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THE IWAKUNI APPROACH

Issue No. 13, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

CLOSE COMBAT

United States Marines learn Israeli fighting techniques

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

A total of 15 Marines aboard the station were afforded the opportunity to take part in a two-week-long Israeli Krav Maga course at the IronWorks Gym here March 22 to April 2.

Krav Maga translated means "contact combat" or "close combat" and is a hand-to-hand combat system which involves wrestling, grappling and striking techniques. It was developed in Israel during the late 1940s.

This is the second time Israeli Krav Maga has been offered to Marines aboard the station. In October 2009 David Kahn, Israeli Krav Maga Association U.S. chief instructor and IKMA board member, was invited by Headquarters and Headquarters Squadron's commanding officer Lt. Col. Tray J. Ardes.

He instructed a weeklong Israeli Krav Maga course here and was very impressed with the results and improvements the Marines made.

"Your analysis and feedback is invaluable to us," said Kahn. "It's mutually beneficial."

This visit is similar to his last. First off he is not here to teach just any Marines; he is here to teach with a certain criteria.

The criteria are to be a non-commissioned officer, staff non-commissioned officer or officer with a green belt in the Marine Corps



LANCE CPL. SALVADOR MORENO

David Kahn, Israeli Krav Maga Association U.S. chief instructor and IKMA board member, demonstrates with Sgt. Rajir Douglas, a Marine with Marine Aviation Logistics Squadron 12, how to defend against a knife attack while on the ground during a two-week-long Israeli Krav Maga course held here March 22 through April 2. Krav Maga translated means "contact combat" or "close combat" and is a hand-to-hand combat system developed in Israel during the late 1940s.

SEE **TRAINING** ON PAGE 3

United States presence in Japan explained

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Dr. Robert D. Eldridge, deputy assistant chief of staff G-5 Marine Corps Bases Japan, provided a lecture on the security treaty and alliance between the U.S. and Japan to staff non-commissioned officers and officers at the new Joint Control Facility here March 25.

Service members arrive at Marine Corps Air Station Iwakuni to perform their jobs but may not

SEE **TREATY** ON PAGE 3

MWSS-171, CLC-36 leave for South Korea

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Personnel from Marine Wing Support Squadron 171 and Combat Logistics Company 36 departed here aboard a high speed vessel bound for the South Korean peninsula Mar. 23.

MWSS-171 and CLC-36 will be supporting exercises Key Resolve/Foal Eagle for approximately two months.

Marine Aircraft Group 12, Marine All Weather Fighter Attack Squadrons 242 and 121, Strike Fighter Squadron 94 and Marine

Attack Squadron 311 will also be involved in the exercises.

Key Resolve is an annual command post exercise conducted with the Republic of Korea Armed Forces.

It focuses on U.S. Pacific Command and the U.S. Special Operations Command Central operational plans that support the defense of South Korea and concentrates on the maneuvering of troops and supplies.

Foal Eagle is a joint security forces defensive field training exercise that will involve close defensive military training between the Republic of Korea's armed forces and U.S. forces.

"Being in Iwakuni, we don't get a lot of field time," said Cpl. Keith Cherry, an armory custodian for MWSS-171. "We do these kinds of exercises to keep us on our toes."

SEE **KOREA** ON PAGE 3

Red cross holds pet 1st aid course

LANCE CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

The American Red Cross began the first dog and cat first-aid course here March 20.

"I think these classes are important for your pets," said Mary Gaddis, class participant. "If you want to be a responsible pet owner, I think they should make this required."

The first class was a first-aid-for-dogs class, which began at 9 a.m.

The second class was a first-aid-for-cats class, which began at 1 p.m.

SEE **AID** ON PAGE 3



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CHAPLAIN'S CORNER

'A Different Perspective'

LT. ROBERT E. MILLS
STATION CHAPLAIN

Last week I had the privilege of attending a chaplain training conference on Okinawa, Japan.

While there, I was able to build fellowship with other chaplains, learn some great information about how to better advise the commanders whom I work with, and eat at some great restaurants.

It was fun to talk to the other chaplains and hear about their work and the challenges they face every day. What was probably most fun was listening to their "sea stories."

Several of these chaplains have served for 20 years or more, so talking to them was very informative. After the conference was over, Chaplain Cometa and I were eager to get back to our families in Iwakuni.

After several fruitless trips to Kadena Air Force Base and four extra days of waiting, we were finally able to get on a Marine C-35 for the trip back to Iwakuni.

For those of you who haven't yet had the privilege of flying in one, a C-35 is a Citation Ultra business jet. It can transport eight passengers 1300 miles at over 500 miles per hour. Talk about a great ride.

What impressed me most about

this experience was not the leather seats, the very impressive acceleration on takeoff, the quiet and smoothness of jet flight, or the ultra-modern glass cockpit.

The thing that impressed me most was the almost indescribable beauty we experienced on the trip.

As we punched through the clouds over Okinawa, I was struck again and again by the splendor of the constantly-changing cloud-scapes we were flying through.

At one point in the climb, we flew directly into a huge vertical wall of cloud that towered at least 10,000 feet above us. For a few seconds, we were flying in solid white cloud.

Suddenly, we blasted out into clear blue sky with nothing below us at all but a thin layer of clouds tens of thousands of feet below. We could see for well over 100 miles in every direction.

Later, we skimmed just a few feet over a solid horizontal deck of clouds stretching as far as the eye could see.

The sense of speed was phenomenal until we finally dropped into the fluff below us. As we descended into Iwakuni, I noticed the lower we went, the darker it got.

After the brilliant blue sky and sunlight at cruise altitude, the increasing darkness, turbulence and rain brought us all back to the reality that we were returning to earth some 605 miles North from where we had taken

off — and on a rainy day at that. Even under the rainclouds, the view was exquisite, as I noticed the mist hugging the mountains to the west.

I knew that the crew was experienced and professional as they guided the airplane safely from Kadena to Iwakuni, so I was not surprised at all to see the approach lights, the runway, the sea wall, and the familiar sights of Iwakuni come into view just a few seconds before we landed.

The pilots and crew chief had used their training, procedures, and experience to bring us safely to where we needed to be. That is impressive, but there was an added bonus to this trip: the journey also had some incredible beauty along the way.

This reminds me of the journey that we are all on — the journey of life.

Every one of us who reads this article is on a journey right now.

You might have just reported to Iwakuni and you are just getting the feel of what it means to live 7,000 miles from your loved ones for the first time.

On the other hand, you may have lived here for 10 years as a contractor or civilian employee and while here, you have learned to deeply love this gorgeous land and its wonderful people.

Whoever and wherever you are, I want to urge you to find ways to enjoy the journey.

Like our flight, life has its brilliant sunshine and rainy days too. Both can be beautiful. Enjoy the journey!

MILITARY SAVES WINNERS

It pays to be thrifty

BONNIE LEWIS
FINANCIAL FITNESS
COUNSELOR

Military Saves Week was Feb. 21 – 28. The Personal Finance Office partnered with Community Bank and Navy Federal Credit Union to promote this event. There was an event at the Crossroads Mall with the Personal Finance Office and both on base banking facilities on Feb. 19 to promote Military Saves Week. We had 133 people aboard Marine Corps Air Station Iwakuni take the "Savers Pledge" during Military Saves Week. A drawing was held March 1 for four \$100 savings bonds and everyone who took the Savers Pledge was eligible. Our winners were: Desire Young, Jessica Osslander, Heather Heilman and John Redfield. Congratulations to our winners and thank you for taking the time to find out more about Military Saves Week. For more information on Military Saves Week or other finance questions, please contact your Personal Finance Manager Bonnie Lewis at 253-6250.



Desire Young



John Redfield



Jessica Osslander



Heather Heilman



Warrant Officer Bradley Gilmer, the mobility officer for Marine Wing Support Squadron 171, loads vehicles and supplies onto a high speed vessel before departing with Combat Logistics Squadron 36 for the South Korean peninsula March 23. MWSS-171 and CLC-36 will be supporting exercises Key Resolve/Foal Eagle for approximately two months.

MWSS-171, CLC-36 depart for Key Resolve/Foal Eagle in South Korea for approximately 2 months

KOREA FROM PAGE 1

MWSS-171 and CLC-36 will be working out of Incheon, South Korea and also out of the Port of Pohang.

Warrant Officer Bradley Gilmer, the mobility officer for MWSS-171, said he is hoping the troops bring back a little extra knowledge on top of what they already know.

The Marines and sailors will provide aviation ground support to MAG-12 in order to facilitate combined fixed-wing operations from a forward operating base.

They will also be providing

ground re-fueling, which will give the air-to-ground missions more time in the training ranges.

"Foal Eagle is able to exercise bilateral training in support of MAG-12," said Gilmer. "This enables us to do a lot more training as far as mobility is concerned."

The exercise is designed to test the field and air capabilities in defense of South Korea in the event of an attack.

"I'm looking forward to really seeing how things are done outside of garrison," said Cherry. "We're going to get down and dirty, and we'll get to see how things are done in combat."

Guest lecturer explains security treaty

TREATY FROM PAGE 1

really understand why they are here, so he provided some answers for the Marines and sailors who attended.

Nearly 75 Marine and sailor SNCOs and officers attended the one and a half hour lecture on the past, present, and future of the American military presence in Japan and 50-year-old alliance.

"We have a security treaty with Japan," said Eldridge. "As part of that security treaty, we maintain a full time robust military presence here."

Eldridge said how the treaty came to be and how it has stood the test of time these past 50 years.

He also provided information on the issues in contemporary Japan to enable the leaders here to mentor, teach and advise the younger service members of their role in Japan. He referred to the information he was conveying as ammunition for the leaders here.

"With that ammunition, they can proactively address their Marines rather than reactively," said Eldridge. "It also gives them a better understanding of why they are in Japan and the mission they are performing."

Eldridge knows all too well how important it is to maintain the alliance here. He has served as the deputy assistant chief of staff G-5 Marine Corps Bases Japan since September 2009 and was

a tenured associate professor of Japanese political and diplomatic history at Osaka University from 2001-2009.

With that background and credentials, the SNCOs and officers who attended his lecture left a little more knowledgeable on the current situations in Japan.

"With this kind of forum with an educated expert coming in here, it provides more information to those leaders so they can do a better job educating our troops," said Maj. Giuseppe Stavale, station provost marshal.

Education is important to the continued presence of the U.S. forces in Japan. The U.S. has an alliance with Japan. U.S. forces are here because of the alliance.

"The treaty from which we are operating is from 1960, but the alliance goes back to 1951 or so," said Eldridge.

Frequently throughout his lecture he explained how the alliance may be old but it is a living, evolving relationship between the U.S. and Japan.

"We are not only Marines and sailors, but ambassadors to Japan," said Eldridge. "Our actions should reflect not only as service members but as ambassadors to the United States."

Through continued training Marines and sailors aboard the station can look forward to a long lasting alliance with Japan that will continue to stand the test of time.

Class trains pet-owners how to care of animals

AID FROM PAGE 1

"I think the hands-on instruction definitely helped. You actually get to do the actions as you learn them," said Gaddis.

The class had a combination of lectures, demonstrational videos, visual aids, read-along pamphlets, take-home material and practice exercises with artificial cats and dogs.

Katherine Jones, station Red Cross manager, was the instructor for the first-aid classes. Jones has been with the Red Cross for five years and is currently volunteering to teach the first-aid-for-pets course.

"I love my dog. Since I'm here unaccompanied, I can't have my pet here with me, so this is a great way to stay involved with animals and help the community in a different way," said Jones.

The course had over 12 lessons, including identifying dog behavior; performing cardiopulmonary resuscitation; providing first-aid to broken bones; and handling specific situations like choking, eye injuries, heat stroke and poisoning. The students used artificial dogs to practice first-aid treatment for larger animals and artificial cats to practice treatment for smaller animals.

Army Sgt. April Johnson, veterinarian technician here, attended the first-aid dog class. Johnson assisted in answering questions and giving additional pet care advice to the pet owners in the class.

"I think the class went really good; it was a lot of good information," said Johnson. "With the veterinarian knowledge that I already have, the class was in line. There were no contradictions, so I think it's a very resourceful and helpful class."

Johnson also attended the first-aid cat class. Johnson assisted in answering questions and giving additional pet care advice to the pet owners in the class.

"My personal opinion is that every pet owner should take the class just to be aware of all the things that are out there and what you can do to take better care of your pet," said Jones.

For additional information, call 253-4525 to speak to an American Red Cross Representative here.

Marines learn Israeli close-combat techniques

TRAINING FROM PAGE 1

Martial Arts Program.

The idea behind the criteria this time is that these specific Marines have the skill set in place to easily learn the Israeli Krav Maga moves and retain them to teach other Marines in the future.

Having a green belt or higher in MCMA, Marines should have a better grasp of the knowledge of close-combat tactics.

Headquarters and Headquarters Squadron Marines, Marine Aircraft Group 12, Marine Wing Support Squadron 171, and Combat Logistics Company 36 all participated in the course.

"We have more time this time," said Kahn. "With more time, you can add more techniques. Our philosophy is to do a few things very very well."

Just like his previous visit, Kahn is teaching Marines techniques to combat knives, batons and firearm techniques as well as ground work and other situa-

Due to the short staff of veterinarians on the air station, many pet owners here don't have veterinary access all the time, which makes it very difficult to respond to pet emergencies.

"We just want people to know how to take care of their animals, how to be responsible pet owners, and the things they can do at home when the veterinary clinic isn't available," said Jones.

Even though some overlook the many responsibilities of pet care, the class was a new experience to some and a refresher to those who were more experienced pet-care providers.

"Before I started teaching this class I felt like I was a pretty conscientious and responsible pet owner; then I went through the training, I definitely learned some things," said Jones.

The classes run one Saturday a month at the Red Cross office located in the Marine Memorial Chapel. Walk-ins are accepted to participate in the course; however, if there aren't any people signed up before the day of the class, the class will be canceled for that month. Signing up for the class via phone is recommended.

The course fee is \$40 per person and \$55 per couple. The course fee covers a pet-care take home DVD, the first-aid comprehensive guide book, which covers over 170 pet problems and how to care for them, and all course materials.

"My personal opinion is that every pet owner should take the class just to be aware of all the things that are out there and what you can do to take better care of your pet," said Jones.

For additional information, call 253-4525 to speak to an American Red Cross Representative here.

tions that may arise in the field of battle.

"It's defiantly an amazing training opportunity," said 1st Lt. Michael Merline, MAG-12 S-2 assistant intelligence officer. "It brings a level of training to help complement our MCMA training."

The Marines in the course were picking up the new moves fast due to the similarities in MCMA. The focus of the course is on actual combat situations much like MCMA and was developed for the military for hand-to-hand and close quarters combat.

"We do street type training," said George Foster, assistant instructor.

Foster was a former Marine in the Vietnam War and his defense techniques carried into his civilian career as a police officer.

"This type of training (Israeli Krav Maga) is very important to have, especially with the type of combat we have today," said Foster.

AWARDED



LANCE CPL. SALVADOR MORENO

Andrew Samuels, a retired Air Force master sergeant and the current station anti-terrorism officer, displays in his office some of his past accomplishments throughout his career. He was recently awarded the 2009 Security and Law Enforcement Civilian Marine of the Year Award in Austin, Texas, at the annual Security and Law Enforcement conference.

Anti-terrorism officer wins award at security conference

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Most service members walk about the station not realizing what it takes on a daily basis to keep the station safe.

Andrew Samuels, a retired Air Force master sergeant and current Marine Corps Air Station Iwakuni anti-terrorism officer, knows all too well the level of dedication it takes to keep local residents safe.

Samuels was recently awarded the 2009 Security and Law Enforcement Civilian Marine of the Year Award in Austin, Texas, at the annual Security and Law Enforcement conference.

To understand why Samuels won the Security and Law Enforcement Civilian Marine of the Year Award, you have to understand where he came from.

Jan. 27, 1965, Joe and Betty Samuels gave birth to Andrew R. Samuels in Torrance, Calif. He grew up in Lynwood, Calif., a place with a moderate amount of crime in his time. Lynwood today currently exceeds the national average in most criminal categories. While growing up in Lynwood, Samuels noticed plenty of crimes and wanted to make a

change in the world.

"Growing up in those areas, it braces you to be able to deal with things," said Samuels.

Upon graduation from Lynwood High School in 1983, Samuels enlisted in the Air Force and joined the security forces career field.

"I always wanted to be in a position to make positive changes," said Samuels.

Samuels set the example for other airmen and conducted himself as a model citizen by serving his country for 20 years before retiring.

His awards include the Pacific Air Force 2001 Japanese Air Self Defense Security guard of the Year, 2001 U.S. Forces and Japan Best Anti-Terrorism Program for installation, operational unit, innovative action individual, and innovative action unit. After retirement from the Air Force, Samuels decided to continue his profession of protecting and serving his country by becoming the local anti-terrorism officer here.

"I give it 100 percent. I work hard to make positive changes," said Samuels. "If I make a mistake and I'm not doing what I'm supposed to do, someone

out here is going to lose their life. I have that weight on my shoulders."

He truly loves what he does and believes his actions make a difference as do all service members' actions.

As a civilian he has been awarded the Pacific Command 2005 Best Antiterrorism Program Manager multiple times as well as the PACOM Best AT Installation Award.

Samuels' average day consists of being at work by 7 a.m. and working until 7 p.m. During those 12 hours of work you can find Samuels in a number of places around station.

He checks if doors are locked around base to raids local dumpsters searching for the smallest bit of information a terrorist could exploit.

Samuels takes his own time out of every day to ensure he performs his job to the Marine Corps' highest standards while still managing to be a father and husband.

"The Marine Corps does more with less," said Samuels. "I've learned to adapt."

He is married to the former Fukuko Tenma of Tohoku-machi, Japan, and has two boys, Rodney,

8, and Speed, 6.

During his free time, Samuels likes to go out and sightsee with his family. He has been to numerous places around the world in his time serving the military.

"I'm big into sightseeing and listening to relaxing music," said Samuels. "Those two things keep me going."

He takes his job very seriously. Throughout the year he is found giving professional military education briefs on trash around base to make sure local Marines, sailors and other government employees are disposing of important documentation properly.

"Mr. Samuels' anti-terrorism/force protection programs have been an integral part in ensuring MCAS Iwakuni is able to perform both its day-to-day and wartime missions," said Col. Michael A. O'Halloran, commanding officer for MCAS Iwakuni in a letter of nomination.

Samuels doesn't do his job to be called a hero, he does his job because he is a professional and loves his family and country. He just tries his best to keep both as safe as possible, one day at a time.

KAMIKAZE



LANCE CPL. JENNIFER PIRANTE

Masayuki Matsumuro, former Kamikaze pilot and World War II survivor, speaks with students in the library at Matthew C. Perry High School here March 19. Despite a tragic past, Matsumuro spoke about the hope of an optimistic future and alliance between Japanese and American forces.

Former Japanese pilot shares his story with students

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

During the last year of World War II, Japan struggled to win the battles as the Allied forces advanced upon them.

When conventional tactics became ineffective, Japanese forces resorted to suicidal forms of attacks. Takijiro Onishi, Japanese admiral with the Imperial Japanese Navy, formed the Special Attack Force and recruited volunteers called Kamikaze to carry out these suicide missions against American anti-aircraft ships and aircraft carriers.

Masayuki Matsumuro, former Kamikaze pilot, sat down with students from Matthew C. Perry High School here March 19 to share his experiences and how one day changed his perception about Americans. In 1943, Matsumuro, a Hiroshima native, attended the Japanese National Aviation school at the age of 14 and pursued the glider curriculum.

A year after his enlistment, the Special Attack Force began experimenting with a human guided weapon called "Ohka."

"The Americans called the weapons Baka boom, which

meant stupid bomb because anyone who flew them had to be a fool," said Matsumuro.

Ohka is a human-guided bomb carried underneath a Mitsubishi G4M aircraft and released within range of its target.

The pilot inside of the missile would then glide toward the ship he intended to destroy at high speed. When close enough, the pilot would fire the rocket

"The Americans called the weapons Baka boom, which meant stupid bomb because anyone who flew them had to be a fool."

*Masayuki Matsumuro
Former Kamikaze pilot*

engine and cause an explosion on impact.

"You had to hit the target within six minutes," said Matsumuro. "If you took more than six minutes, it was the end of you whether you hit the target or not."

Matsumuro joined the Kamikaze squad when he was 15, four months before the war was over. He had been selected to be among the few to carry out kamikaze missions because of

the second-class license he had obtained from aviation school.

Matsumuro was given permission to visit his family before carrying out an attack, which would cost him his life. It was a plan that would never be carried out.

On the early morning of Aug. 6, 1945 an atomic bomb was dropped over the city of Hiroshima, causing

approximately 100,000 deaths, including Matsumuro's entire family.

"I left Hiroshima at six in the morning. Two hours and 15 minutes after I got on the train, the atomic bomb had dropped," said Matsumuro.

Matsumuro's mission was ultimately cancelled and his life was spared. Among the devastation and loss, Matsumuro grew resentful toward American service members.

One day, while in Osaka, Matsumuro was on a train with his fiancé when two American service members boarded the Japanese car.

"They had been drinking sake or beer," said Matsumuro. "They bothered my fiancé, showed their money and said things to her."

"I had to protect her," he said. "I jumped on them and threw one (service member) into some water."

Within minutes, American military policemen detained Matsumuro and threw him into American military confinement. "I thought, oh, this is the end of me. They're going to kill me."

After a week in jail, Matsumuro was given a fair trial, an American lawyer to defend him, witnesses and an interpreter.

According to Matsumuro, he was amazed to see the American soldier admit to being drunk and bothering Matsumuro's fiancé on the train.

"The next minute, I was set free," said Matsumuro. "After that, my mind changed about Americans forever."

After a war fought brutally between America and Japan, a single incident and act of honesty led to a life-long friendship with the perceived enemy.

PUMPING IRON



A crowd of people look on as a competitor struggles during the 2010 Open Bench Press Competition at the IronWorks Gym here March 20. Sixteen local Japanese and American athletes competed in the competition which tested their strength and endurance.

IronWorks Gym hosts 2010 Open Bench Press Competition

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

For hundreds of years warriors and athletes have competed in events that put their strength and endurance to the test.

They competed against themselves and each other, pushing their bodies and will to the limit.

In the same spirit as those competitors hundreds of years before them, local community members gathered to compete in the 2010 Open Bench Press Competition held at the IronWorks Gym here March 20.

Sixteen Japanese and American athletes came out to the gym ready to display their strength at the bench press.

In the end, Shuji Goto was declared the male overall winner of the competition, pressing 485 pounds.

Vickie Feyedelem was declared the female overall winner, pressing 132 pounds.

Brian Wilson, IronWorks Gym assistant athletics director, said the competition was a great thing, which brought out a good crowd of spectators and competitors.

During the event, competitors would lie flat on the bench and hold the bar loaded with weights straight out at arms length from their body and lower it to their chest when they received the signal from the judge.

Once they lowered the bar to their chest, they kept it there motionless until the judge gave

the command to press.

After the signal to start was given, competitors would press the bar upward until their arms were straight and hold it motionless until the command to rack the bar was given.

Competitors were disqualified if they heaved, bounced the bar off their chest, or lifted their feet or back off the bench as they pressed the bar upward.

One by one, each competitor was called up to the bench to display his or her strength in front of a crowd of people who gathered to watch the event.

"I think (the competition) is a great thing to have because it gives the military members a chance to come here and compete against some pretty well-known

Japanese competitors," said Wilson. "It brings two countries together for one sporting event."

Each time competitors approached the bench, a little more weight was added to the bar until they reached their limit and began to buckle their arms under the weight.

The surrounding crowd would cheer and clap their hands in approval as each competitor took the stage and successfully pressed the given weight.

As the competition wore on during the day, one by one, each athlete was eliminated with Goto and Feyedelem emerging from the 16 participants as the winners.

This was the third time Feyedelem competed in a bench press competition.

Feyedelem said she considers herself a very competitive person who likes to see how much she can push herself and lift.

"Some competition is always good whether you're up against somebody else or just within yourself," said Feyedelem.

The crowd, which gathered to watch the competition, broke away once the medals and trophies were passed out to the winners.

As the competitors walked away from the gym, many were already thinking about the next competition scheduled April 10.

Many of the competitors said they'd be there and were looking forward to it.



LANCE CPL. CLAUDIO A. MARTINEZ

Shawn Lawson, a 2010 Open Bench Press competitor, struggles to lift 346 pounds during the competition at the IronWorks Gym here March 20. Lawson won a first place medal in the 220-pound weight class.



LANCE CPL. CLAUDIO A. MARTINEZ

Jeremy Johnson, a 2010 Open Bench Press Competition judge, looks closely at the form of one of the weight lifters during the competition at the IronWorks Gym here March 20. Competitors were disqualified if they heaved or bounced the bar off their chest, or if they lifted their feet or back off the bench as they pressed the bar upward.



LANCE CPL. CLAUDIO A. MARTINEZ

A weight lifter chalks his hands in preparation for the bench press during the 2010 Open Bench Press Competition at the IronWorks Gym here March 20. Competitors were allowed to chalk their hands, strap their wrists and wear weight-lifting belts for the competition.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

NEW YEAR

brings new perspective for Muslims in Nawa



SGT. BRIAN A. TUTHILL
HELMAND PROVINCE, Islamic Republic of Afghanistan - Lt. Col. Matt Baker, commanding officer of 1st Battalion, 3rd Marine Regiment, and Sgt. Maj. Dwight D. Jones, sergeant major of 1/3, walk through the large open-air bazaar in Nawa district during a celebration of the Islamic New Year March 21.



SGT. BRIAN A. TUTHILL
HELMAND PROVINCE, Islamic Republic of Afghanistan - Lt. Col. Matt Baker, commanding officer of 1st Battalion, 3rd Marine Regiment, Sgt. Maj. Dwight D. Jones, sergeant major of 1/3, and Maj. Rudy Quiles, civil affairs team leader with 1/3, listen to Nawa's district administrator speak March 21, during an Islamic New Year celebration.

SGT. BRIAN A. TUTHILL

HELMAND PROVINCE, Islamic Republic of Afghanistan - A crowd of nearly 1,000 citizens from areas throughout Nawa listen to their district leaders speak at an Islamic New Year celebration held at the district's open-air bazaar March 21. The event was the first time in years the holiday has been publicly celebrated in Nawa since Marines and Afghan forces flushed the Taliban from the area last July.

STAFF SGT. LUIS R. AGOSTINI
REGIMENTAL
COMBAT TEAM 7

HELMAND PROVINCE, Islamic Republic of Afghanistan — Afghans celebrated the Islamic New Year at Nawa's market square March 21 under a blanket of security provided by the Afghan national security forces and Marines from 1st Battalion, 3rd Marine Regiment.

Complete with drama, poetry, feats of strength and demonstrations from Afghanistan's Olympic Tae Kwon Do team, Afghans celebrated the traditional Islamic New Year, known as Nowruz, which coincides with the annual spring equinox. Islamic culture celebrates this day as the day the Islamic prophet Mohammad began the migration, or Hijra, from Saudi Arabia to Medina.

"It's traditional, like Christmas," said 'James,' an Afghan Pashto interpreter with the Marines of 1/3. "There's drama, dancing, poetry; we go to each other's homes and celebrate."

Nawa's district administrator, Haji Mohammed Khan, spoke to the crowd of nearly 1,000, addressing the district's economic and security improvements. Lt. Col. Matt Baker, commanding officer of 1/3, and Sgt. Maj. Dwight D. Jones, sergeant major of 1/3, attended the event as honored guests, complete in Afghan garb and headdresses.

Just one year ago, a few weeks shy of the Marines' arrival in this farming community, thoughts of music and celebration were simply

unimaginable.

Sadar Mohammad, a 31-year-old Afghan national police officer, spent last Nowruz fending off the Taliban from the Nawa district center.

Over the last 365 days, Mohammad, a lifelong Nawa resident, has helped bolster Nawa as one of Helmand province's success stories.

"I saw a lot of changes - the arrival of peace, and people's interest in government rising," said Sadar Mohammad.

A stronger job market and economy followed the arrival of peace, and remained instrumental in maintaining security, Sadar Mohammad said.

"Before, people were jobless. If they work, they will not fight," he said.

Nawa has been touted as a model of success in Helmand province for others to follow. Many foreign dignitaries and senior government and military officials have walked through the bazaar to witness firsthand the transformation. Sadar Mohammad still sees the need for improvement, particularly in Nawa's infrastructure.

"Now with the arrival of peace, comes the need to improve the canals, roads and hospitals," Sadar Mohammad said.

The fledgling Afghan national security forces, comprised of the Afghan National Army, Afghan National Police and Afghan Border Police, have made great strides in their professional development and training over the past year, thanks in large part to the embedded training teams and training academies provided by the Marines and other

members of International Security Forces Afghanistan.

"Before, we were blind. We had no social skills, and did not know how to deal with problems. Now, I'm not blind. I can see what is right and what is wrong," said Sadar Mohammad.

Even older Afghans like 55-year-old Lal Mohammad, an Afghan farmer, embrace the new year with optimism.

"Before, there was nothing. Nawa was not peaceful. The Taliban were in control," said Lal Mohammad, a former poppy farmer who now cultivates wheat, corn and watermelons.

Making a difficult living under Taliban rule, Lal Mohammad now enjoys a prosperous income and ability to support his family.

"Now I am a king, compared to that time," Lal Mohammad said.

Lal Mohammad has seen enough to know that the Marines are still needed in Nawa, and the Afghan forces have a ways to go before Nawa, and other areas of the country, are completely turned over to the Government of the Islamic Republic of Afghanistan.

"The Marines must work with the ANP and the ANA. The ANA and the ANP should be strong. I'm waiting for that," said Lal Mohammad. "They (Afghan forces) are working nicely, for now. If the situation stays like this, in the future it will be good."

For now, Lal Mohammad will enjoy the return of the festivities, and prays for it to remain an annual event.

"Now we are happy to celebrate together, and I pray to God that every year will be like this," said Lal Mohammad.

COMMUNITY BRIEFS

Christian Holy Week Schedule - Roman Catholic

• Today, 6 p.m. - Good Friday: Good Friday Service
• Saturday, 7 p.m. - Holy Saturday: Easter Vigil Mass
• Sunday, 8:30 a.m. - Easter Sunday: Easter Sunday Mass

Christian Holy Week Schedule - Protestant

• Today 7:30 p.m. - Good Friday: Good Friday Service
• Sunday, 5:54 a.m. - Easter Sunday: Sunrise Service, Penny Lake Pavillion. In case of foul weather, service will be held at the Marine Memorial Chapel.
• Sunday 10:30 a.m. - Protestant Easter Service

OSC Offering Academic Scholarships

The MCAS Iwakuni Officers' and Spouses' Club is now accepting applica-

tions for academic scholarships. Graduating high school seniors and dependent spouses are eligible to apply. Seniors at M.C. Perry may pick up an application package at the high school's counselor's office. Dependent spouses may pick up an application package at the Education Office in Building 411. All applications are due by April 15. For more information, e-mail iwakunisolarship@hotmail.com.

The Biggest Saver Coupon Contest

The contest will run until April 30. Come by Marine and Family Services, Building 411, Room 201 and pick up your coupon packets. Save your receipts, put your name and phone number on the back of your receipts and turn them into the Personal Financial Management Office. The

person who saves the most money will win an hour long massage. If you have any questions, call 253-6250.

Hornet's Nest Renovations

The Hornet's Nest is currently undergoing renovations scheduled to be completed June 2010. The gym area will be closed until 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. For more information, contact Jay Stovall at 253-3585.

Japanese language course

The Yamaguchi International Exchange Association is sponsoring a Japanese language course being held at six locations in Yamaguchi Prefecture beginning April 13. Enrollment is on a first come first serve basis at the Public Affairs Office in building one. For more information, contact Public Affairs Office at 253-5551.

Women's bowling league

The Strike zone is looking to form a women's bowling league. It will take

place Thursday nights 7-10 p.m. The teams will consist of 3 members. For more information call 253-3495.

Emergency Phone Numbers Reminder

• Anti-terrorism force protection hotline: 253-ATFP(2837)
• Life limb or loss of vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual capability: 082-721-7700.
• For security issues, contact the Provost Marshal's Office : 253-3303.
• To report without talking to a person, Crime Stoppers: 253-3333.

NMCRS Quick Assist Loans

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

Iwakuni Teens

Join 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

shop, 6:30 - 8 p.m. every Tuesday. For more information, call the chapel at 253-3371 or 080-4177-2060.

Birthday Break

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

Road Tax

Pay your road taxes at the Provost Marshal's Office April 21, 22 and 23 from 9 a.m. to 3 p.m. Bring your title and payment in the form of yen. Heavy vehicles must pay at the New Symphonia Building from 8:30 a.m. to 5:15 p.m. Light vehicles/motorcycles pay at City Hall from 8:30 a.m. to 5:15 p.m. To receive your new decal from PMO, bring your Japanese title, secondary insurance, 2010 road tax receipt, SOFA license and AFID card and your vehicle. Failure to pay road tax can result in impoundment.

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
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
Contact 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, April 2, 2010

7 p.m. Dear John (PG-13)
10 p.m. From Paris with Love (R)
Premiere

Saturday, April 3, 2010

1 p.m. Extraordinary Measures (PG)
Premiere
4 p.m. How to Train Your Dragon (PG)
Premiere
7 p.m. Valentine's Day (PG-13)
10 p.m. The Wolfman (R)

Sunday, April 4, 2010

1 p.m. How to Train Your Dragon (PG)
4 p.m. Extraordinary Measure (PG)
7 p.m. From Paris with Love (R)

* At the time of publication, the rest of the movie schedule was unavailable.

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.

CLASSIFIEDS

Automobiles

Honda Civic

Two door hatchback, black, automatic, great condition, great A/C and heat, CD player, manual door locks, automatic windows and mirrors. JCI until April 2011. Asking \$1,600. For more information, please call 080-6328-0786 or 080-6327-0786.

1994 Toyota Chaser

Four door family car, tan, automatic, great condition, great A/C and heat, automatic door

locks, windows and mirrors. JCI until April 2011. Asking \$1,600. For more information, please call 080-6328-0786 or 080-6327-0786.

Miscellaneous

Used Items for Sale

Used washer and drier. In great condition. Asking \$150 for both.

Blue pull-out couch and love seat. Asking \$50 for both.

Awesome deal for new family that wants to economize. For more information, please call 080-3881-8121.

Light Gray Recliner

In good condition. Asking \$100 OBO. For

more information, call Jen at 253-2446.

Japanese Kerosene Heater

If you live off base you will need a heater like this. Used for only six months and works great. Comes with a child guard, a child lock button and 5 gallon kerosene tank with pump. Asking \$75. For more information, please call 080-6328-0786 (cell) or 253-6822 (work).

Jobs

NMCRS Volunteer Opportunities

Be that friendly person who lets those in need know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply, call 253-5311.

Youth Sports Basketball Season Needs Coaches

Looking for 10 coaches to teach children ages 3 - 10. For more information, contact Naomi Higashi at 253-5777.

Mess Hall Menu

Monday

Bean with bacon soup, shrimp gumbo soup, savory baked chicken, oven roasted bee, oven brown potatoes, tossed green rice, succotash, green beans and mushrooms, brown gravy, dinner rolls, potato salad, cucumber and onion salad, standard salad bar, peanut butter cookies, double layer marble cake, butter cream frosting. Specialty Bar: Pasta

Tuesday

Tomato soup, vegetable soup, turkey pot pie, salisbury steak, mashed potatoes, tangy spinach, steamed cauliflower, buttered noodles, brown gravy, dinner rolls, country style tomato salad, mexican coleslaw, standard salad bar, cherry pie, Boston cream pie, oatmeal raisin cookie. Specialty Bar: Taco

Wednesday

French onion soup, cream of broccoli soup, Caribbean chicken breast, beef cordon bleu, O'brien potatoes, chicken gravy, Creole green beans, savory summer squash, dinner rolls, cabbage, apple, and celery, three bean salad, standard salad bar, chocolate chip cookies, Dutch apple pie, butter cream frosting, devil's food cake. Specialty Bar: Barbeque

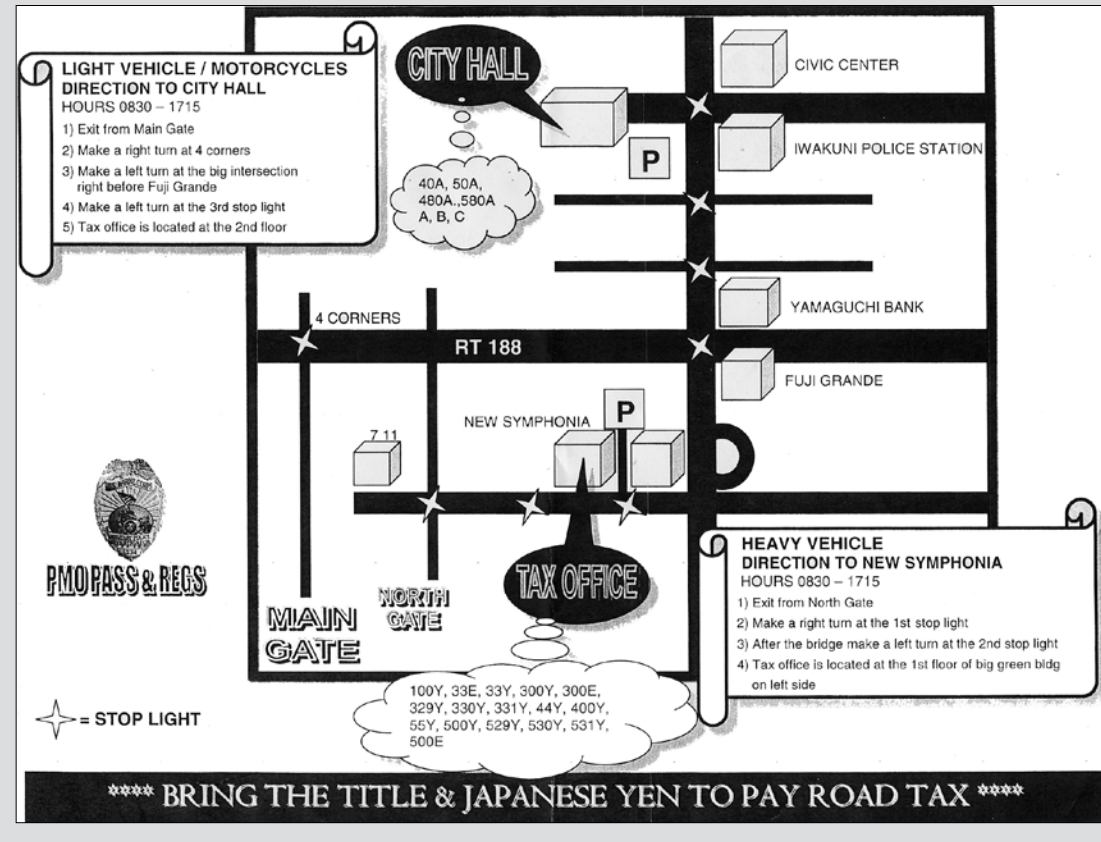
Thursday

Manhattan clam chowder, split pea soup, Cantonese ribs, turkey curry, steamed rice, macaroni and cheese, southern style green beans, corn on the cob, dinner rolls, macaroni salad, mixed fruit salad, standard salad bar, sugar cookies, German chocolate cake, whipped topping, banana cream pie. Specialty Bar: Deli sandwich

Friday

Chicken noodle soup, cream of mushroom soup, baked fish, Yankee pot roast, home fried potatoes, steamed rice, calico corn, simmered white beans, vegetable gravy, potato salad, country style tomato salad, standard salad bar, coconut raisin drop cookies, double layer Florida lemon cake, butter cream frosting, chocolate cream pie. Specialty Bar: Mongolian

Road tax must be paid by April. 30



Col. Michael A. O'Halloran, Marine Corps Air Station Iwakuni commanding officer, presents Yoko Seo, assistant safety program administrator here, with an award March 19 for her service as the technical information specialist in the protocol office here for eight months.



LANCE CPL. JENNIFER PIRANTE

Alma Dickinson, health promotions director, demonstrates proper exercise techniques to help improve Marine Corps fitness during the Semper Fit Combat Fitness Course at IronWork's Gym here March 24-25.

Marines learn proper combat fitness techniques

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Marines aboard the station participated in the Semper Fit Combat Fitness Course at the IronWorks Gym here March 24-25 to gain knowledge about proper physical training techniques and safety. "The program is designed for the unit physical training leaders and Marines who have a role in designing a PT program for their units," said Alma Dickinson, IronWorks Gym health promotions director.

The two-day course was split into morning classroom sessions and afternoon activities. In the morning, the Marines received a lecture about training for performance, injury prevention, functional fitness modalities, tactical nutrition and how to design a workout.

The topic of injury prevention was broken down into concepts which included common athletic injuries, modifiable factors of injuries and how to address previous injuries.

One focus of the program highlighted the importance of knowing the risk factors and different types of injuries, which include heat injury, cold injury, altitude, illness and how to treat them.

"If you injure your ankle or leg, you want to stay off of that certain part of the body so that it can heal," said Dickinson.

The course also focused heavily on nutrition providing the class with tips and facts about maintaining proper diet, hydration, facts about supplements and how to time meals.

"If you're not giving your body good fuel, you're not going to

perform as well as you should perform," said Sgt. Felix Morris, semitrailer refueler operator. "Good nutrition, hydration and vitamins are good."

In the afternoon, Marines learned and performed exercises to incorporate into a PT routine. During the course, Marines learned and performed basic total body resistance exercises. Resistance bands allow Marines to perform core, leg, triceps, chest, back and shoulder exercises while maintaining a stationary position. It allows for the changing of position, working angle, and forces exercisers to focus on their center of gravity.

Because training for the combat fitness test is a vital part of

Marine Corps readiness, the course focuses on basic drills and circuit training workouts. Marines participated and performed cone drills, shuttle drills, kettle bell training and static flexibility exercises.

"We talked about general fitness principles and specifically about preparing for the Combat Fitness Test," said Dickinson. "It's to increase their speed, increase their power and their ability to perform in those situations."

Included in the curriculum is a brief history of United States Marine Corps fitness testing, which outlines the evolution of how Marines are evaluated for physical fitness and combat.

"It's not just about training for the CFT," said Dickinson. "It's about training for combat in general. You have a lot of Marines leading PT and it's important to understand the principles, the science behind it, and why we train the way we do."

"These classes are good for variation in training," said Morris.

Marines who complete the course receive a certificate of completion and an abundance of knowledge to apply when leading and preparing their fellow Marines for combat.

For more information about upcoming Semper Fit Combat Fitness courses, call 253-6883.



LANCE CPL. JENNIFER PIRANTE

Marines perform side lunges and apply proper stretching techniques platoon leaders can incorporate into a physical training routine during the Semper Fit Combat Fitness Course at IronWork's Gym here March 24-25.



LANCE CPL. MIRANDA BLACKBURN

A player of the Magic shoots a free throw shot during the second period of a youth basketball game at the IronWorks Gym here March 25. The Magic started off in the lead and finished the game with a score of 16-9.

Magic comes out on top through teamwork, beats Clippers 16-9

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

The Clippers and Magic hit the courts March 25 for an Intramural Youth Basketball game at the IronWorks Gym here.

The Magic started off in the lead and remained ahead throughout all four periods, finishing the game with a score of 16-9.

It may have seemed as though the Clippers were getting dominated when the buzzer for the third quarter sounded and they were trailing with a score of 12-3, but as they went into the fourth period they pulled together and succeeded in driving the ball to the hoop, giving the Magic a run for their money.

The 10- to 12-year-olds may not have had cheerleaders like the younger ball players, but they did have their friends and family cheering them on from the bleachers.

"Get the ball up," yelled a mother rooting the Clippers, while the Magic's crowd shouted "Defense!"

The Magic may have been ahead the entire game, but their coach, Francisco Sacasa, made sure their heads didn't get too big and kept

them on track, especially during the final period as the Clippers closed the gap.

As the final buzzer sounded, the Magic cheered, congratulated each other on their solid win and lined up to give the Clippers a "good game."

"I'm glad we won, but I'm sure we could have lost if we had played differently," said Emily Silva, who plays for the Magic.

Silva attributed their win to teamwork and good passing.

This is her first year playing basketball and she plans on playing again next year.

"I think it's just fun to get out and shoot," Silva said.

Eleven-year-old Clippers' shooting guard Mark Lehner said the Magic won because they played fair, and his team is going to work on making sure everyone gets the ball.

The Magic's victory improved their overall record to 8-2, tying them with the Knicks and putting the Clippers at 4-7.

For additional information on updates, standings or when to come see a game, call the Marine Corps Community Services Youth Sports Division at 253-5777.



LANCE CPL. MIRANDA BLACKBURN

A player from the Magic looks for an open teammate to pass and set up a shot during a youth basketball game at the IronWorks Gym here March 25.



LANCE CPL. MIRANDA BLACKBURN

Clippers shooting guard, Mark Lehner, drives up the court during a youth basketball game here March 25.