIELD 2010



LANCE CPL. CLAUDIO A. MARTINEZ

A station firefighter carries a dummy child away from a chemically contaminated area on the northwest sector of the station during an Exercise Total Shield 2010 scenario Feb. 25. Plastic dummies and a smoke machine were used during the scenario, which tested the station's response to a chemical attack.

Scenarios test abilities of station, individual service members

LANCE CPL. CLAUDIO MARTINEZ
IWAKUNI APPROACH STAFF

Rifles were issued out and Auxiliary Security Force service members patrolled the streets after the word was given that the station was under attack. At the same time, Provost Marshal's Office and Special Reaction Team Marines raced to the commissary where an active shooter held up to 10 people hostage.

Although both situations were Exercise Total Shield scenarios, station personnel reacted to them as real-world events where time and communication were essential.

Station military personnel and members of the 46th Regiment, 13th Brigade of the Japan Ground Self-Defense Force from Camp Kaitaichi, brought the weeklong exercises Total Shield and Active Shield 2010 to a close here Feb. 25.

Maj. Grant Killmer, exercise Total Shield officer-in-charge, said Total Shield was meant to test the station's ability to defend itself against terrorist attacks while Active Shield improved on the interoperability of U.S. and Japanese forces here.

Exercise Total Shield was planned out by senior station personnel who operated scenarios out of a room referred to as white cell.

White cell members tested the station's defense through active shooters, suspicious vessel probing, sabotage of mission-essential areas, waterborne rocket attacks and many other scenarios.

"(This year) we tried to find some new ways to (test) the emergency operations center," said Killmer. "We set up some different scenarios which caused them to really have to think."

Although the scenarios tested the abilities of the station as a whole, they also tested the abilities of each individual service member.

"The individual Marine and sailor has to appreciate that they are part of a bigger organism, a bigger mechanism that without them would fail," said Lt. Cmdr. Keith Applegate, white cell officer-in-charge and senior exercise controller.

"There is no such thing as an unimportant rifleman. There is no such thing as an unimportant watch stander because each person, no matter how minute that role is or seemingly minute that role is, is important to the greater cause and to the greater organization."

All involved in the exercise realized proper communication and fast response time was crucial in responding to each scenario.

"We've learned, as with every training evolution, that there are things we do very well and things we have to improve upon," said Applegate.

"We've learned that we have to improve upon our communications. We've learned that we need to be able to react and respond in a more organized manner."

Just as exercise Total Shield taught the participating service members several lessons, exercise Active Shield had its own lessons for both U.S. and Japanese forces.

"My observation of the exercise has reassured me of our face to face relationship which has been built over the past 10 exercises in eight years," said Col. Atsushi Ide, JGSDF 46th Regiment commanding officer. "We still have room for improvement with regards to information accuracy and promptness; thus, we need to review our reporting procedures."

Ide also observed mutual understanding as an important outcome of the exercises.

"In the past half century, we recognized the differences between our two armed forces, made compromises and accomplished our missions," said Ide. "Mutual understanding at the unit level requires constant work; therefore, I consider this exercise important not only to improve our security capabilities but also as a great opportunity to reinforce mutual understanding, and I do think there is a definite need to continue this exercise in the future."



LANCE CPL. CLAUDIO A. MARTINEZ

Two station firefighters decontaminate a chemically contaminated civilian during an Exercise Total Shield 2010 scenario on the northwest sector of the station Feb. 25. The scenario tested the station's reaction to a chemical attack.



LANCE CPL. CLAUDIO A. MARTINEZ

A station member lies on the floor playing the part of a wounded civilian during an Exercise Total Shield 2010 mass-casualty scenario at the flight line here Feb. 24. The scenario, which involved a simulated downed aircraft on the flight line, tested the reaction time and effective response of emergency units aboard the station.



LANCE CPL. CLAUDIO A. MARTINEZ

Two station firefighters clad in anti-chemical and biological suits test the air quality of a "chemically contaminated" area on the northwest sector of the station during an Exercise Total Shield 2010 scenario Feb. 25. Marines and sailors around the station also suited up in their mission-oriented protective posture gear during the scenario in response to the simulated chemical attack.



LANCE CPL. CLAUDIO A. MARTINEZ

Aircraft rescue firefighters, station firefighters and Robert M. Casey Medical and Dental Clinic service members work together to save the lives of injured civilians and service members during an Exercise Total Shield 2010 scenario at the flight line here Feb. 24. The scenario was one of many during the exercise which was designed to test the station's ability to defend itself against terrorist attacks while successfully continuing its normal support operations.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

MWSS-372 builds up Camp Dwyer, increases flexibility for MAG-40

LANCE CPL. SAMUEL NASSO
MARINE AIRCRAFT
GROUP 40

CAMP DWYER, Afghanistan — An evolution has been underway, as Marine Wing Support Squadron 372 "Diamondbacks", Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, have tirelessly made significant changes to the airfield here.

Since the Diamondbacks arrived in Afghanistan in late September, they have been responsible for the continued improvement of the runway here for Marine Aircraft Group 40's assets.

In just over four months, they have built a parking ramp for KC-130 Hercules aircraft, repaired the runway, built a parking ramp for rotary and tiltrotor aircraft, installed a Tactical Airfield Fueling Dispensing System and connected all the ramps to the runway by building taxiways for the various aircraft.

The improvements to the C-130 parking ramp consisted of laying approximately 145,000 square feet of aluminum matting, increasing the amount of incoming troops and supplies that can be brought in.

"The C-130 ramp allows more than one C-130 to be on station at one time," said Master Sgt. Daniel DeVries, the staff noncommissioned officer-in-charge of the MWSS-372 detachment here. "Two can park on the ramp and one can take off or land on the runway, creating more flexibility and allowing more supplies to flow in."

The north parking ramp was expanded with more than 340,000 square feet of aluminum matting, which increased the amount of aircraft that can park at the airfield. Additionally, the ramp increases traffic flow by acting as a taxiway for aircraft to access the newly-installed TAFDS when another aircraft is landing or taking off on the runway.

The TAFDS is a fuel pit with the square footage of nearly one and a half football fields and the ability to refuel multiple aircraft at the same time. The TAFDS also provides triple the amount of fuel of previous fueling pits, minimizing the amount of time an aircraft needs to spend on the ground.

The work the Diamondbacks have done to Camp Dwyer has not come easily. The squadron was working diligently on three major earthmoving projects only to encounter a new obstacle in the middle of December. They had to pull up the old landing strip and parking ramp due to the wear resulting from the high volume of traffic on the airfield.

"Our Marines were in high gear, working nonstop to get multiple projects done to meet timelines," said DeVries.

"With all of our forward momentum coming to a dead stop, it was like being kicked in the teeth."

Before the Marines had to halt their other projects, their Air Force counterparts took charge to lead a combined effort to get the runway operational again.

The 809th Expeditionary RED HORSE (Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers) Squadron assisted MWSS-372 by preparing all of the groundwork, which allowed the expeditionary airfield Marines to lie matting simultaneously.

"The work that RED HORSE did freed our Marines to focus on laying aluminum matting for the runway and C-130 ramp, but also to focus on the multiple other projects that had to be done to meet the timelines," DeVries said.

Currently, the Diamondbacks are working on expanding the runway and adding a south parking ramp similar to the north parking ramp.

"We can't overlook the capabilities of these projects," said DeVries. "[They] extend



CAMP DWYER, Afghanistan — Lance Cpl. Travis Vliet, a combat engineer with Marine Wing Support Squadron 372, Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, covers and aligns a bag of concrete for the expansion of the C-130 runway here, Jan. 23.

the ability for the air combat element to reach the entire area of operations."

The Diamondbacks are responsible for placing more than one million square feet of aluminum matting here so far, with more projects in store for the future.

"The Marines never stop and don't complain," said 2nd Lt. Chad Presley, the heavy equipment

platoon commander. "They came in and did exactly what I expected from them."

After four months, more than one million square feet of aluminum matting, close to 101,000 cubic yards of dirt, and countless man hours, the Diamondbacks' Camp Dwyer evolution has improved the capabilities of MAG-40 as operations in Afghanistan continue to expand.



CAMP DWYER, Afghanistan — Marines with 1st Battalion, 6th Marine Regiment, Regimental Combat Team 7, Marine Expeditionary Brigade-Afghanistan, conduct on and off drills on a pair of CH-53D "Super Stallion" helicopters from Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 40, MEB-Afghanistan, here Jan. 23. The north parking ramp, recently constructed by Marine Wing Support Squadron 372, MAG-40, MEB-Afghanistan, increases the ability of an aviation squadron to work with an infantry battalion while supporting operations in southern Afghanistan.

COMMUNITY BRIEFS

New Family Practice Provider
To offer its beneficiaries more access to routine and acute care, Branch Health Clinic Iwakuni is adding a provider to the family practice clinic. This will increase the number of available appointments available to BHC Iwakuni beneficiaries on a daily basis. Because more routine and acute appointments will be available in family practice, the Urgent Care Clinic will no longer see patients for these types of care. The Urgent Care Clinic will be reserved for urgent and emergent cases only. An advice line is available 24 hours a day. Please call 253-5571 if you have questions.

UMUC Spring Session II
Register for Spring Session II classes with the University of Maryland

University College, located in Building 411, Room 110. Registration dates are from now until March 22 run and sessions will start March 22 through May 16. For more information, contact your local field representative at 253-3392.

The Biggest Saver Coupon Contest
Until April 30, come by Marine and Family Services, Building 411, Room 201, and pick up your coupon packets. Use them to save money off your grocery bill. Save your receipts, put your name and phone number on the back and turn them into the Personal Financial Management Office. The person who saves the most will win an hour long massage. If you have questions, please call the Personal

Finance manager Bonnie Lewis at 253-6250.

Free Child Development Screening
Educational and Developmental Intervention Services will be holding a free child development screening for children 4-60 months on March 10 and 11 at M.C. Perry Elementary School. For more information, call EDIS at 253-4562.

IT&T Service for Snow Days
As long as the expressway is open, the Marine Corps Community Services shuttle bus service remains the same as normal. If the expressway is closed, the service will be cancelled and 100 percent will be refunded. Customers also need to bring in their luggage three days prior to flight day for luggage delivery service to the airport. For more information, call 253-4377.

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 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. For information or requirements, call 253-4525 or e-mail iwakuni@usa.redcross.org.

Birthday Break
The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and MCCS take care of the rest.

Youth & Teens Lego Robotics Club
Club runs 12:30 - 2:30 p.m. Saturdays. Open to youth ages 10 - 15. Build and program robots that obey your every command! For more information, contact the Youth & Teen Center at 253-5549.

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 - 8 p.m. every Tuesday. For more information, call the chapel at 253-3371 or call John at 080-4177-2060.

Ice Hockey
Two local ice hockey teams are now inviting

players. For more information on the Yamaguchi Ice Hockey Club, e-mail macky4899@yahoo.co.jp. For more information on the Hiroshima Collectors, e-mail morimoto.ry@mazda.co.jp.

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

Jewish Passover Service
Passover services will be held at the Marine Memorial Chapel Mar. 30 through Apr. 1. The time is to be determined. For more information, please contact the chapel at 253-3371.

Club Beyond Game Day
Teens, come hang out and enjoy all kinds of games with your friends. Monopoly, Uno, Sorry, Scattergories, Life, Operation, Candyland and Scrabble. Whatever's your favorite, we've probably got it. The event is for all Iwakuni teens Mar. 13 at 4 p.m. Music, food and fun. Everything is free. Sponsored by Club Beyond and the chapel. For more information, call the station

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
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.org

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

SAKURA THEATER

Friday, March 5, 2010
7 p.m. Up in the Air (R)
Premiere
10 p.m. Youth in Revolt (R)
Premiere

Saturday, March 6, 2010
1 p.m. Percy Jackson and the Olympians: The Lightning Thief (PG)
Premiere
4 p.m. Alvin and the Chipmunks (PG)
7 p.m. Youth In Revolt (R)
10 p.m. The Wolfman (R)

Sunday, March 7, 2010
1 p.m. Leap Year (PG)

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

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

253-5291

CLASSIFIEDS

Automobiles

2000 Mitsubishi Dion
JCI until July 2011. Only \$3000. For more information call 253-2875.

1994 Nissan Laurel
One year JCI. \$1500 OBO. For more information call 253-6545 (work) or 253-2028 (home).

1992 Toyota Lite Ace
Four cylinder, 5 speed. Great truck for the outdoorsman, fishing or camping. Easy on gas. 10 disc CD changer/player. Asking \$2100. For more information, call 253-2953.

080-3439-0985 or 080-3439-0984 after 4:30 p.m. Mon. - Fri.

1998 Nissan Skyline R34GT
JCI until Nov. 2011. Runs great, has 120,000 km or about 74,000 miles on it, 5 speed manual. Need to sell by April. Tons of extras included. Asking \$8,000. For more information, call 253-6722 (home) 080-4262-8077 (cell) or email vince.topolski@usmc.mil or skyline.1998@yahoo.com.

1993 Honda Van
A plate model, maintained regularly, new brakes, winterized. JCI until April 2011. Asking \$1,500. For more information, contact Sean at 253-2291 (home) or 253-6242 (work).

Jobs

UNESCO Instructor Needed
An instructor is needed for the United Nations Education, Scientific and Cultural Organization class conducted on Thursdays at the Iwakuni City Hall from 6:30-8:30 p.m. Class size averages around 20 people. Class members are adults just learning to speak English, so there will be a Japanese co-teacher at every session. A text book is provided. Next class begins April 15. For more information, call Belinda at 253-7716 or 253-5156.

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.

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

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

Youth Sports Basketball Season Needs 28 Coaches
Looking for 10 coaches to teach children 3 - 4 years old, 8 coaches to teach children 5 - 6 years old and 10 coaches to teach children 7 - 9 years old. Period of time: Mar. 6 - Apr. 17. For more information, contact Naomi Higashi at 253-5777.

Choctaw Management Administrative Assistant
A part-time position is open to a qualified applicant. Must have a high school diploma or equivalent with secretarial, teaching, administrative/business office experience or education. Experience in healthcare, knowledge and experience with IBM compatible computers, Word, Excel and/or Access databases is desirable. The ability to type 40 words per minute is required. If interested, submit resume and cover letter to virginia.johnson.ctr@misawa.af.mil or fax 226-5596 no later than Mar. 1.

Mess Hall Menu

Monday
French onion soup, cream of broccoli soup, chalupa, pot roast, steamed rice, parsley buttered potatoes, corn on the cob, cauliflower au gratin, mushroom gravy, jalapeno corn bread, macaroni salad, spinach salad, peanut butter cookies, chocolate cream pie, whipped topping, double layer banana cake. Specialty Bar: Pasta

Tuesday
Minestrone soup, tomato soup, New Port fried chicken, lasagna, spinach lasagna, mashed potatoes, southern style greens, mixed vegetables, southern style greens, mixed vegetables, chicken or turkey gravy, garlic bread, potato salad, Italian style pasta salad, brownies, spice cake, coconut cream pies. Specialty Bar: Taco

Wednesday
Chicken and rice soup, egg drop soup, sweet and sour chicken, yakisoba, egg foo yung, chinese egg rolls, pork fried rice, steamed rice, corn O'brien, vegetable stir fry, dinner rolls, macaroni salad, spring salad, chocolate drop cookies, double layer Florida lemon cake, lemon butter cream frosting, blueberry pie. Specialty Bar: Mongolian

Thursday
Chicken noodle soup, cream of mushroom soup, chicken kiev, meat loaf, mashed potatoes, steamed rice, canned cream style corn, french fried cauliflower, brown gravy, dinner rolls, potato salad, German style tomato salad, pecan brownies, pineapple upside down cake, chocolate cream pie. Specialty Bar: Deli sandwich

Friday
Vegetable soup, beef noodle soup, roast turkey, breaded pork chops, mashed potatoes, steamed rice, club spinach, sweet potatoes, dinner rolls, turkey gravy, macaroni salad, cucumber and onion salad, ginger molasses cookies, double layer German chocolate cake, coconut pecan frosting, pumpkin pie, whipped topping. Specialty Bar: Hot dog

Red Cross Month Special Events

Saturday, March 6
9 a.m. to 1 p.m. Thrift Store Tent Sale

Saturday, March 13
9 a.m. to 6 p.m. CPR Saturday Half Price CPR Class
\$20 Full certification
\$10 Compression only Red Cross Ready

Saturday March 20
9 a.m. to 4 p.m. Protect the Pet

Call American Red Cross for details or course registration at 253-4525.

Dog and Cat First Aid/CPR Class
\$40 per person
\$55 per couple

Sunday, March 28
2 to 6 p.m. Save a Life Sunday half price first aid Class
\$20 Full Certification

Every Wednesday and Friday
4 to 7 p.m. Raid Cross Thrift Store Shopping

Don't Forget Make sure your uniforms are squared away. The changeover from the winter to summer uniforms is Mar. 15.

THE RUN AROUND

How a one woman multi-tasking machine learned to breath by running to the finish line.

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Darci Kruse is the athletics director at IronWorks Gym. Like many people on the station, Kruse is busy. Kruse manages to juggle every title from wife and mother to worker and student. A day in the life of Kruse would go as such: up before dawn to run, back home to feed baby, take baby to daycare, go to work, organize a function at the gym, teach an aerobics class, get off work, pick up baby, make dinner, study for college classes, sleep then repeat. Kruse's schedule is not what makes her remarkable; it is her cool and collected behavior.

"She is always on the ball and manages everything so well," said Adam J. Kruse, Darci Kruse's husband. "She has always been that way, but I can really tell that running does kick off her day in the right mindset. She motivates me." According to Kruse, it all comes down to how she starts her day, with a brisk run on the seawall. "It's my time to get away and kind of be by myself," said Kruse. In high school Kruse ran off and on, but it was not until she became pregnant that she caught the running bug. "Some women talk about getting in tune with their bodies and your babies, and that is exactly what running became for

spotlight on:

DARCI KRUSE

me," said Kruse.

But after her son Owen was born, a friend of Kruse's encouraged her to run a half marathon. During her pregnancy, she ran a couple of miles on the seawall, but now that she decided to run a half marathon, she began running a little farther. "The first time I decided to run six miles I thought I was going to die," she said. She didn't die. She ran and ran and ran. Kruse ran herself all the way past the half marathon and on to Florida to compete in the Disney World Marathon. Kruse finished the 26.2 miles in 3 hours, 33 minutes and 42 seconds, which qualified her for

future marathons, and placed 17th out of 786 runners in her age group. In preparation for this past marathon, Kruse went through three pairs of shoes. Kruse suggests changing your shoes every six months or 300 miles. Besides shoe suggestions, Kruse also urges others to get outside and start running. "You get out there a couple of times and you build your stamina and you just get hooked," said Kruse. "Especially when you are able to gain speed. It's relaxing, you think, you get a chance to clear your head and you just feel great when you are done. Give it a try!"

If you are a new runner, Kruse suggests you start out slow. When she first started, she set a base number of miles she would run every day and then on the weekends push herself past that base line. Like Kruse said, once you get to running, you might get hooked like she has, which would not be a bad thing. Lots of people have busy schedules and the daily grind can get a little overwhelming. By her adding a morning run to her schedule, she has found a natural and healthful way to release steam. So when all the stress comes piling down, put on the running shoes and do like Kruse: run, run, run.



LANCE CPL. CHRIS KUTLESA

TOTAL SHIELD 2010

PHOTO PAGE

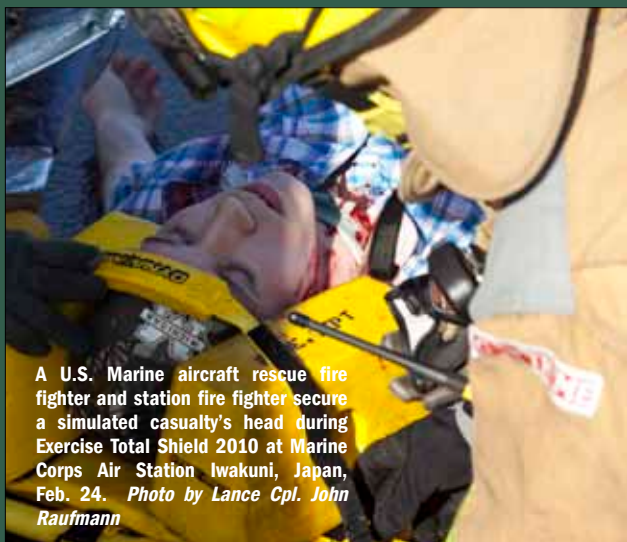
U.S. sailors prepare to counter a simulated terrorist ship entering the base harbor during exercise Total Shield 2010 at Marine Corps Air Station Iwakuni, Japan, Feb. 23, 2010. Total Shield 2010 is designed to test aspects of station security, response and coordination during an incursion by an organized militant force. *Photo by Lance Cpl. John Raufmann*



A Criminal Investigation Division investigator observes the performance of military police officers detaining a simulated terrorist for taking unauthorized photos during Exercise Total Shield 2010 at Marine Corps Air Station Iwakuni, Japan, Feb. 22. *Photo by Lance Cpl. John Raufmann*



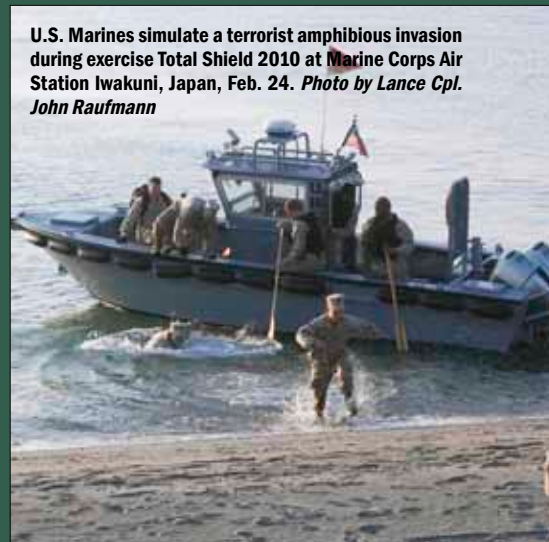
A U.S. Marine aircraft rescue fire fighter and station fire fighter secure a simulated casualty's head during Exercise Total Shield 2010 at Marine Corps Air Station Iwakuni, Japan, Feb. 24. *Photo by Lance Cpl. John Raufmann*



A fake homemade explosive device inside a suspected terrorist's room as part of exercise Total Shield 2010, at Marine Corps Air Station Iwakuni, Japan, Feb. 22. *Photo by Lance Cpl. John Raufmann*



U.S. Marines simulate a terrorist amphibious invasion during exercise Total Shield 2010 at Marine Corps Air Station Iwakuni, Japan, Feb. 24. *Photo by Lance Cpl. John Raufmann*



U.S. Marines prepare to leave while searching for simulated terrorists during Exercise Total Shield 2010, at Marine Corps Air Station Iwakuni, Japan, Feb. 24. *Photo by Lance Cpl. John Raufmann*



A U.S. Marine aircraft rescue fire fighter sprays water to extinguish a simulated fire during Exercise Total Shield 2010 at Marine Corps Air Station Iwakuni, Japan, Feb. 24. *Photo by Lance Cpl. John Raufmann*

