



HITTING BLACK
CMC course gets Marines ready to pass on skills | P. 4



LAND, SEA ... BIKE
Competitors battle through four events for top honors | P. 6 and 7



EARTHBALL
Commander's Cup heats up as it nears end | P. 12

IWAKUNI APPROACH

Issue No. 37, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

VMFA(AW)-224 jets out of Australia

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia — It had been a long and hot four weeks as maintainers with Marine All-Weather Fighter Attack Squadron 224 worked around the clock to get the birds back up and flying every day to ensure the F/A-18 Hornet pilots made their flight schedules during exercise Southern Frontier.

Southern Frontier is an annual, bilateral training exercise hosted by the Royal Australian Air Force to afford VMFA(AW)-224, also known as the Fighting Bengals, the opportunity to focus on offensive air support training in order to improve squadron readiness alongside allies and partners.

Even though the unit had completed its training for the exercise, there was still more work to be done.

The last and most important mission for the maintainers was to make sure the jets were mission capable to fly back to Iwakuni, Japan, safely and intact.

To complete their mission, maintainers overcame the challenge of turning 10 jets in approximately 24 hours.

It seemed like an impossible challenge, but with the help of RAAF No. 75 Squadron, they were able to meet the challenge.

VMFA(AW)-224 pilots departed Australia bound for Japan to mark the completion of exercise Southern Frontier Sept. 24.

In order to ensure the safe departure of the jets, maintenance sections within the unit put forth hours of inspections and repairs to various elements of the aircraft.

According to Lance Cpl. Daniel Dougherty, fixed-wing aircraft



LANCE CPL. JENNIFER PIRANTE

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia — Cpl. Roger Easterly, a Marine All-Weather Fighter Attack Squadron 224 fixed-wing aircraft airframes mechanic, and Pfc. Paul Estrada, VMFA(AW)-224 aircraft electrical systems technician, torque a jet onto a tripod during exercise Southern Frontier here Sept. 23. The Royal Australian Air Force provided the squadron with the tripods to mount its jets as well as hangars, workspace and an abundance of logistical support to assist 224 with the exercise.

LANCE CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

Marine Wing Support Squadron 171 motor transportation began replacing one of three recalled Humvee fuel tanks here Sept. 21.

"I've always been a hands-on learner, and trucks, engines, all different mechanic-type things interest me," said Pfc. Matthew Taylor, motor transportation

mechanic.

When new and improved parts for vehicles or machinery are proven more effective than their ancestor parts, a warranty claim is sent out for units to replace the warranty claimed products with newer ones.

This was the case for the MWSS-171 motor transportation section

SEE **TANK** ON PAGE 3

171 spouses don Marine Corps garb for day

LANCE CPL. MIRANDA
BLACKBURN
IWAKUNI APPROACH
STAFF

Decked out in their husband's utilities and physical training gear, spouses were given a chance to experience a day in the life of a Marine during the Marine Wing Support Squadron 171 Jane Wayne Day here Saturday.

Jane Wayne days are used throughout the armed services to give spouses a chance to experience what their husbands or wives go through during training and on a daily basis.

"It was really just a crash course for all of us on what our husbands do from time to time," said Deborah Martinez, Jane Wayne Day participant.

Approximately 40 wives were split into two groups and were taken to receive a quick, five-minute demonstration on how to fashion their hair into a sock-bun.

After their how-to class, one group threw on flacks and kevlar and piled into 7-ton trucks, while the other group put on their husband's packs and filed into formation.

The Jane Wayne Day consisted of a .3-mile hike to Penny Lake, a trip to the Indoor Small Arms Range where they were given the chance to shoot off 15 rounds from M-16A2 service rifles, the gas chamber, a modified combat fitness test, training in the Marine Corps Martial Arts Program and lunch at the southside mess hall.

Many of the participants were anxious as they went into the day's events, but eventually their uneasy thoughts dissipated as

SEE **JANE** ON PAGE 3

Humvee fuel tanks get pumped up

SEE **DEPARTURE** ON PAGE 3



Commanding Officer/Publisher
Col. James C. Stewart

Public Affairs Officer
Capt. J. Lawton King

Public Affairs Chief
Master Gunnery Sgt.
John A. Cordero

Operations Chief
Staff Sgt. Andrew Miller

Press Chief
Staff Sgt. Jimmy H. Bention Jr.

Editor
Cpl. Joseph Marianelli

Combat Correspondents
Cpl. Kristin E. Moreno
Cpl. Salvador Moreno
Lance Cpl. Miranda Blackburn
Lance Cpl. Marcel Brown
Lance Cpl. Chris Kutlesa
Lance Cpl. Claudio A. Martinez
Lance Cpl. Jennifer Pirante
Pfc. Vanessa Jimenez

Webmaster
Yukie Wada

Community/Media Relations
Hiroko Soriki
Hiromi M. Kawamoto

Administration
Hiro Sumida

"This weekly newspaper is an authorized publication for members of the military services stationed overseas and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps, and does not imply endorsement thereof."

Editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Air Station Iwakuni, Japan. All queries concerning news and editorial content should be directed to the Public Affairs Office, Building One, Room 216, MCAS Iwakuni, Japan. Call 253-5551.

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

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

CHAPLAIN'S CORNER

'Permanent Solutions'

LT. ROBERT E. MILLS
STATION CHAPLAIN

This is the time of year when many units on station are conducting annual or semi-annual suicide awareness training.

Helping Marines, sailors and soldiers recognize the signs of suicidal thoughts in their roommates, colleagues and friends is an incredibly important piece of regular education in the military.

What about you? Do you know what to look for when you or a friend is suffering incredible mental or emotional pain? Do you know when and how to get help?

It is not fun to talk about these things, but, like many things in life we don't like to talk about, sometimes we need to do so.

Suicide is a permanent solution to a temporary problem.

It usually happens when we have one or more risk factors such as a history of mental illness or clinical depression, emotional or mental trauma, or previous suicide attempts.

Added to this we experience a stressor, such as a "Dear John" or "Dear Jane" letter, a discipline issue or financial problem.

On top of this is separation from our normal support system, like somebody here, far from home, and you have the possibility of some suicidal thinking.

Most of the time, these thoughts may come to mind and we very quickly dismiss them as being dangerous and out of place, but with some people, some of the time, these thoughts get to be so strong and prevalent a life is truly in danger.

So, how can you see the signs something dan-

gerous is happening in the mind of a colleague or friend?

Some signs to watch for are major changes in eating and sleeping habits, a tendency to overindulge in alcohol or other substances, a desire to give away prized possessions, or a profound change in a person's personality or temperament.

If friends you know are "switched on" all the time, always being hyper and the life of the party and then you see a total change such that they become a total drone and it seems like something has been sucking all of life out of them, you need to ask some hard questions.

If you see these things going on, it is time to get some help.

So what should you do if you know somebody who you think is going through this process?

How do you get the help they need?

The first thing to do is ask.

Talk directly to your friend.

Ask him if he is thinking about hurting himself. Ask her if she is suicidal. Asking the question will not drive the person to suicide.

You can be very direct here and maybe save a life.

If they answer yes, or you still think that there's something very wrong, get help.

Call medical, Marine Corps Community Services counseling, or a chaplain.

All of us have training in dealing with suicidal people.

Do not leave the person alone and don't delay in getting help for him or her.

Getting help for suicidal thoughts does not mean the end of a military member's career.

Many service members have gotten help for suicidal thinking and have gone on to have stellar careers.

With most people, the issue is temporary, but suicide makes the solution permanent.

Intervene, help your friends and save a life.

Registering guests for Halloween

The following information was submitted by the Provost Marshal's Office.

■Status of Forces Agreement personnel may sponsor guests, up to 10 per family. All guests must be escorted by the sponsor at all times while aboard the air station.

■Sponsors must pre-register their guests at the Provost Marshal's Office administration section, Building 608, prior to 12 p.m. Oct. 27.

■Master Labor Contractors and IHA employees may sponsor their immediate family members; i.e., spouses, children, children's spouses, brothers, sisters, parents and spouse's parents up to 10 per family.

■Sponsors must meet their guests at the contractors' gate between 4 and 5:30 p.m. All guests may exit the air station via the main gate after the event.

■Guests' vehicles are prohibited from parking at the Bachelor Officers' Quarters, Bachelor Enlisted Quarters or housing areas.

■Trick or Treating will be limited to the housing areas only. BOQs, BEQs, and office spaces will be off limits.

■5-7 p.m. Oct. 31, no one will be allowed to sign guests aboard the installation unless they have been pre-registered with the PMO administration section. All other visitors must be signed on before or after these times.

■The Monzen bridge and the inbound lane of the Monzen gate will be closed to vehicle traffic 5-7 p.m.

For more information, contact the PMO administration section at 253-4843 or Staff Sgt. Perez, PMO physical security section at 253-3423.

See page 10 for Halloween safety tips.

VOTE

Absentee voter week ends Monday. If you have not received your state absentee ballot, visit <http://www.FVAP.gov> and send a Federal Write-In Absentee Ballot (FWAB, SF 186). The online FWAB will list candidates for federal office running in your jurisdiction.

If you need direct assistance or would like more information, contact the Federal Voting Assistance Program's support at 1-800-438-8683 or DSN 312-425-1584, 24-hours a day, seven days a week or e-mail vote@fvap.gov.

You can also follow FVAP on Facebook and Twitter.

VMFA(AW)-224 up, out of Australia, set sights on Japan

DEPARTURE FROM PAGE 1

airframe mechanic with VMFA(AW)-224, some aircraft just required small fixes while others needed more attention.

"On one aircraft, we had to change an aileron shroud, which is a type of flight surface," said Dougherty. "It increases the aerodynamics of the wing and helps the jet turn better."

When the squadron needed parts it could not order right away, maintainers took parts from other jets.

"A jet was specified as a cannibalized bird so that parts could be taken from it," said Lance Cpl. Kyle Duss, fixed-wing aircraft airframe mechanic with VMFA(AW)-224.

The squadron was able to use many parts of the jet to ensure the maximum amount of Hornets were mission ready.

VMFA(AW)-224 was able to use the engine, generator, signal data computer, landing gear control valve and other mission essential equipment.

"We will not strip a bird completely," said Cpl. Jesse Hargreaves, fixed-wing aircraft airframes mechanic with VMFA(AW)-224. "We just pull parts out that are easy to put back in so that we can meet flight requirements."

VMFA(AW)-224 conducts pro flights periodically and also when a jet gets a new part to ensure the jet operates properly.

When a jet gets a new engine, a test flight is necessary to ensure proper performance, said Dougherty. "If there are problems, maintainers have to go and troubleshoot."

The RAAF provided the squadron with hangars, workspace and an abundance of logistical support in order to assist the squadron with the exercise.

The No. 75 Squadron had shown support to VMFA(AW)-224 throughout the exercise by providing the squadron with spare parts and assistance when needed.

"The [RAAF] assisted the squadron with consumable, high-priority parts and tools," said Duss. "When we needed a tool or a part, they gave it to us, and we were able to get jets up and flying in the amount of time we needed to."

VMFA(AW)-224 also had the opportunity to work directly with the No. 75 Squadron, a long-time Australian ally, which also flies F/A-18 Hornet jets.

As the exercise neared completion and the squadron received word about upcoming deployment locations, the maintainers worked through the time crunch with the mission held at high priority.

According to Duss, it was essential to make sure all personnel made it out of Australia in the time allotted.

"If jets are down, that means the squadron has to leave personnel behind until jets are up," said Duss. "The squadron wants to get out by a certain date and it doesn't want to have to leave any jets behind. We want to make sure every jet is up, ready to go and ready to fly."

Many VMFA(AW)-224 maintainers were sent forward to make sure the jets were properly maintained as soon as pilots arrived to Iwakuni.

With manpower cut in half, many felt the weight of the extra workload, but nonetheless, jets were up and out of Australia bound toward the next mission.

Upgrade: Old Humvee tanks get dumped for new



LANCE CPL. MARCEL BROWN
Pfc Matthew Taylor, Marine Wing Support Squadron 171 motor transportation mechanic, cleans up a small oil spill while replacing the fuel tank for one of the three Humvees slated for fuel replacements at the MWSS-171 mechanic garage here Sept. 21.

TANK FROM PAGE 1

when its received an equipment repair order for three of its Humvee's fuel tanks.

"A bad fuel tank can cause multiple problems. With debris in the fuel tank, you don't get the fuel pressure needed for the truck to run right," said Taylor. "Replacing the fuel tank will help the process of the truck actually running to the optimal proficiency."

Taylor and Pfc. Seth Davis, motor transportation mechanic, were the two Marines assigned to update the Humvees with the new model fuel tanks.

"It usually takes around two to three people to change a tank," said Davis. "We do the same things; we just break it up to help each other out. If it goes beyond three (people), it's in the way, but most likely two people are the best."

Using typical circumstances, removing and installing a fuel tank can be a time-consuming project, said Taylor.

"Depending on the mechanic and how fast they can work, it takes up to a day and a half

at the most," said Davis.

When an ERO is sent to the mechanics, the Marines can look up the technical manual on their toughbook work computer. The TM explains exactly how to repair the vehicle step by step.

The TM gives the Marines further insight on how to diagnose a vehicle's malfunction and helps mechanics get back on track whenever confused about replacing parts for an ERO.

"Each time I do it, I notice that I find little tricks to make it go a little faster as I do it," said Taylor.

Although a messy task, both Taylor and Davis said they enjoy replacing vehicle parts and looked forward to working with other mechanics to learn some of their tricks of the trade.

"I love it, especially working with somebody because I always learn new tips that I didn't know before," said Davis. "Like today, I was trying to use a socket for the bolts but I used a wrench and found out it was a lot easier."

The old fuel tanks will be sent to hazardous material for disposal.

Spouses take Marine Corps challenge

JANE FROM PAGE 1

they took on the role of their husbands for the day.

"The hardest part was the unknown," said Martinez. "I was worried about the challenges they were going to put us through, whether it was going to be hard or difficult, or whether I was going to embarrass myself."

The first group of participants piled into the ISAR classroom to receive their weapons safety brief, recited weapons safety rules recruit-style, and entered the range to shoot off 15 rounds from M-16A2 service rifles.

Most of the women had never

held a weapon, let alone shot one.

Some of them caught on quickly and even landed some of the shots in the black, while others were startled and frightened by the sound and the recoil of the weapon.

"My favorite part of today was the rifle range," said Ana Lora, Jane Wayne Day participant. "I picked it up really fast, and for it being my first time, I did really well."

While the first group was busy at the range, the other group of wives humped to Penny Lake to participate in their very own CFT and MCMAP training.

As they made their way

through the course, other participants helped by cheering each other on while they struggled with low crawls and ammo cans.

Many of the spouses said that the day's events gave them a better understanding of what their husbands do.

"Women should definitely consider doing this at least once," said Martinez. "It really opened my eyes to what they do, and it was a great learning experience."

Throughout the day, the group grew closer by working together, getting to know one another, and experiencing what their Marines go through each day.

Bullseye: Marines train to teach fellow Marines to get back on black



LANCE CPL. MARCEL BROWN

Sgt. Daniel M. DeCarvalho, Indoor Small Arms Range operations chief, shows training combat marksmanship coaches how to properly secure a pistol holster during the CMC course here Sept. 14 - 24. Marines were trained on how to coach for both the M-16 rifle and the 9mm pistol and were given the opportunity to take a pistol qualification before graduating from the course.

LANCE CPL. MARCEL BROWN
IWAKUNI APPROACH STAFF

"Every Marine is a rifleman." These words echo throughout recruit training and remain engraved on Marines' memory throughout their career.

Regardless of military occupational specialty, Marines are considered riflemen first and must qualify annually with a service rifle.

Around 60 Marines took the first step in providing the Marine Corps with combat-ready Marines by taking the two-week Combat Marksmanship Coach course here Sept. 14 - 24.

"The one thing I'm looking forward to the most is making experts," said Lance Cpl. Luis A. Zabala, Headquarters and Headquarters Squadron S-3 training and course participant. "The mission of the combat marksmanship coach is to teach and evaluate combat marksmanship and make combat-ready Marines."

Okinawa's military training unit approves the CMC course curriculum here.

Logistically, sending Marines to Okinawa to take the course would be extremely costly for the Marine Corps. For this reason, the CMC course here was developed to train Marines to be marksmanship coaches based on Okinawa's Training and Education Command curriculum.

The course here is a two-week-long course, unlike Okinawa's three-week course, where Marines are trained through lecture, practical application and qualification.

"You get Power Point, you get practical application, and eventually you get to go to the range, (qualify) and actually apply the fundamentals taught to you," said Zabala.

The first week of the course Marines are trained how to coach proper marksmanship with the rifle and exercise intermediate combat marksmanship.

The second week Marines learn how to coach pistol and get hands-on practical application by coaching fellow training coaches during pre-qualification and

a range at a time, the absence of coaches is detrimental for units having their Marines properly trained.

To be eligible for the CMC course, Marines must complete the Marine Marksman Course on www.marinet.usmc.mil, have an up-to-date rifle qualification and have at least one year left on station.

It is recommended for Marines to take the course because it offers several benefits.

"A lot of Marines come here without a pistol badge, and upon completion of the course, not only do they get a pistol qualification, they get a secondary MOS on top of the pistol qualification, and they help their units by providing coaches, so that's a triple benefit for coming to this course," said DeCarvalho.

Qualifying Marines is the overall goal of the combat marksmanship coach, but by practicing coaching the fundamentals, the Marines also get to improve their own shooting techniques.

"It teaches you the fundamentals and what to look for and teaches you the common mistakes so you don't make them yourself," said Zabala.

Many of the Marines agreed the knowledge they obtained from the course can be used on and off the shooting range.

"As a grunt, I know being able to shoot is very important," said Zabala. "Being able to teach these fundamentals and learning teaching techniques, it actually helps me out for whenever I go back to a grunt unit so that I can teach my Marines how to properly shoot even though we won't be on a range."

Eligible Marines interested in signing up for the March 7 CMC course should contact their unit's S-3 office.

qualification.

The final day of the course Marines must pass a final examination before successfully completing the course.

Once the Marines here complete the CMC course, their certificate of completion is approved and signed off by Okinawa's TECOM.

This certification qualifies the Marines to coach on all pistol and rifle qualification ranges.

"Units still need people to be SDOs, and SDOs have to be armed with 9mm pistols, so SDOs need to have a qualification," said Sgt. Daniel M. DeCarvalho, Indoor Small Arms Range operations chief here. "If you don't have Marines trained to coach them in the qualification, they can't qualify."

For a shooting line to be effective, one coach is required for every four shooters, and with an average of around 300 Marines qualifying on



LANCE CPL. MARCEL BROWN

Sgt. Brad W. Atwell, Marine Aviation Logistics Squadron 12 aircraft electrician, instrument, flight control, system technician, loads a 9mm pistol magazine during pistol live fire for the Combat Marksmanship Coach course at the Indoor Small Arms Range here Sept. 14 - 24.

Valiant Shield wraps up, 225 comes to Japan

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF



PETTY OFFICER 2ND CLASS GREG JOHNSON

USS Essex – The forward-deployed amphibious assault ship USS Essex (LHD 2) launches a RIM-7P Sea Sparrow missile from the ship's forward missile launcher during a live-fire missile exercise while underway in the Philippine Sea Sept. 21. The Essex Amphibious Ready Group was participating in Valiant Shield 2010, a joint U.S. military exercise in the western Pacific Ocean.



PETTY OFFICER 1ST CLASS RICHARD DOOLIN

USS Harpers Ferry – U.S. Navy sailors and Marines recover combat rubber reconnaissance craft manned by Marines assigned to the 31st Marine Expeditionary Unit at the stern gate of the amphibious dock landing ship USS Harpers Ferry (LSD 49) while underway in the Philippine Sea on Sept. 19, 2010. The Harpers Ferry is on patrol in the western Pacific Ocean as a part of the Essex Amphibious Ready Group, which is participating in Valiant Shield 2010. The integrated joint-training exercise is designed to enhance interoperability between U.S. forces.

ANDERSEN AIR FORCE BASE, Guam — Multiple Air Force, Marine and Navy units from around the Pacific theater brought exercise Valiant Shield 2010 to a close here Sept. 21.

Valiant Shield was a 10-day integrated joint military exercise among U.S. military forces, which focused on testing and improving their ability to effectively respond to any regional contingency.

A total of more than 150 aircraft participated in the exercise along with a naval strike group and amphibious ready group.

Air Force Col. Alan Kollien, 613th Air and Space Operation Center vice commander here, said he believed the exercise went very well and all of their objectives were met.

Exercise Valiant Shield took place in the Pacific Ocean in the vicinity of Guam and exercised maritime interdiction, intelligence surveillance and reconnaissance, personnel recovery, and command and control skills.

The units from the different services involved worked together as they conducted the numerous sorties and training scenarios aimed at improving their integrated joint military capabilities.

Lessons were learned along the way as each sortie and scenario took place during Valiant Shield.

One of the major lessons learned is that joint integrated exercises are needed so that all the participating services fully understand the limits and advantages to how each service operates, Kollien said.

Iwakuni-based Marines who participated in the exercise include service members from Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12 and Marine Wing Support Squadron 171.

Okinawa-based Marines who also participated in the exercise include service members from Marine Aerial Refueler Transport Squadron 152 and Marine Air Control Squadron 4.

Marine All Weather Fighter Attack Squadron 225, or the Vikings, out of Marine Corps Air Station Miramar, Calif., were the main squadron from the Marine Corps side participating in Valiant Shield.

The Vikings are slated to land in Iwakuni as part of the Unit Deployment Program after the exercise.

Lt. Col. Daniel Goodwin, VMFA(AW)-225 commanding officer, said he thought the exercise went great and provided a wonderful opportunity for the services to share their various skills and capabilities.

All the scenarios VMFA(AW)-225 participated in involved their being out in the ocean and each one presented them with new lessons to take with them.

"The tactical lessons were good," said Goodwin. "The aircrew got to see what it's like to fly five-hour missions, tank three or four times and fight against a very robust threat. We learned how to attack ships out in the open ocean, which Marines don't normally do."

Naval squadrons, who fall under the command of Patrol and Reconnaissance Wing 10, also participated in Valiant Shield.

"All of our objectives were in fact accomplished and proved that we need to continue to do more of this type of training," said Navy Capt. Garner Morgan, CPRW-10 commander. Everything done during Valiant Shield was a team effort, he added.

During Valiant Shield, aside from building on joint operability, the CPRW-10 squadrons were able to receive valuable training in anti-submarine warfare in quick succession where each scenario built on the last.

Morgan said the main lesson learned as the exercise progressed, was the necessity to do more exercises like Valiant Shield.

"We started out doing OK but not doing as well as we needed to do," said Morgan. "As we progressed through the exercise, it became apparent that we were getting a lot better. From my perspective the major lesson learned is that this is valuable training that we need to continue."

This is the third year Valiant Shield was conducted by the U.S. military.

The first was conducted in June 2006.



PFC. VANESSA JIMENEZ

Takayuki Naito, from Hatsukaichi City, Japan, and third place finisher in the 30- to 40-year-old division, runs to the bicycles stationed at IronWorks Gym during the 23rd annual Japanese and American Goodwill Modified Triathlon here Sunday. After the cycling portion, there was another 4K that was added this year due to limited marina access.



PFC. VANESSA JIMENEZ

Approximately 180 competitors swim against each other, trying to get the leg up during the 23rd annual Japanese and American Goodwill Modified Triathlon here Sunday. There were two laps included in the swim, adding up to 1K. The competitors were split up into different divisions based on age and gender.

Legs of steel

Station residents, Japanese nationals swim, run, bike for glory in 23rd annual triathlon

PFC. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

The 23rd annual Japanese and American Goodwill Modified Triathlon was held here Sunday.

Approximately 180 participants, including 31 American athletes, were bussed to the marina to launch the all-morning event.

Winner for the men's category ages 29 and under was Yusuke Yoshimura with a time of 1:45:07. Hideto Maruyama placed first in the 30- to 49-age division with a time 1:41:24, and Takatoshi Shimo in the 50-and-over age division with the time of 1:56:47.

First-place winners in the women's division were Katherine Kleess in the 34-and-under age division and Yasuyo Tonoyama in the 35-and-over age division. Kleess had a time of 2:04:07, and Tonoyama finished in 2:00:28. The team division first-place winners were Mark Enoch, Davin Keith and Lawton King with a combined time of 1:45:36.

"I like competing in triathlons because it's you versus your body," said Bill G. Slack, member of the team that placed third in the team division. "It's personal because you are pushing yourself to the limits."

At the marina, competitors were given warm-up time before the race began. The biggest difference in swimming for the competitors was the change from swimming in a pool to swimming in the open water of the marina.

The pool has lanes, and calm water; in the

harbor the bottom isn't visible, said Enoch. "If you aren't paying attention, you'll begin to zigzag all over the water."

Once competitors finished the swim, there was a 4K run to the IronWorks Gym, where the bicycles were stationed.

This run was a new addition to the triathlon this year.

The bicycles were staged in the parking lot of the IronWorks Gym, and upon arriving, participants immediately made the preparations needed to begin the 32K cycling portion of the race.

Stamps were given to competitors at a turn-around point for officials to keep count of how many laps the participants had completed.

After the bicycle portion, the competitors staged the bikes and got right back on track to finish the last leg of the race, another 4K run.

Upon completion of the competition, participants were given a certificate with their name and run time, along with a free lunch provided by Marine Corps Community Services.

"It feels good to get involved in activities like this," said Evan F. Vega, triathlon participant. "It keeps you motivated and helps you stay positive."

Trophies were presented at approximately 11:30 a.m. to the first through third finishers in each category.

For additional information about upcoming competitions, contact the MCCS Semper Fit Division at 253-5225.



PFC. VANESSA JIMENEZ

Nobuo Nakao, second place finisher in the 50-and-over age division, cycles in front of Katherine Kleess, first place finisher in the 34-and-under women's age division, during the 23rd annual Japanese and American Goodwill Modified Triathlon here Sunday. The cycling portion of the race was 32K and was followed by a 4K run.



PFC. VANESSA JIMENEZ

Mark Enoch emerges from the water to begin the second lap of the 1K swim during the 23rd annual Japanese and American Goodwill Modified Triathlon here Sunday. During the 1K swim, swimmers had to perform two laps to complete the total distance. Enoch's team, comprised of Davin Keith and Lawton King, placed first in the team division with a total time of 1:45:36

Triathlon top performers

Men

29 and under:

- 1st Place:**
Yusuke Yoshimura 1:45.07
2nd Place:
Yusaku Suzuki 1:48.19
3rd Place:
Nobuhisa Tanigawa 1:51.38

30-49:

- 1st place:**
Hideto Maruyama 1:41.24
2nd place:
Masaya Nishino 1:44.45
3rd place:
Takayuki Naito 1:47.43

50 and above:

- 1st place:**
Takatoshi Shimo 1:56.47
2nd place:
Nobuo Nakao 2:00.42
3rd place:
Tadashi Aimoto 2:00.50

Teams

- | | | |
|---|---|---|
| 1st place:
Mark Enoch
Davin Keith
Lawton King | 2nd place: 1:49.00
Alfonzo Dillard
Don Gornto
Jimmy Shields | 3rd place: 1:49.10
Nicolas V. Eguiguren
Kenneth J. Mimplitsch
Bill G. Slack |
|---|---|---|

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Light Armored Reconnaissance Marines keep Shabu safe



CPL. EUGENIO MONTANEZ

COMBAT OUTPOST SHABU, HELMAND PROVINCE, Afghanistan — Lance Cpl. Garrett Mellor, a team leader, and Lance Cpl. Zach Martin, a mortarman, both with Weapons Platoon, Company B, 1st Light Armored Reconnaissance Battalion search a vehicle at a vehicle checkpoint in Shabu, Afghanistan, Sept. 15. In the village, Marines stop at random roads and set up vehicle checkpoints to search for any Taliban movement, drugs or weapons.

CPL. EUGENIO MONTANEZ
1ST MARINE DIVISION

COMBAT OUTPOST SHABU, HELMAND PROVINCE, Afghanistan — After Marines patrolled through the hot Afghan desert, jumping over canals and traversing cropped fields possibly laden with improvised explosive devices, they finally arrived at the remote village of Shabu. Marines with 1st Light Armored Reconnaissance Battalion have been making this journey for five months. "Our mission is to win the civilian populace from the Taliban," said Lance Cpl. Matthew Tipton, a rifleman with 3rd Platoon, Company A, 1st Light Armored Reconnaissance Battalion. "We do this by constantly talking to them every day, asking them how we can help." Twice a day, the Marines patrol several miles to get to Shabu and accomplish this mission. "We try to go to the village as often as possible so we can keep a presence in the area," said Tipton, from Napa, Calif. "The people see us a lot and so their trust in us has improved greatly since we arrived." Having the trust of the locals has paid great dividends for the Marines. It has helped them gather invaluable intelligence on insurgent activity in the area. "The locals are very cooperative with us

and always tell us what's going on in their village," Tipton said. "They like telling us their problems because they know we will try to find a solution for them." As a result of shuras, or meeting with village elders, the Marines of 1st LAR Bn. recently found the largest drug cache in their area, accounting for approximately 60 kilos of processed drugs. "We've also had great success clearing out the village of caches of weapons and IED's for the last couple of months," Tipton added. The Marines' strong presence in the area make the people feel safer and more secure, explained Lance Cpl. Kyle Bachman, a mortarman with Weapons Platoon, Company B, 1st LAR Bn. "We sincerely ask the people how their day has been, or if they have any plans," said Bachman, from Virginia, Minn. "We also ask them if they like having us around and they always say they're thankful for what we do." Outside the village, Marines stop at random roads and set up vehicle check points to search

for drugs or weapons. The Marines conduct night patrols to make sure that the people are safe and to keep the Taliban out of the village. "We always have to keep the security tight and keep our eyes constantly in our area of operations," said Tipton, "because if the Taliban start doing whatever they want then we lose everything we have accomplished."



CPL. EUGENIO MONTANEZ

COMBAT OUTPOST SHABU, HELMAND PROVINCE, Afghanistan — Marines with Weapons Platoon, Company B, 1st Light Armored Reconnaissance Battalion, patrol toward the village of Shabu, Afghanistan, Sept. 15. Twice a day the Marines patrol several miles to get to Shabu to maintain village security.

COMMUNITY BRIEFS

Red Cross Upcoming Events

The Red Cross has several events scheduled for October:
Prenatal brief: 9:45 a.m. Wednesday and Oct. 20.
Baby Sitting Instructor Course: 5 – 9 p.m. Oct. 15.
Baby Sitting Course: 9 a.m. – 3 p.m. Oct. 16.
Adult, infant and child first aid and CPR: 8:30 a.m. – 4:30 p.m. Oct. 23.

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.

OSC Aloha Party

The Officers and Spouses Club is hosting an Aloha party beginning 5 p.m. at the Officers Club today. All officers, spouses of officers, officer equivalent civilians (GS-7/NAF-4 and above), and DOD employees (unmarried or married to an officer or officer equivalent) are invited to attend. Hawaiian food will be served.

Special Commander's Corner

Power 1575 is scheduled to have Lt. Col. Thomas Wagoner, air station staff judge advocate, on air 9 – 10 a.m. Oct. 18. Have your legal questions answered live by calling 253-1575 or send a generic question to power1575.radio@usmc.mil before Oct. 16.

3rd Annual Arts and Crafts Fair

The fair is scheduled 10 a.m. – 4 p.m. Nov. 6. Vendor application packets are ready. Sign-up by Oct. 18. For more information, call 253-2199 or 253-2151.

Sergeants Wanted

Corporals Course instructors are needed. If you are a sergeant who has completed Sergeants Course and have a 280 or higher physical fitness

test score, contact your unit sergeant major to be a Corporals Course instructor.

Navy Birthday Meal

North and southside messhalls are scheduled to host a special meal Oct. 13 for everyone aboard the air station to celebrate the Navy's 235th birthday. Menu includes New England clam chowder, shrimp cocktail, grilled steak, boiled crab legs, french fried shrimp, teriyaki chicken, baked potatoes, steamed rice, broccoli polonaise, corn on the cob, sauteed mushrooms and onions, and birthday cake. The meal is \$7 for civilian employees, family members and those on commuted rations. It is \$5 for family members of E-4 and below.

Semper Fit Boot Camp Challenge

Semper Fit is scheduled to host a boot camp challenge beginning Monday and running every Monday, Wednesday

and Friday 5:30 – 6:30 a.m. The course costs \$270. Pre-registration ends Saturday at 9 a.m. For more information, call 253-2798.

Brief Submissions

To submit a community brief, send an e-mail to iwakuni.pao@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
Wednesday 6 p.m. Awana (Bldg. 1104)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ

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

Latter Day Saints

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

Teen Programs

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

Call 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.

Japanese National Census to affect SOFA personnel

The Japanese National Census has started and will end Thursday. Status of Forces Agreement personnel living out in town should not be included in the census. SOFA personnel residing outside the military installation may have an enumerator, census taker, visit their residences. SOFA members should show the enumerator their military or civilian identification card so as not to be counted in the census.

Say hello to loved ones back home

A team from the Joint Hometown New Service will be here to record Holiday Greetings 8 a.m. - 5 p.m. Wednesday in front of Crossroads Mall and the coffee shop. The greetings will be 10-20 seconds in length and will be sent to other American Forces Network centers in Asia and Europe and the individual hometown media outlets. Anyone can have a video message recorded, and no appointments are necessary. The messages are free-of-charge and a good way to say "Happy Holidays" to loved ones back home. For more information, contact the Public Affairs Office at 253-5551.

SAKURA THEATER

Friday, October 1, 2010

7 p.m. Vampires Suck (PG-13)
Premier
10 p.m. The Other Guys (PG-13)

Saturday, October 2, 2010

1 p.m. Ramona and Beezus (G)
Last Showing
4 p.m. Charlie St. Cloud (PG-13)
7 p.m. Wall Street: Money Never Sleeps (PG-13)
Premier

Sunday, October 3, 2010

1 p.m. Cats and Dogs: The Revenge of Kitty Galore (PG)
4 p.m. Vampires Suck (PG-13)
7 p.m. Wall Street: Money Never Sleeps (PG-13)

Monday, October 4, 2010

7 p.m. Cyrus (R)
Last Showing

Tuesday, October 5, 2010

7 p.m. Salt (PG-13)
Last Showing

Wednesday, October 6, 2010

7 p.m. Charlie St. Cloud (PG-13)

Thursday, October 7, 2010

7 p.m. Step Up 3 (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

Jobs

Travel Counselor

CWTSatoTravel has a travel counselor position available at the government travel office here. This position is responsible for booking air, car and hotel reservations for military travelers in official duty status using the SABRE CRS. Desirable for the candidates to have travel agency or airline experience, and SABRE CRs experience. Knowledge of government travel regulation is also preferred. Send all inquiries and resumes to mkenat@cwtsatotravel.com. No phone inquiries.

Career Transition Trainer

Inverness Technologies is seeking a part-time career transition trainer. Will perform 1-2 seminars a month training military personnel to enter the civilian work force. Some overnight travel is required. Opportunity for military spouses or DOD personnel. Must know U.S. job market and have experience teaching job search technology. Experience in training is strongly desired. Training topics include skill assessment, career decision making, resume preparation, interviewing, job search, etc. If interested, e-mail your resume to careers@invernesstechnologies.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.

Miscellaneous

Free Translator

Stay at home mom looking to help others in spare time. For more information, e-mail nakahashimikiko@msn.com.

6x9 Aluminum Storage Shed

One year old. Located at Building 1265. \$100 OBO. For more information, call 080-3572-0779 or e-mail rockhe01@msn.com.

Rainbow Home Daycare

Rainbow Home Daycare has openings for children from ages 2-5. Hours are from 8 a.m. to noon. First aid and CPR certified. Fourteen years of experience working in child care centers. Degree in early childhood education. Specializes in teaching pre-school age children in a structured environment that prepares them for kindergarten. For more information, call 253-2246.

Ad Submissions

To submit an ad request, e-mail iwakuni.pao@usmc.mil. Include a contact name, one phone number and the information to be published. Alternatively, submit your ad in person at the Public Affairs Office, Building 1, room 216. The deadline for submissions is 3 p.m. every Friday. They will be run the following Friday on a space-available basis. We reserve the right to edit submissions for space and style.

Mess Hall Menu

Monday

Cream of broccoli soup, French onion soup, baked chicken and rice, yakiniiku (steak and vegetables), steamed rice, lyonnaise green beans, mashed potatoes, peas and carrots, chicken gravy, dinner rolls macaroni salad, creamy cucumber rice salad, standard salad bar, peanut butter cookies, chocolate cream pie, whipped topping, double layer banana cake with butter cream frosting.
Specialty Bar: Pasta

Tuesday

Minestrone soup, tomato soup, roast fresh ham, shrimp scampi, potatoes au gratin, rice pilaf, glazed carrots, broccoli combo, grilled cheese, Italian-style pasta salad, standard salad bar, brownies, spice cake with butter cream frosting, coconut cream pies.
Specialty Bar: Taco

Wednesday

Chicken and rice soup, New England clam chowder, chili macaroni, grilled cheese, grilled ham & cheese, tempura fried fish, macaroni and cheese, oven glo potatoes, broccoli polonaise, mixed vegetables, dinner rolls, macaroni salad, spring salad, standard salad bar, chocolate drop cookies, double layer florida lemon cake with lemon butter cream frosting, blueberry pie.
Specialty Bar: Barbeque

Thursday

Chicken noodle soup, cream of potato soup, apple glazed corn beef, teriyaki chicken, rissole potatoes, noodles jefferson, succotash, fried cabbage, hot mustard sauce, chicken gravy, cornbread, potato salad, German-style tomato salad, standard salad bar, pecan brownies, yellow cake with butter cream frosting, chocolate cream pie with whipped topping.
Specialty Bar: Deli Bar

Friday

Vegetable soup, beef noodle soup, shrimp Creole, beef cordon bleu, herbed broccoli, lemon baked fish, parsley buttered potatoes, steamed rice, carrots, dinner rolls, macaroni salad, cucumber and onion salad, standard salad bar, ginger molasses cookies, double-layer German chocolate cake, coconut pecan frosting, pumpkin pie with whipped topping.
Specialty Bar: Hot Dog

Halloween safety tips

Halloween on Marine Corps Air Station Iwakuni can be a great time for residents of all ages. The Provost Marshal's Office asks that every member of the community consider the following tips and help to make this Halloween safe and enjoyable for all of our young trick-or-treaters.

Pedestrian Safety:

- Parents are highly encouraged to accompany their children in accordance with Marine Corps Bases Japan Youth Supervision Guidelines.
- Plan your children's routes and ensure you have a designated place to meet them in case you become separated.
- Children should use flashlights and stay on sidewalks.
- Children should cross the street at crosswalks and not between parked cars.
- Vehicle operators should drive slowly and watch carefully for children.

Costume Safety

- Children should never go into homes - stay outside of the residence when asking for treats.
- Children should never talk to strangers or get into a stranger's car.
- Wear clothing that is bright, reflective and flame-retardant; wear short clothing that prevents trip-

ping.

- Wear sneakers or comfortable shoes.
- Use face paint (non-toxic, hypoallergenic) and avoid masks - especially if the eye holes obstruct the child's vision.
- Don't wear floppy hats or wigs that slide over the eyes. Also, children should not wear long, baggy, or loose costumes or oversized shoes.
- Avoid toy weapons - if desired, use costume knives and swords that are flexible, not rigid.
- Stay away from pets. The pet may not recognize the child and become frightened.
- Children should travel in small groups and be accompanied by parents or an authorized adult chaperone.
- Children should know their home phone number and their parents' cell phone numbers, in case they are separated from one another.
- Children should bring home treats before eating them so parents can inspect them.

Military Police bicycle and foot patrols will be assigned to each housing area.

If at any time you or your child needs assistance, please call the military police desk sergeant at 253-3303 or for emergencies dial 911.

All Stars crush Five-0 33-13, advance to finals

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

It might not be as rough and tough as tackle football, but the excitement is still there when the pre-season Intramural Flag Football Tournament comes around.

The All Stars annihilated Five-0 33-13 and improved its record to 2-0 in an intense 40-minute game here Sept. 23.

The game began with the All Stars progressing quickly, ending the first half 19-7 with touchdowns by Emmanuel Rosario, wide receiver for the All Stars.

"We have the most talent and most speed out of any other team in the tournament," said Timothy J. Ferguson, linebacker for the All Stars. "That really puts us ahead of some of the other teams.

At the beginning of the second half, Five-0 had possession of the ball, but the All Stars put up an outstanding defense and forced multiple turnovers during the final half.

During the last 10 minutes of the game, interceptions were made by Ferguson and Nathaniel Rozzele, wide receiver for the All Stars, which both resulted in touchdowns bringing the score to 33-7.

In an attempt to make a comeback, Five-0 succeeded in making one more touchdown, but continued to be shut down by the All Stars' defense and left the game defeated 33-13. "Our goal is to win the entire tournament without taking a loss and to not let the other team score a touchdown," said Ferguson.

The All Stars plan to gear up for their next game and keep up their undefeated streak, but they weren't afraid to admit that while they did beat Five-0 by a pretty big margin they were still given a run for their money.



LANCE CPL. MIRANDA BLACKBURN
Seth Stingham (left), wide receiver and safety for Five-0, and Bryn M. Forstner (right), safety for the All Stars, reach for a poorly thrown pass which was picked off by Forstner and returned for a few yards. The All Stars annihilated Five-0 33-13 and improved its record to 2-0.

"They're a good team," said Rosario. "It just wasn't a good night for their offense. Their biggest asset is probably their defense, and we brought our game tonight so it wasn't quite good enough."

For information on the upcoming regular football season, contact the Marine Corps Community Services Athletics Division at 253-6035.

Roughnecks edge Yellow Jackets in youth soccer

PFC. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

The 10- to 12-year-old division Roughnecks battled it out against the Yellow Jackets, winning 3-2 during a regular season youth soccer game at the Penny Lake soccer fields here Sept. 21.

Both teams did well defending their respective goals; only one goal made it into the net against the Yellow Jackets, leaving the score 1-0 at the end of the first half.

During halftime, coaches for both teams gave their players some words of inspiration and motivation.

"Don't crowd the ball," said Keon Beccles, coach for the Yellow Jackets. "You need to stay in your spots and work together to pass off the ball."

The teams started the second half pumped and ready to go.

The game heated up with each team scoring a goal within the first three minutes of the second half, but the Roughnecks still had the upper hand with a score of 2-1.

The upper hand didn't last long as the Yellow Jackets evened the score 2-2 with plenty of time still left on the clock.

The Yellow Jackets' hopes of taking the lead were shot down when an opportunity opened up for the Roughnecks after a foul was made. They were given a penalty kick from the Yellow Jackets, which they capitalized on by quickly putting it in the goal, once again taking the lead 3-2 with the game all but finished.

The Yellow Jackets held their heads high and continued to battle with superb defensive play until they heard the whistle ending the game 3-2.



PFC. VANESSA JIMENEZ
Roughnecks Krista Cardenas (left), midfielder, along with Kouki Izumi (center), center forward, and Joshua Martinez (right), right forward, defend the ball as they move it toward the Yellow Jackets goal during a regular season youth soccer game at Penny Lake fields here Sept. 21.



CPL. SALVADOR MORENO

Participants with Combat Logistics Company 36 and Marine Wing Support Squadron 171 battle for possession of a nearly six-foot tall soccer ball during the second to last Commander's Cup Challenge called Earthball at the Penny Lake soccer fields here Sept. 24.



CPL. SALVADOR MORENO

Earthball: Big ball, big fun

CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Marines and sailors stepped onto the Penny Lake soccer fields here Sept. 24 to take part in the second to last challenge of the 2010 Commander's Cup Challenge called Earthball.

Earthball is similar to soccer with the main exception of the soccer ball being 6 feet tall and goals double the normal width.

Three teams consisting of five members competed in the single-elimination tournament, which kicked off at 11 a.m.

The three teams' placement in the tournament was randomly determined. The games were 10 minutes long; however, every two minutes, play was stopped and restarted at midfield after a 30-second break.

"The hardest part of the tournament was trying to pace myself throughout the game and not get burned out too fast," said Lance Cpl. Dexter Criner, competitor for Combat Logistics Company 36. "Also playing on defense against the wind was a task in itself, let alone playing against bigger players."

With the wind blowing extremely hard from the north side of the field, the two-minute resets were badly needed for some.

"The wind was our number one weapon," said Gunnery Sgt. Aaron Matura, coach for Marine Wing Support Squadron 171.

All teams that showed up earned 20 points for participation toward their total earned points.

The teams that came in first, second or third earned an additional 10, seven and five points respectively.

CLC-36 took first place, earning \$100 toward its unit party fund followed by MWSS-171 earning \$75 and Logistics earning a nice day in the sun.

MWSS-171 came out with plenty of confidence after dominating last year's Earthball event.

Unfortunately, the confidence wasn't enough as 171 fell to CLC-36 in overtime.

"The team that gave us the biggest challenge was 171's team," said Criner. "No offense to Logistics' team, but 171's team came out running and showed that during the round robin that, they were the team to beat. Not only that, but the competition between us (CLC-36) and 171 gave us extra incentive to win."

Gladiators is the next competition to take place Oct. 22. With it, the Commander's Cup is still up for grabs. MWSS-171 is in a relatively comfortable lead with 502 overall points followed by CLC-36 with 419 and Operations with 300.

"I feel the Commander's Cup is a good opportunity to build unit morale as well as the base as a whole," said Criner.

For more information on the upcoming event or Tuesday Tune-Up, contact Marine Corps Community Services Health Promotions at 253-5051.

Isiah Fagins, Marine Wing Support Squadron 171 participant, moves toward the nearly 6-foot soccer ball during the Commander's Cup Earthball championship game against Combat Logistics Company 36 at the Penny Lake soccer fields here Sept. 24. CLC-36 beat MWSS-171 1-0 in sudden death overtime.