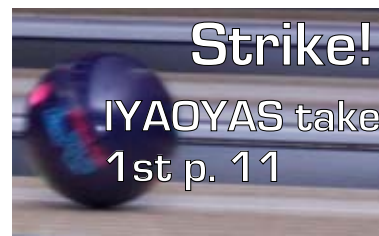


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IWAKUNI APPROACH

Issue No. 28, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Station ARFF throws summer party for orphans

LANCE CPL. CLAUDIO MARTINEZ
IWAKUNI APPROACH STAFF

Aircraft Rescue Firefighting Marines hosted a day filled with fun, games and food for the visiting children of the Tsuta Children's Home who came aboard the station July 10.

This was the 22nd year the station ARFF Marines hosted a summer party here for the children of the Tsuta Children's Home.

"Not much conversation was going on because of the language barrier, but fun is universal," said Master Sgt. Joseph P. Beall IV, ARFF staff noncommissioned officer-in-charge. "You don't have to smile in any certain language or laugh in any certain language. I thought we had a pretty good time."

Station ARFF has sponsored the children's home for more than



LANCE CPL. CHRISTOPHER BURKE

A young Japanese child gets food and chips for lunch during the 22nd annual summer party for the children of the Tsuta Children's Home hosted by Aircraft Rescue Firefighting Marines here July 10. Children played games in the morning, ate in the afternoon, and continued playing with the Marines the rest of the day.

SEE ORPHAN ON PAGE 3

Hornet's Nest to reopen after months of renovations

CPL. KRISTIN E. MORENO
IWAKUNI APPROACH STAFF

After undergoing a \$1.3 million cosmetic facelift, the Single Marine Program Hornet's Nest here is scheduled to have a "Rock the Block" Grand Opening celebration 4-8 p.m. July 30.

The renovations consisted of leveling the floor; installing new flooring and wall coverings; updating the heating, ventilating and air conditioning system, as well as the plumbing; and installing a wireless Internet network.

The purpose of the project was to make the facility more

comfortable and functional for the service members who use it.

The project was sponsored by station facilities and Marine Corps Community Services.

During the renovations, the Marine Lounge, located on the second floor of the Crossroads Mall, remained open, and a temporary Cyber Café was set up next to the Wood Hobby Shop.

"I'm below an E4, so I can't get my license until I've been on station for more than a year," said Lance Cpl. Hewan Musie, Headquarters and Headquarters Squadron Installation Personnel

SEE RENOVATION ON PAGE 3

Armed Forces Recreation Society recognizes MCCS award winners

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Darci Kruse, athletics director at IronWorks Gym here, and Stephanie Brown, aquatics director at Shark Bait Dive Center here, were recognized for their hard work and dedication on behalf of the Armed Forces Recreation Society July 12.

AFRS, a branch of the National Recreation and Park Association, works on behalf of military recreation professionals around the world to improve the quality of life

for service members and their families.

In addition to the work AFRS does to make the lives of service members and their families a little bit easier, they also take time each year to recognize the work military professionals do individually.

Based on professionalism, qualification and nomination, recreational professionals are selected to receive awards in various categories.

Kruse was among 11 selected to receive the John (Pat) Harden Practitioner Award,

SEE AWARDS ON PAGE 3



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CHAPLAIN'S CORNER

Making the right choices to positive future

LT. CMDR. JOHN Q. COMETA
DEPUTY COMMAND CHAPLAIN

The ancient philosopher Horace said in 1 B.C., "Carpe diem, qua minimum, credula postero." "Seize the day, put no trust in tomorrow."

Similar words are expressed in Matthew 6:34, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

This is not to say we should not be concerned about the future, but we do not need to be overly concerned about something we have no control over.

Each day offers many challenges and opportunities to excel in all areas of our life.

General James T. Conway, 34th commandant of the Marine Corps once said, "In an evolving and complex world, we will excel as the nation's expeditionary force of choice."

Lior Arussy, in his book

"Excellence Every Day" encourages individuals and organizations to reach their performance potential by making quantitative and qualitative optimal choices every day.

He explains how making "the daily choice" can empower employees to reach new heights of excellence and achieve positive results.

Our new base commanding officer is committed to excellence. His three priorities are mission accomplishment, caring for each other and having fun. These three priorities are symbolically related.

The absence of one will be to the disadvantage to the other. They entirely depend on each other. Mission accomplishment can be a sole criterion of good leadership in an organization where there is team work, support, caring, concern and camaraderie, resulting in high morale of the constituents.

Successes in life are determined

by our willingness to excel, to succeed and to make the right choices.

How we take our mission seriously, is our choice whether we do things halfheartedly or wholeheartedly. As protectors of freedom, the words of retired Gen. Johnson should inspire us to accomplish our mission.

He wrote, "There is no greater profession or vocation than serving in the defense of our nation. Not just any nation, but a nation that is prepared to give dignity to man that God intended, our nation. All the benefits that our citizens enjoy exist behind the defense barriers manned by our servicemen around the world. No greater honor can be given to any man than the privilege of serving the cause of freedom."

The apostle Paul also once wrote, "Whatever you do, work at it with all your heart, as working for the Lord, not for men." May we always give our best, for God and for our country.

Preventing health problems in summer heat

SUBMITTED BY
STATION SAFETY CENTER

Hot Weather Health Emergencies

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Following are some tips for you to keep in mind during the hot weather season.

Adjust to the Environment

Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for heat if you limit your physical activity until you become accustomed to the heat. If you travel to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

Factors Leading to Heat Stress

- High temperature and humidity
- Direct sun or heat
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medicines
- Inadequate tolerance for hot workplaces

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Preventing Heat Stress

- Know signs and symptoms of heat-related illnesses.
- Monitor yourself and coworkers.
- Do not leave children in cars unattended. Even in cool temperatures, cars can heat up to dangerous temperatures very quickly and interior temperatures can rise almost 20 degrees

Fahrenheit within the first 10 minutes.

- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- Call medical, 911 or 0827-21-7700 from a cell phone at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Flag Conditions

Know about the flag conditions and the information that they post.

Green Flag

Heat condition I (80 F – 84.99 F)
Heavy exercises for unacclimatized personnel will be conducted with caution and under constant supervision.

Yellow Flag

Heat condition II (85 F – 87.99 F)
Strenuous exercise such as marching at standard cadence will be curtailed for unacclimatized troops in their first three weeks per the Manual of Naval Preventive Medicine (NAVMED) P-5010. Avoid outdoor classes in the sun.

Red Flag

Heat condition III (88 F – 89.99 F)
All PT will be curtailed for those troops who have not been thoroughly acclimatized by at least 12 weeks per NAVMED P-5010.

Those troops who are thoroughly acclimatized may carry out limited activity not to exceed six hours per day.

Black Flag

Heat condition IV (90 F or higher)
All nonessential physical activity will be halted for all units.

SMP invites Marines to grand opening



CPL. KRISTIN E. MORENO
The Single Marine Program Hornet's Nest here is scheduled to hold its "Rock the Block" Grand Opening celebration 4-8 p.m. on July 30 after undergoing a \$1.3 million cosmetic facelift.

RENOVATION FROM PAGE 1

Administration Center clerk here. "The SMP is the perfect place to hang out, keep in touch with family and friends, and go on trips with. I'm looking forward to the reopening."

Single and unaccompanied service members are invited to attend the grand opening to enjoy food, drinks, a live disc jockey, door prizes, obstacle course, sumo wrestling matches, a taiko drum performance and a variety of tournaments, including Texas Hold 'em, billiards, Rock Band and pingpong.

The Hornet's Nest is open 24 hours a day, seven days a week and offers recreational activities, trips, community relations events and volunteer opportunities.

The Hornet's Nest has a television and movie lounge with more than 3,500 movies, a Blu-ray player and surround sound. There's a room available for gamers with a PlayStation 2, PlayStation 3 network, X-Box

Live and Nintendo Wii.

For all outdoor recreational needs, the Hornet's Nest gear issue provides free equipment for camping, picnics, snowboarding and more.

Patrons also have access to ping pong, billiards, air hockey and foosball tables, and a full-service gym with lockers, a sauna, showers and towels.

The Single Marine Program here is the only one in the Marine Corps, and maybe even of all the different services' programs for single service members, to have saunas and showers in their gym, to be open 24 hours a day and to support service members while on deployment, said Jay Stovall, SMP coordinator and deployment support coordinator here.

"One of the reasons that the Single Marine Program is stronger here is because of our population," said Stovall. "The majority of the active-duty military on this base are single and unaccompanied, so with the demographics, it makes sense

that the SMP should be well driven here."

If there are more than 300 service members from Iwakuni deploying for more than three weeks to a location with less availability than what they're used to in Iwakuni, the Single Marine Program here will deploy with them.

"We are here to make the quality of life for the single and unaccompanied service members as pleasant a tour of duty in Iwakuni as we can," said Stovall.

"We've been in a fox hole, and we've been in sleeping bags in the cold. We've lived in the barracks when there were three of us sleeping in a room. We didn't even have a TV. We've been there, we understand, and we do what we can to make the quality of life better."

For more information on Single Marine Program events and activities, call the main office at 253-3585 or stop by the Hornet's Nest, near the north side Marine Mart.

Orphans visit station, party with Marines

ORPHAN FROM PAGE 1

20 years through summer and Christmas parties, along with monetary donations and basic needs items.

During this year's summer party, ARFF Marines donated approximately 15,000 yen to the children's home, along with laundry detergent and other items to make the children's everyday lives at the orphanage more comfortable and convenient for the children.

The Marines spent the morning with the children playing games in the IronWorks Gym indoor pool here and the afternoon eating American treats and playing more games in the ARFF building.

Beall said he believes the annual parties station ARFF hosts for the children will benefit the children

by helping them develop their interaction skills with other people.

"Just because someone looks different or speaks a different language they can still find ways to communicate with them," said Beall. "Either just with gestures or whatever. If they can see that, I think that's something that will help them out."

Tepei Nakai, a Tsuta Children's Home caretaker, was present during the ARFF-hosted summer party.

"Where we live, the children don't have the opportunity to try and communicate with others in a different language," said Nakai. "Here they can and they can build friendships at the same time."

Nakai said he has noticed from this and past parties how much fun the children have and how

precious those moments become to the children later on.

Although the focus during the summer party was on the children, many of the participating Marines said they really enjoyed the day and said they had just as much fun as the children.

Cpl. Cyndi Henn, an ARFF crash crewman, said events like the orphanage summer party, where they get to spend time with the children, really helps boost troop morale since it's something most of the Marines don't get to experience on a daily basis.

"(The summer party) showed a softer side of us that we all have," said Henn. "Watching all of the guys in the section act like little kids and actually play is pretty entertaining, because they try to act all big and bad at work all the time."



LANCE CPL. CHRISTOPHER BURKE
A young Japanese child gets into a large sumo-wrestling suit during the 22nd summer party hosted by Aircraft Rescue Firefighting Marines here for the orphans of Tsuta Children's home.

MCCS professionals to be awarded for dedication by AFRS

AWARDS FROM PAGE 1

which recognizes excellence in prospective career armed forces recreation employees.

Kruse was nominated by Alma Dickinson, health promotions director, for the award.

"Everything (Kruse) does, she gives 110 percent," said Dickinson. "Whether she's sitting in the office working on reports, doing the administrative side of things or getting out there leading fitness classes, giving briefs and taking on additional responsibilities, she's working hard."

To be eligible for this award, Kruse was required to have been working at the operational level of AFRS for no more than seven years, taking on a variety

of responsibilities, including mobilizing volunteers, decorating, contracting for entertainment and food, coordinating publicity and working day and night in preparation for the program.

"(Kruse) is just one of those employees with the initiative and drive to do well," said Dickinson. "She wants to succeed and wants to see our programs and customers succeed as well."

Kruse does everything from leading Mt. Fuji climbs to teaching a new jump-rope class, all while working hand-in-hand providing participants with quality fitness instruction.

"(Kruse) is just a pleasure to work with," said Dickinson.

Stephanie Brown was among seven selected to receive the Fellow Award.

The Fellow Award recognizes recreation professionals who have worked a minimum of two years in AFRS at the operational level and are responsible for overseeing and implementing recreational programs.

Stephanie Brown is also a licensed scuba diver, and she holds several qualifications.

"Stephanie Brown has done some great things in the area of aquatics and scuba diving," said Curtis Brown, Ironworks Gym chief of athletics department.

"She was eligible based on her experience. She is very professional in dealing with our customers, our staff and our

Marine Corps resources."

Stephanie Brown has worked to improve the aquatics department by implementing new programs and enhancing old ones the past two years.

"You give (Stephanie Brown) a task and she'll take it and run with it," said Curtis Brown. "She is great to work with, has a positive attitude, and her employees love her."

Stephanie Brown and Kruse are slated to receive their awards at the 2010 AFRS Awards Banquet in Minneapolis, Minn., Oct. 25.

The banquet is to recognize all award winners for the contributions they make to improve the quality of life for service members and families.



STOCK PHOTO

The replica Mitsubishi Type 0 Carrier Fighter sits in front of the Zero Hangar here May 4, 1993. The Zero was a long range fighter aircraft used by the Japanese Imperial Army from 1940 to 1945. The shrapnel-scarred Zero Hangar across the street from the Provost Marshal's Office here is one of the last few reminders on the air station of the presence the Zero had during the last world war.

Iwakuni Zero Hangar: Icon of past glories

What Remains of Japanese Imperial Army's reign

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

During the early 1940s, the station's skies and much of the Pacific were dominated by the propelled engines of the single-seat Mitsubishi Type 0 Carrier Fighters.

Also known as the Zero, the Zero fighter carried Japan through several battles during World War II.

The Zero's capabilities and proven power during air-to-air combat inspired awe in its enemy combatants as it was able to outmaneuver all other land-based aircraft of the 1940s.

Today, the shrapnel-scarred Zero Hangar across the street from the Provost Marshal's Office here remains a reminder of the presence the Zero had during the last world war.

In May of 1937, the Imperial Japanese Naval Air Service issued out specifications for a new updated fighter aircraft to Nakajima and Mitsubishi.

Both companies began developing plans

and prototypes, but when Nakajima felt the specifications were impossible to meet, they pulled their plans from the competition.

Jiro Horikoshi, Mitsubishi's chief designer, believed he could create what IJNAS asked for.

IJNAS called for a fighter that could reach speeds up to 310 miles per hour at 13,120 feet and climb to 9,840 feet in 3 minutes and 30 seconds while being armed with two 20 mm cannons, two 7.7 mm machine guns and two 60-pound bombs.

They also wanted it equipped with a full radio and a direction finder.

With the technology available at the time, many people wondered how the specifications could be met.

Horikoshi believed he could meet all IJNAS' requirements if he could find a way to make the aircraft lighter.

Horikoshi found his solution.

Protective armor and self-sealing fuel tanks were sacrificed to make the plane lighter and a lightweight aluminum alloy named "Extra-Super Duraluminum" was used to construct the body.

Horikoshi was able to meet, and in some areas surpass, what IJNAS asked for.

Once prototypes were constructed, tested and improved on, the IJNAS began full production and delivery in December 1940.

General Claire Chennault, who was working with the Chinese Nationalists to fight the Japanese in 1940, sent reports to the United States warning about the Zero's air power two years before it took to the skies.

His reports were misfiled and forgotten.

As a result, the U.S. Grumman F-4F Wildcats were completely shocked and overwhelmed by the Zero's superior speed and power as they tried to defend against the attacks on Pearl Harbor.

The Zero remained the superior fighter in the air during the early years of World War II. It wasn't until the development of the Grumman F-6F Hellcat and the Battle of Midway that the Zero's monopoly over the Pacific Ocean skies started to decline.

Iwakuni was home to 150 Zero fighter planes toward the end of the war.

A day before the war ended, the hangar sustained damaged after a bombing.

The hangar, which is the only World War II-era hangar remaining today, sits as a concrete relic, housing a replica Type Zero Carrier Fighter.

The full-scale model aircraft remains housed there as a symbol of a time when the Zero once ruled the Pacific skies.

For more information about the Zero Hangar or to set up an appointment for a full tour of the hangar call the Public Affairs Officer at 253-5551.

Editors note: Information in this article was used from <http://www.vectorsite.net/avzero.html>, <http://www.vf31.com/aircraft/zero.html>, <http://www.aviation-history.com/mitubishi/zero.html> and the brochure "Type Zero Carrier Fighter" by Takatsu Shiomura, translated by John Jr. Takaoda, assisted by Gunnery Sgt. J.M. Work and Capt. G.B. Anderson.



CPL. KRISTIN E. MORENO

Cpl. Jonathon Skordos, military working dog handler with the Provost Marshal's Office here, escorts a simulated dangerous felon with his narcotic-detecter military working dog Azra as part of a training exercise at Matthew C. Perry High School here July 15. The military working dog section trained in building searches and the five phases of aggression to better prepare them for real-life scenarios.

Dog not just man's best friend

CPL. KRISTIN E. MORENO
IWAKUNI APPROACH STAFF

"You in the building, this is Cpl. Flynn with the military police accompanied by a military working dog. Come out from hiding or you will get bit," said Cpl. Eric Flynn, military working dog handler with the Provost Marshal's Office military working dog section here before entering Matthew C. Perry High School during a training exercise July 15.

The training was aimed toward preparing the military working dogs and their handlers for real-life scenarios.

Flynn and his dog entered the high school looking for a dangerous felon. Once the dog located the suspect, the suspect was then ordered to come out from his hiding spot. If non-compliant, the individual was warned and the dog was released to do what it does best – protect and defend.

Following the building searches, the handlers and their dog stepped outside to practice the five phases of aggression.

The first phase is a field interview. The handler calls over a person for questioning while the dog remains sitting at his heel. When the handler is satisfied, he sends the person away.

The second phase of aggression is used if a person is noncompliant and tries to run away. The person is told to approach the handler and is

warned if he doesn't stop running the dog will be released to go in for the bite.

Being in Japan, the handlers would also tell the person to stop in Japanese in case that's his primary language, said Flynn.

The third phase is a search. The dog sits in front of the person being searched by the handler. The purpose of the search is to ensure the person doesn't have anything that could possibly hurt the handler, dog or any innocent bystanders.

After the search is complete, the dog is called to the handler's side and they proceed to the fourth phase, the escort.

The dog walks beside the person as the handler escorts the person to a vehicle. If the person attempts to escape, the dog will immediately attack until called off by the handler.

The final of the five phases is the stand off and goes hand in hand with the second phase. If the person to be questioned tries to run but then stops when realizing the dog has been released, the handler gives the command "out." Instead of going in for the bite, the dog will run up to the person, stop and sit in front of him to make sure he doesn't try to escape again.

This type of training is held at least once a week to keep the handler and MWD familiarized with each other and prepared for any situation, said Flynn.

The MWD section also trains with the dogs in searching for explosives and narcotics, gunfire,

field scouts and basic obedience, which is the foundation for everything it does. Additionally, the handlers must train daily to maintain a level of proficiency as a military police officers.

"I like being able to come into work and train with my dog," said Lance Cpl. Jeffrey Canary. "I think my dog Youry and I make a good team. Every time I go into his kennel I get all excited about seeing him, and he gets all excited about seeing me. I get to train and hang out with my dog on a daily basis and I think that's what I like most about being a military working dog handler."

When a Marine executes a permanent change of station, his dog goes through a couple of weeks of de-socialization. This is done so the dog is excited and ready to get out and train once the new handler arrives.

"Every dog is different, and they take to new handlers at their own pace," said Flynn. "It depends on a lot of things, like how much time the handler spends with the dog and what kind of personality the dog has."

The military working dog section here is unique because the kennels are located at the same building as PMO.

"The kennels setup here at (Marine Corps Air Station) Iwakuni are unique because they are on the second deck of PMO," said Flynn. "(These are) the only kennels I have ever seen that are setup this way. Most other kennels facilities are



CPL. KRISTIN E. MORENO

The Provost Marshal's Office military working dog section here has six handlers, four explosive-detecter dogs and two narcotics-detecter dogs.

a completely separate building from PMO."

It's also unique because there are only six handlers and six dogs, four of which are explosive-detecter dogs and the other two are narcotics-detecter dogs. The small shop allows each handler to have his own dog to train.

Staff Sgt. Donnell Graves is the kennel master here. Handlers Cpl. Jonathon Skordos and Lance Cpl. Jamie Anderson are paired with MWD Azra and Koran respectively, both of which are patrol and narcotic-detecter dogs. Handlers Cpl. Eric Flynn, Lance Cpl. Jeffrey Canary and Lance Cpl. Seth Stringham work with patrol and explosive detector dogs Max, Youry and Maxi respectively. MWD Ronny is also a patrol and explosive detector dog, but currently has no handler.

Boy Scouts celebrate 100-year anniversary



Boy Scouts of America Far East Council Troop 77 Assistant Scout Master Brandon Fisher takes the tenderfoot badge from Eagle Scout Trevor Wentling, 17, to promote Tenderfoot David Rasmussen, 11, from the rank of scout to his current rank July 12. Rasmussen was promoted for his outstanding teamwork and performance during the troop's summer camp.



Boy Scouts of America Far East Council Troop 77 break from morning assemblies and hike to begin the remaining activities for the day during their one-week summer camp at Camp Tama in Yokota, Japan. For their outstanding effort in their summer camp project, Troop 77 was titled the honor troop for the seventh year in a row. The troop's summer camp project was a staircase made out of trees and rocks to help future troops walk down the steep hills around Camp Tama.

LANCE CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

Since its birth in 1910, the Boy Scouts of America has grown into one of the largest youth organizations in the U.S. More than 110 million Americans have participated in the BSA since 1910.

This year marks the 100 year anniversary of Boy Scouting. "I don't think we're really celebrating the scouts being in, I think we're celebrating the scout masters who have been teaching us for 100 years," said First Class Riley Attaway, 15, Troop 77.

The mission of the BSA is to train young boys in responsible citizenship, self-reliance and character development through participation in a wide range of outdoor activities, educational programs, and career-oriented programs in partnership with community organizations.

"Boy Scouts is supposed to teach character and teach a boy how to become a man," said Eagle Scout Trevor Wentling, 17, Troop 77. "Not all boys get the most out of boy scouts and understand every single aspect that it teaches, but myself, I've learned so much about leadership and I've changed so much due to Boy Scouts."

The BSA has a unique rank structure aimed toward teaching young boys leadership, respect and submission to authority at a young age.

The minimum age requirement to join the BSA is 10, and once a scout reaches the age of 18 he is considered a man and is no longer eligible to be a scout.

When a boy first joins the BSA, he is given the rank of scout, which is the lowest rank in the BSA.

In order to advance in ranks, a scout must meet all time-in-rank requirements for the next rank, and the scout must meet all merit badge requirements for the next rank, which are earned by being able to perform basic scouting skills such as knot tying, camping and navigation.

After advancing from a scout, scouts move up to the ranks of tenderfoot, second class, first class, star scout and life scout.

Once a scout picks up the rank of life scout, has a total of 21 merit badges and the seven required Eagle Scout merit badges, he must do an Eagle Scout project to reach the rank of Eagle Scout.

An Eagle Scout is a rank only achieved by four percent of scouts.

An Eagle Scout project will benefit the community in some way for an extended period of time.

For the centennial year, The BSA has offered four historic merit badges this year that have not been given since the start of the BSA.

The four badges are Morse code, path finding, carpentry without the use of modern tools and stalking, which recently has been changed to tracking.

The BSA is also offering a centennial patch, which is a breakdown of five key scout principles: service, achievement, character, outdoors and leadership.

"You have to prove that you are the ideal scout in order to earn (this centennial badge)," said Wentling.

There's also another centennial patch that scouts can earn by completing 100 miles in physical activities.

In order to earn this patch, scouts must swim five miles, bike 75 miles and run 20 miles.

Offering merit badges and centennial patches are just a small part of the 100-year celebration.

The BSA is hosting the 2010 National Scout Jamboree in Fort A.P. Hill, Va., where scouts from around the world will meet up for several days of fun activities, parades and scout camaraderie.

Since the organization is non-profit, troops usually have to raise funds to pay for events like the jamboree.

Troop 77 has been having bake sales and engaging in other community activities in order to raise funds for upcoming BSA events, and according to Wentling, the troop will raise whatever funds they need.

"Troop 77 is an awesome troop. They've been the honor troop now for seven years in a row. These boys act more like a family than a scout troop," said Brandon Fisher, Troop 77 assistant scout master.

After recently completing summer camp and earning honor troop for the seventh year in a row, Troop 77 has a lot of changes to look forward to the rest of this year, including the departure for college by Eagle Scout Wentling.

"(Boy Scouts) is an absolutely invaluable experience. It teaches boys to have ethics, morals and to work together as a team," said Fisher. "It gives them an opportunity for leadership that's not purely based on physical ability like sports."

For more information about future events or participating in the Boy Scouts Far East Council, contact Brenda Wentling, Troop 77 committee chair, at 253-3505.



First Class Logan Raush, 14, and Eagle Scout Trevor Wentling, 17, Boy Scouts of America Far East Council Troop 77, repeat the Boy Scout's oath during a Boy Scout's meeting at the Troop 77 facility located near the Marine Memorial Chapel here July 12. The pledge of allegiance and scout oath are repeated before each troop meeting.



Scouts from Boy Scouts of America Far East Council Troop 77 discuss future plans for the upcoming months at the Troop 77 facility here July 12. The troop discussed future recreational events for the troop and ways to give back to the Iwakuni community.



Tenderfoot David Rasmussen, 11, practices archery during Troop 77's 2010 one-week summer camp in Camp Tama, Yokota, Japan.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



LANCE CPL. JEREMY FASCI

GARMSIR DISTRICT, HELMAND PROVINCE, Islamic Republic of Afghanistan — Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3rd Battalion, 1st Marine Regiment, passes out tourniquets and pressure dressings to each of the members of the Afghan National Police at the post where he performed a combat lifesaver course July 5. Giving them these things will allow them to practice and use the equipment when necessary.

Marines provide Afghanistan police with lifesaving techniques



LANCE CPL. JEREMY FASCI

GARMSIR DISTRICT HELMAND PROVINCE, Islamic Republic of Afghanistan-- Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3rd Battalion, 1st Marine Regiment, shows members of the Afghan National Police how to apply a pressure dressing at one of the ANP posts surrounding Hazer Joft July 5. Members of the PMT perform training at the ANP posts once or twice a week.

LANCE CPL. JEREMY FASCI
REGIMENTAL COMBAT
TEAM 7

GARMSIR DISTRICT, HELMAND PROVINCE, Islamic Republic of Afghanistan — Marines and sailors from the police mentor team, 3rd Battalion, 1st Marine Regiment, convoyed to each Afghan National Police checkpoint surrounding Hazer Joft, July 5, to provide the police with tourniquets, bandages and the combat lifesaving skills.

The Marines with the PMT provide weekly training to the ANP located at the checkpoints and the district governor's compound in Hazer Joft. Teaching the classes in the extremely cramped buildings does not deter their enthusiasm.

Corpsmen taught the proper use of tourniquets, pressure dressings and different types of bleeding during the course. Officers were immediately given the opportunity to practice the new techniques on each other. This is the most important part of the training.

"Some of them are really good at it," said Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3/1. "Giving them the stuff and actually watching them do it makes them more receptive to it and it sticks

more."

Ultimately the goal is to provide the ANP the basic skills necessary to sustain themselves. Marines cannot teach them everything they need to know in such a short period of time. Focusing their teaching on bare necessities allows for a quicker impact.

"We can continue to train them, but the end state being with no Marine mentor involvement, can they do it on their own," said 1st Lt. Brice C. Turner, the platoon commander and acting team leader. "Whether they are receptive or not, it just takes more training at the less receptive checkpoints."

The ANP admires the Marines and aspires to be like them helping the PMT train by example.

"They just want to fight like us. You will see them walking around and they have their boots bloused, but they don't know why, and a couple of them have taped flashlights to their rifles because we have flashlights on ours," said Frantz. "I think that as long as we keep putting ourselves out there for them and doing that training for them, they are going to pick it up and put it to good use."

Officers who have graduated from the police academy are usually the ones who take the training more seriously.

Supporting themselves, families and protecting their community makes prioritizing during training exercises very difficult for Marines.

Performing the training at the ANP posts allows the team to cater the training to the needs of the police officers located there. Training each post commander extensively makes continued application of the skills easier.

"It's more of a 'train the trainer mentality,' where the post commander can train his police on how to apply a tourniquet, why you need to use a pressure dressing instead of a tourniquet to the neck and why not to use a tourniquet as a belt," said Turner, 24, from Encinitas, Calif. "We teach those lessons so if someone does get hurt around here, the Marines aren't always going to be there to help out and their not always going to have a corpsman there, they can save each others lives."

Combat lifesavers course is one of many different types of training provided by the PMT that will help the ANP succeed over time. The quick impact of these short courses builds the knowledge of a greater number of officers in a shorter period of time.

"They fight just like we do, so it's good for them to have that training in case any of them get hit," Frantz said.

COMMUNITY BRIEFS

Vacation Bible School
Vacation Bible School is being offered at the Marine Memorial Chapel 5:30 - 8 p.m. Aug. 9 - 13. Ages 3-11 may attend. For more information, stop by the chapel, call 253-6470 or e-mail natali_godoy@yahoo.com.

Mammography Van
The Mammovan is scheduled for another visit here Aug. 3 - 6. Beneficiaries wishing to make use of this service must obtain a referral from their primary care providers. Starting July 12, patients must schedule an appointment with the Branch Health Clinic at 253-5257 before setting an appointment with radiology.

New consular fee schedule
The U.S. Embassy in Tokyo has published a new consular fee schedule. The

new fees went into effect July 13. The Web Site for the new fee is at <http://tokyo.usembassy.gov/eacs/tacs-fees-20100613.html>, and the new fee chart is listed at http://www.travel.state.gov/news/news_5078.html. For more information, contact the Station Judge Advocate at 253-5591.

Summer Reading Program
The station library is holding "Voyage to Book Island" summer reading program through Aug. 4 and will be open to readers ages 5-12 years. Summer reading participants will meet every Wednesday at 2 p.m. at the station library and participate in games, art and craft projects, and story time. For more information, stop by the library circulation desk, call 253-5156 or e-mail

pughbj@usmc-mccs.

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.

Sexual Assault
To make a confidential report of sexual assault or harassment, contact the victim advocate at 253-4526 during working hours. For after hours, weekends and holidays, call 090-9978-1033 or 080-3427-0835. You can also call the installation SARC at 253-6556 or 080-5865-3566.

54th Iwakuni City Culture Festival
The 54th Iwakuni City Festival is scheduled Sunday 1:30 - 4:30 p.m. at the big hall, Iwakuni Civic Hall. Free admission. For more information, contact Iwakuni City Board of

Education at 0827-29-5211.
Kangensai
The Kangensai Festival is scheduled Wednesday at the Itsukushima Shrine, Miyajima, 4 - 11 p.m. This is the largest festival at Miyajima's Itsukushima Shrine and one of Japan's biggest Shinto rituals performed on boats. For more information, contact Itsukushima Shrine at 0829-44-2020.

Mikawa Summer Festival
The Mikawa Summer Festival is scheduled July 31 at the Mikawa Moo Valley and Mikawa Deai Shinsui Park area 9:30 a.m. - 2:30 p.m. Fish catching, wood crafting, and sawing classes will be held. Each event will require fees. Parking is available. For more information, contact Yamashiro Shokokai at 0827-76-0100.

Yasaka Lake Summer Picnic
The Yasaka Lake summer picnic is scheduled Aug 1, starting 9 a.m. at Yasaka Lake area, Miwa-cho, Iwakuni City. Various nature experience events, such as canoe lessons, water skiing lessons and park golf lessons, will be held around Yasaka Lake. Most events are free, but some of them require a fee. Parking is available. In case of light rain, the

event won't be cancelled. For more information, contact Yasaka Lake Information Center at 0827-95-1123.

Nishikigawa Water Firework Festival
The Nishikigawa Water Festival is scheduled Aug. 7 at the Kintai Bridge area from 8 p.m. to approximately 9:30 p.m. Depending on the condition of the Nishiki river, the event will be postponed to Aug. 28. For more information, call 0827-41-1477.

Brief Submissions
To submit a community brief, send an e-mail to iwakuni.pa@usmc.mil. Include a contact name, a phone number and the information you would like published. You may submit your brief or classified ad in person at the Public Affairs Office, Building 1, Room 216. The deadline for submissions is 3 p.m. every Friday. Submissions will run the following Friday on a space-available basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

Chapel Services

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

Protestant
Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
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 080-4177-2060 or e-mail 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.

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

SAKURA THEATER

Friday, July 23, 2010
7 p.m. The Last Airbender (PG)
Premier
10 p.m. Get Him to the Greek (R)
Premier

Saturday, July 24, 2010
1 p.m. Toy Story 3 (G)
4 p.m. Knight and Day (PG-13)
7 p.m. Twilight Saga Eclipse (PG-13)

Sunday, July 25, 2010
1 p.m. The Last Airbender (PG)
4 p.m. Grown Ups (PG-13)
7 p.m. Get Him to the Greek (R)

Monday, July 26, 2010
7 p.m. Ironman 2 (PG-13)

Tuesday, July 27, 2010
1 p.m. Letters to Juliet (PG)
7 p.m. Robin Hood (PG-13)

Wednesday, July 28, 2010
7 p.m. MacGruber (R)

Thursday, July 29, 2010
1 p.m. The Karate Kid (PG)
7 p.m. Twilight Saga Eclipse (PG-13)

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

1996 Honda Stepwagon

Seats 7. JCI good until March 2011. Well maintained and good A/C. CD player, two sunroofs and convertible seats. Asking \$2,000 OBO. Call 080-3097-8461.

1997 Toyota Noah

Good condition, runs well. Power windows, locks and steering. Equipped with CD player and two sunroofs. JCI good until August 2011. Asking \$1,300 OBO. Call 253-2154 or 080-3474-8858.

Honda CRV

Good condition. Looks and runs great. 86,000 kilometers. JCI good until April 2012. Asking for \$6,400 OBO. Call 080-3752-5440.

Yamaha Vmax

Runs, looks great. 200 miles and stateside ready. JCI good until May 2012. Asking \$6,400 OBO. Call 253-2096.

Suzuki R. Wagon

84,000 kilometers. JCI good until April 2011. Only 3,000 Yen for road tax. Asking \$2,800. Call 080-3752-5440.

Mitsubishi Town Bee

JCI good until July 2012. New front tires, well maintained and good A/C. Asking \$3,000 OBO. Call 080-3524-3453

2002 Mazda Sports Coup

JCI good until January 2011. Asking \$2,500 OBO. Call 080-4184-8705.

Honda NSR25

Rare and fast bike. New tires and chain. JCI will be renewed upon purchase. Asking \$5,000 OBO. Call 080-3524-3462.

Jobs

Thrift Store Job Openings

Immediate opening for paid positions at the station's Thrift Store. Deliver your resume to Building 1117 or e-mail Gwen Peterson at gwenkaypete@yahoo.com.

NMCRS Volunteer Opportunities

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, call 253-5311.

USNH Yokosuka Openings

Registered nurse, family practice provider and physician assistant positions open at Branch Health Clinic Iwakuni. Family nurse practitioner position open at Branch Health Clinic Sasebo. Performance improvement coordinator, ob nurse and dental assistant positions open at Yokosuka Clinic. For more information, call 243-6835 or 046-816-6835. Interested applicants should register with the Central Contractor Registration at <https://www.bpn.gov/ccr/default.aspx>.

Miscellaneous

Household Items for Sale

40 inch HDTV Sony with entertainment center for \$500, and love seat for \$150. Call 080-4181-8705.

Mahogany Entertainment Center

One year old. Will fit up to a 38-inch television screen. Asking \$200 cash OBO. Call 080-4181-8705.

Real Estate

Jacksonville, N.C.

Beautiful four bedroom, two and a half bath room home for sale by owner. 102 E. Carrington Way, Jacksonville, N.C. Great location, near schools in quiet cul-de-sac. Near Marine Corps Air Station New River and Marine Corps Base Camp Lejeune. Asking \$204,900. E-mail sparulis@ec.rr.com for pictures.

Mess Hall Menu

Monday

Manhattan clam showder, chicken and rice soup, Swedish meat balls, roast turkey, buttered noodles, mashed potatoes, Louisiana style, smothered squash, green beans and corn, chicken gravy, dinner rolls, macaroni salad, confetti rice salad, coconut raisin cookies, double layer almond cake, chocolate cream pie and whipped topping.
Specialty Bar: Pasta

Tuesday

Beef noodle soup, Navy bean soup, beef brogrol, mustard-dill baked fish, mashed potatoes, rice pilaf, asparagus, scalloped cream corn, tomato gravy, dinner rolls, three bean salad, cucumber and onion salad, butterscotch brownies, apple pie, spice cake, buttercream frosting.
Specialty Bar: Taco

Wednesday

Cream of broccoli soup, knickerbocker soup, veal parmesan, spaghetti with meat sauce, pizza, mashed potatoes, club spinach, mixed vegetables, brown gravy, garlic bread, spring salad, deviled potato salad, peanut butter cookies, sweet potato pies, whipped topping, coconut cake.
Specialty Bar: Barbeque

Thursday

Minestone soup, pepper pot soup, ginger pot roast, creole shrimp, steamed rice, oven glow potatoes, broccoli parmesan, peas and carrots, cheese biscuits, brown gravy, potato salad, spinach salad, double layer devil's food cake, coconut pecan frosting, pumpkin pie, whipped topping, oatmeal raisin cookies.
Specialty Bar: Deli Bar

Friday

Beef barley soup, tomato soup, rock cornish hen with syrup glaze, chili macaroni, grilled cheese, grilled ham & cheese, steamed rice, mashed potatoes, soccotash, green bean combo, chicken gravy, dinner rolls, mixed fruit salad, Italian style pasta salad, standard salad bar, apple, cherry turnovers, bread pudding, crisp toffee bars, whipped topping, chocolate pudding.
Specialty Bar: Hot Dog

July, Aug. primary dates

Alaska - Aug. 24

Arizona - Aug. 24

Colorado - Aug. 10

Connecticut - Aug. 10

Florida - Aug. 24

Kansas - Aug. 3

Louisiana - Aug. 28

Michigan - Aug. 3

Missouri - Aug. 3

Oklahoma - July 27

Tennessee - Aug. 5

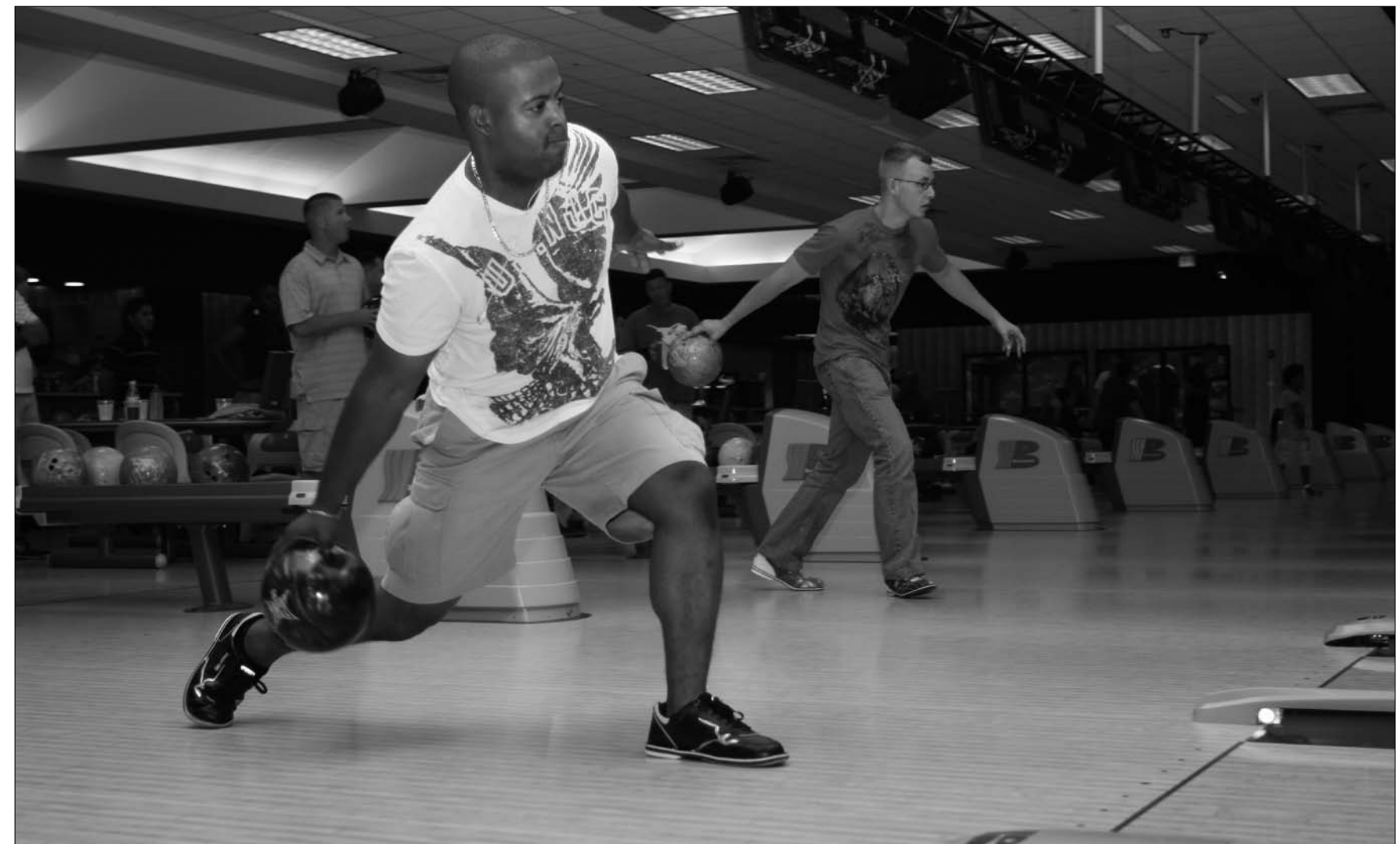
Washington - Aug. 17

Wyoming - Aug. 17

The general election is Tuesday, Nov. 2. This election information is current as of August 2009. Check your state election Web site or www.fvap.gov for updates or additional details.

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 by e-mail at iwakuni.pao@usmc.mil, call 253-5551 or stop by Building 1, Room 216.



Eric Benitez, bowler for the Nuts and Cherries team, winds back as he gets ready to roll the bowling ball down the lane for a strike during the Intramural Bowling Tournament at the Strike Zone here July 10. The tournament lasted through the afternoon as each team took its time bowling a total of three games. IYAOYAS took home the first-place trophy with a total of 2,376 points.

IYAOYAS bully pins at Intramural Bowling Tournament

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Six bowling teams of four showed up to compete in the Intramural Bowling Tournament at the Strike Zone here July 10.

Aurora Rios, Chris Rios, Jason Hulette and Robert Blake formed up the winning team and called themselves the IYAOYAS.

Together, the team bowled a score of 2,376, which earned them each first-place trophies.

Blake bowled 25 strikes and averaged approximately eight strikes per game, which resulted in a best individual score of 703 and an additional trophy.

The Sidewinders, a team made up of Joseph Brown, Debby Brown, Robert Figueroa and Michelle Figueroa, took second place with a combined score of 2,306.

Michelle Figureroa turned out to be the high bowler for the Sidewinders with a total of 25 strikes and an individual score of 692, which barely put her behind Blake.

The Buckeyes, a team made up of Amy Ulette, William Chatman, Jaime Mohn and Zachary Host, took third place with a combined score of 2,171.

Mohn bowled 22 strikes overall and an individual score of 615, which made him the highest bowler on the Buckeyes team.

"The tournament went really well," said Hulette. "I don't bowl very often but I was looking forward to this tournament."

Blake, on the other hand, is a regular bowler who came ready to have fun and bully some pins during the tournament.

"There was some good competition out there," said Blake. "I had a great time."

The tournament lasted through the afternoon as each team took its time bowling a total of three games.

The team with the most accumulated points at the end of the three games was deemed the overall winner of the tournament.

One by one, each bowler took turns trying to use skill and precision to knock down as many pins as possible.

With each turn, Blake continued to knock down all of his pins, which created consistent rows of Xs on the scoreboard and left a sense of confidence amongst a himself and his teammates.

"It came down to the last frame, and our team ended up finishing very strong," said Blake.

The tournament was based on nine pin no-tap, where the bowler is given a strike for knocking down nine pins on the first ball and does not bowl a second spare ball.

"Some bowlers throw the ball curved, others throw the ball right down the middle," said Hulette. "Playing this way made it fair for everyone."

Playing by this rule evened out the playing field between bowlers of all skill levels as well as sped up the game.

"It made the tournament easier and it also made the tournament more fun," said Hulette.

"Everyone had a great time," said Blake. "Now, we're just waiting for the next league to start-up."

For more information about upcoming intramural sports events and activities, call intramural sports at 253-3067.



Christine Benitez, bowler for the Nuts and Cherries team, rolls the ball down the lane as she takes a turn to knock down some pins during the Intramural Bowling Tournament at the Strike Zone here July 10.



LANCE CPL. JENNIFER PIRANTE

Robert Griffin, a first time participant, jumps rope during the newly incorporated 30-minute jumprope class at IronWorks Gym here July 14. The new class, Foot Fire, is offered every Wednesday from 11:45 a.m to 12:15 p.m.



LANCE CPL. JENNIFER PIRANTE

Civilians and service members participate in Health Promotion's newly incorporated 30-minute jump rope class at IronWorks Gym here July 14. The course was initially intended to be held in the sweat shop at IronWorks Gym but was moved to the sports courts because of increased participation.

Service members hop on good foot for fitness

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Civilians and service members participated in Health Promotion's new 30-minute jump rope class at IronWorks Gym here July 14.

The class is called Foot Fire, and it is likely to challenge any participant's physical endurance, build up a sweat, and release them in plenty of time to get chow.

Foot Fire, the 30-minute lunch time burst of cardio, is offered every Wednesday from 11:45 a.m. to 12:15 p.m. at IronWorks Gym.

"We wanted to be able to offer a class that the active duty could come to during their lunch hour," said Darci Kruse, athletics director at IronWorks Gym. "Something so that they could still get a decent lunch and time to shower if they wanted."

Health Promotions is always open to new ideas and possibilities for fitness programs, but the idea for the new jumprope class came about when Kruse noticed more sailors and Marines around the air station adding jump rope techniques to their fitness regimens and physical-training routines.

"We had a lot of interest in jump rope so we decided to offer the class," said Kruse. "Things just kind of picked up from there."

The course was initially intended to take place in the sweat shop at IronWorks Gym, but due to increase of participation, the class was moved to the sports courts.

The class had nearly tripled in numbers since the first class held during the previous week.

"We are really happy with the turn out," said Kruse. "We had a handful, maybe five participants last week when we were just getting started, and I counted 14 or 15 this week so we outgrew the sweat shop pretty fast."

Kruse led the class in some dynamic warm-up stretches before launching into the more challenging, cardio-bursting exercises.

"(Stretching) opens up your joints, loosens your muscles and gets you ready to exercise," said Kruse. "It's a great warm up to do for any type of exercise you're going to do."

After exercises were warmed up and stretched out, they picked up their ropes and began jumping.

"We tried to mix in some intervals with some high intensity and low intensity," said Kruse. "We also set the rope down, did some push ups and quick foot fire. We try to incorporate a lot of exercises so no one gets bored."

Robert Griffin, a first-time participant, agreed jump rope was the perfect exercise to incorporate into a quick lunch-hour workout.

"It helps teach you coordination," said Griffin. "It's definitely a good workout, and it breaks you off. It's very convenient and you still have time to eat chow when you're done."

"It's definitely a high-cardio exercise so you really burn a lot of calories fast," said Kruse. "It's also good for muscle strength, muscle endurance, balance, agility and you can do it quick. You can knock it out and get a good workout."

For more information about group fitness classes, call the IronWorks Gym at 253-5051 and ask to speak with the fitness group.