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CHANGE AT MAIN GATE

New traffic flow marker placed | P. 10

IWAKUNI APPROACH

Issue No. 45, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Smokeout: Station residents burn asphalt instead of cigarettes

PFC. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

Marine Corps Community Services Health Promotions Division helped The American Cancer Society mark the 35th annual Great American Smokeout Nov. 18 by hosting 5K and 10K runs behind the IronWorks Gym here.

Forty participants registered for the race, 20 in the 5K and 20 in the 10K.

Awards were presented to the first, second and third place finishers to both male and female divisions in the 5K and 10K races.

First, second and third place winners for the 10K men's division were Adrian Figueroa with a time of 42:06, Jason Hulette with 43:17 and Abner Segovia with 45:06.

"I came out here to support the community. There are so many great programs and incentives available," said Figueroa. "Why not come out here and stay in shape?"

The winners for the 10K female division were Kimberly Yore with a time of 45:16, Nobumi Taylor with 46:29 and Sonia Walters



PFC. VANESSA JIMENEZ

Station residents begin the 5K and 10K run in support of the 35th annual Great American Smokeout on the seawall behind the IronWorks Gym here Nov. 18. Forty runners hit the pavement in support of the event, with Adrian Figueroa posting the best overall 10K time of 42:06.

SEE **SMOKEOUT** ON PAGE 3

Thrift Store donates to put food in station members' mouths

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

In the spirit of the holiday season, the Thrift Store donated a check of \$4,000 to assist the mission of the Holiday Food Voucher Program here Nov. 17.

The Holiday Food Voucher Program is a joint III Marine Expeditionary Force and Marine Corps Bases Japan effort coordinated by Marine Corps Community Services and the station Chaplain's Office.

According to Lt. Cmdr. Juan Q. Cometa, station chaplain, the program was established to provide financial relief, in the form of food vouchers, to

eligible service members, their families and Department of Defense employees.

Eligible recipients include single-income families of active duty Marines and sailors who are E-4 and below and DOD employees with at least one child or other legal dependents who currently reside in Iwakuni with the service member.

Eligibility also includes single-income families of active duty Marines and sailors with two or more children or other legal dependents who currently reside in Iwakuni with the service member.

Holiday Food Voucher committee major subordinate

SEE **DONATION** ON PAGE 4

Motorcycle rally slated to kick off Toys for Tots campaign Dec. 5

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

The station Single Marine Program and the Iwakuni Motorcycle Club are slated to host the Toys for Tots Motorcycle Rally 12 - 6 p.m. in the Strike Zone parking lot here Dec. 5.

The rally is held annually to kick off the Toys for Tots campaign. The campaign gathers toys for underprivileged children 2 - 18 years of age.

SEE **TOTS** ON PAGE 3

New, soon to be staff NCOs get skinny on new role

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Approximately 40 newly promoted staff sergeants and staff sergeant selects attended the station's 2010 Staff Noncommissioned Officer's Indoctrination hosted in the Club

Iwakuni Talbot's Room here Nov. 17.

The course informed the newly promoted staff sergeants and staff sergeant selects what they will be confronted with as staff noncommissioned officers.

SEE **STAFF** ON PAGE 4



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CHAPLAIN'S CORNER

'Garden of daily living'

LT. FULGENCIO LEGASPI
MAG-12 DEPUTY GROUP
CHAPLAIN

How many of you have a garden in your home?

My mother was given an award by the city of Lawndale, Calif., because she cultivated a beautiful flower garden in our front yard.

Besides flower gardening, she maximized the space of our backyard to plant vegetables.

She also planted a small citrus fruit known as "calamansi" and even now it bears fruit.

Since I have no yard in my Bachelor Officers' Quarters, I nurture seven different kinds of ornamental plants in a pot as part of my daily life.

Gardening plays a pretty role in the life of people; it is a hobby and a way of life.

According to some plant enthusiasts, if you talk or play music to plants, they will bloom and give good harvest.

There are healthy benefits when you engage yourself in gardening.

The therapeutic benefits of gardening have been recognized since humans first cultivated plants.

Horticultural therapy is based on the physical, mental and emotional healing possible from regular interaction with a garden.

The physical benefits of fresh air and exercise are perhaps the most obvious. Added to this is the fact that physical exercise releases endorphins, which help to alleviate stress and its negative results. Studies have shown that simply being in a garden lowers blood pressure.

A healthy dose of gardening will also stimulate the appetite and foster a good night's sleep.

Spending time in a garden, enjoying the sights, sounds and smells around us, can invoke a powerful sense of belonging and spiritual peace.

When we nurture a garden, we increase our connection and our sense of wellbeing.

I will give you some tips to a fruitful garden of your daily living.

Tip number one: Plant three rows of peas (peace). Peas of mind, peas of heart and peas of soul.

Tip number two: Plant four rows of squash. Squash gossip, squash indifference, squash grumbling and squash selfishness.

Tip number three: Plant four rows of lettuce (let us). Lettuce be faithful, lettuce be kind, lettuce be patient and lettuce love one another.

To conclude our garden, we must have thyme (time). Take thyme for each other, take thyme for family and take thyme for friends.

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

Beautify with flowering virtues the garden of your heart and plant the seed of goodness in your action so that someday you will reap the copious harvest in the field of your life.

Leadership - Part 3: Conflict situations

RALPH B. MORA
STAFF PSYCHOLOGIST
BRANCH HEALTH CLINIC

Anger is a force that can move an organization forward to improve or conversely destroy the organization's ability to accomplish its mission.

As leaders we play a critical role in determining which of these results will come about.

The way leaders deal with conflict sets the climate for the entire organization.

At one time or another, all leaders face conflict situations.

Each situation requires a different set of skills. Consider the following:

When one staff member is angry or in conflict with another staff member.

When a staff member is angry or in conflict with command.

When one staff member is angry or in conflict with a staff member in another section.

When two groups are angry or in conflict with each other.

For our purposes, we will only deal with situation number two – when the staff member is angry at (you) the manager/supervisor.

The Anger Iceberg:

Remember, anger that can be seen is easier to deal with than anger that is unexpressed.

Remember also that a large portion of your subordinate's anger is not expressed directly at the boss.

This is the anger that is destructive to the organization.

This is particularly the case as it will surface covertly through activities such as backstabbing, being uncooperative, rumor-mill and poor performance.

Leaders need to be alert to the cues that suggest there is anger sitting below the surface.

Anticipate the frustration you will experience at taking on the responsibility of identifying and dealing with the iceberg under the surface.

Also, take note of the fact that it is an important part of building a positive climate so that conflict will be resolved.

Waiting for a supervisee to broach the subject

is not the answer.

Basic Principles:

A conflict situation has a much greater likelihood of becoming negative and destructive when it is not dealt with promptly and effectively.

Conversely, when it is dealt with properly, team work tends to get stronger and better.

In reality, angry staff members are usually looking to address something equally or more important than a specific issue; they want to be heard.

Therefore, it is incumbent on leadership to provide a forum for staff members to be heard.

Otherwise, they will find other more subversive ways to be heard.

The way leaders handle anger directed at them is watched very closely by subordinates.

Private discussions with angry staff members are never private, your staff will know about it.

This is an area where the old adage "perception is everything" fits.

The leaders behavior will be interpreted and the perception of that behavior will determine, to a large extent, that leaders ability to lead.

The fight or flight reaction is the usual reaction to anger directed at someone.

In effect, firing back, defending one's self and/or avoidance are the usual choices.

Rarely will gut reactions result in dealing with anger in an effective manner.

How to Deal with overt angry behavior:

Don't take your time. Deal with the behavior as soon as possible.

Avoid angry confrontations as public displays. Ask the individual if they would like to speak with you in private.

When listening to the angry staff member, listen and don't interrupt.

Staff members will sometimes refuse to speak about their anger.

Leave the option open for them to discuss it at another time. For example, "I can see that this is something that might take some time to deal with. Let's leave it for a few days and get back to it then. How about Friday?"

Toys for Tots campaign kick-off motorcycle rally set for Dec. 5

TOTS FROM PAGE 1

Community members are encouraged to attend the event and donate a new toy or piece of clothing. There is no entrance fee for the event.

"(Toys for Tots) is to better our community," said Michelle Porter, SMP administrative assistant. "All of the toys are going to go to underprivileged families and children."

Donated items must be new and unwrapped toys or articles of clothing.

"We want to make sure people know we give to all children under 18 years of age," said Porter. "We want to encourage people to bring maybe some of the clothes off the clearance racks at the (Marine Corps Exchange) for some of the teenagers who don't get a lot for Christmas."

The Iwakuni Motorcycle Club has been planning for the rally since the beginning of the year by advertising the event in local magazines around the community.

Approximately 200 motorcycles are expected to attend the rally. A disc jockey and musical band X.O.P. are scheduled to provide live entertainment during the event. The rally will also feature food stands offering barbecue, hotdogs, hamburgers and sodas.

Mike Gingles, Iwakuni Motorcycle Club president, said he hopes the community will come on out and donate some gifts.

"(Toys for Tots) is a good thing," said Gingles.



More than 170 motorcycle enthusiasts supported the annual Toys for Tots event here Dec. 9, 2008. This year's Toys for Tots Motorcycle Rally is scheduled 12 - 6 p.m. Dec. 5 in the Strike Zone parking lot.

"It's the time of the year to give. If you give, you receive."

The Toys for Tots campaign is slated to begin this weekend but will officially kickoff with the Toys for Tots Motorcycle Rally.

Marines will be posted in front of the MCX to receive donations 6 - 8 p.m. weekdays and 10 a.m. - 6 p.m. weekends.

The campaign is scheduled to run until the Jingle Bell Jog slated for Dec. 20.

Runners smoke finish line at 35th annual Great American Smokeout 5K, 10K

SMOKEOUT FROM PAGE 1

with 48:43.

Edmond Chapa with a time of 17:50, Eli Yang with 21:25 and Jose Graciano with 22:32 were the first, second and third place winners for the 5K men's division.

The 5K female winners were Toyota Hiroe with a time of 28:39, Cavel Wallen with 29:17 and Mandy Apple with 30:13.

Those who committed to be smoke-free for the day were given a 20-percent discount off one item at the Marine Corps Exchange.

"We came out to support the people who want help with a lethal habit," said Cpl. Paul Eginton, 5K participant. "Even though this was a race with a first, second and third place winner, we are all winners today."

The Great American Smokeout is held annually on the third Thursday of November and started in November 1977.

The event helps create awareness of the harmful effects

of tobacco and encourages smokers to use the date to make a plan to quit or to plan in advance and quit smoking that day.

Gunnery Sgt. Louis Starnes, 5K participant, brought his Marines out to participate in the race for support and physical training.

"This was a good opportunity to get everyone together and change up the normal morning PT by supporting a good cause," said Starnes. "It's a great day, so it was an easy decision to come out here and help create awareness."

There are an estimated 433,000 deaths each year in the U.S. that can be attributed to tobacco use.

"Thirty-seven percent of Marines report smoking compared to the 29 percent of civilians that report smoking," said Alma Dickinson, coordinator for the event and Health Promotions director.

Upon joining the Marine Corps, 30 percent of new Marines pick up the habit.

"That is nearly one third," said Dickinson. "Tobacco has so many harmful effects on the body and it

affects mission readiness." There are many reasons why people begin smoking. One of the most common reasons is peer pressure.

"I started smoking when I was 16 because all the women I worked with were older and they smoked," said Staff Sgt. Tressia K. Rakestraw, Great American Smokeout 10K participant.

"It was peer pressure and the smokers were allowed longer breaks."

Rakestraw, now married and a mother of four, was smoking up until Christmas 2009.

"I was a heavy smoker and my husband smoked because I smoked," said Rakestraw. "He would always take two or three cigarettes from my pack because they were there."

As Rakestraw's oldest son Michael Yankosky grew older, he became more aware of his mother's situation through the drug awareness programs taught in his school.

"I didn't want my mom to get

sick so I told her to stop smoking," said Yankosky.

Rakestraw told her son she would try to quit but continued smoking.

"My mom didn't quit right away, so I asked and asked her to until she stopped, and I even threw away her cigarettes once," Yankosky said.

Through her son's efforts, Rakestraw was able to quit smoking Dec. 25, 2009.

"I stopped smoking so we could play with our kids and our grand kids, but I couldn't have done it without my son," Rakestraw said.

Since quitting, Rakestraw reports improved health and a better lifestyle.

"I feel better, look better, smell better and it feels great," said Rakestraw. "I wouldn't be able to participate in events like this if I hadn't quit."

Semper Fit offers a four-week Tobacco Cessation Course that introduces a variety of methods used to attain and maintain a tobacco free lifestyle.

Conflict situations

LEADERSHIP FROM PAGE 2

Find a common ground. In negotiating, it is important to find

something to agree about. For example, "I think we can agree that this is getting in the way of our accomplishing our mission as effectively and efficiently as we can."

This can get the conversation off to a positive start.

The goal is to find a way to make the staff member feel better about the situation so

there is a heightened level of satisfaction – if not with the issue at least with the process. Pay attention to behavioral cues such as the tone of voice and body language.

This allows the staff member to be aware that you are truly listening and paying attention to them; i.e., that they are respected and treated with dignity.

Thrift Store helps feed needy

DONATION FROM PAGE 1

command coordinators may also qualify families when special financial need exists.

According to Cometa, a special financial need may exist when a family currently resides in Iwakuni while a service member, household head or sponsor is deployed to combat operations during the holiday period.

"Last year we were (raising money) as a command, but some of us got together and thought it would be better to do it as a base and full force in the community," said Chief Petty Officer Adrian Figueroa, corpsman with the Branch Health Clinic.

The Holiday Food Voucher Program takes the money it raises every year and disperses the money according to how much money was raised and how many eligible recipients are estimated on base.

This holiday season, the Holiday Food Voucher Program plans to disperse food vouchers in the amount of \$40 per voucher.

"Families in need can take the voucher to the commissary and buy \$40 worth of groceries, or they can take it to Kentucky Fried Chicken and buy the holiday meal plan, which costs \$40," said Gwen Peterson, Thrift Store president.

According to Figueroa, in previous years, the Holiday Food Voucher Program received donations from organizations such as dental, medical and the Chief Petty Officers Association to meet its annual fund-raising goal of \$5,000.

This year, because the program was approved later than expected, the station Thrift Store stepped up to meet the financial needs of the program to ensure the Marines and sailors in need of assistance aboard the air station received the vouchers in time for the holidays.

"The Thrift Store was fortunate to have the money to donate this time of year," said Peterson. "We have been continuing to grow just as the community has been continuing to grow and will continue to grow. We have been looking for a needy cause like this to donate to."

"It took all of about 30 seconds for the board to unanimously decide this is the program we are looking for to give back to," she added. "This helps the community as a whole and helps those in need."

Cometa said the donations from the Thrift Store proceeds have been a great relief to the community.

"All the revenues they get go right back into the community," said Cometa. "Christmas is a time of giving and one of the supreme demonstrations of love is when we give."

Peterson said one of the best ways the community can give back is to volunteer time.



LANCE CPL. JENNIFER PIRANTE
Gwen Peterson, Thrift Store president, presents Lt. Cmdr. Juan Q. Cometa with a \$4,000 check to donate toward the Holiday Food Voucher Program here Nov. 17. The voucher program is designed to provide financial relief, in the form of food vouchers, to eligible service members, their families and Department of Defense employees.

"The thrift store is always looking for volunteers," said Peterson. "We want the community to know that we are here to help and that we're not only giving to other organizations and clubs to help the community as a whole, but our primary mission is to help the needy sailors, Marines and their families aboard this air station."

For information about how to volunteer at the Thrift Store, call 253-4711.

MCCS and Commissary holiday hours / Postal deadlines

Typhoon Motors Gas Station

Dec. 24: 8 a.m. – 6 p.m.
Dec. 25: Closed
Dec. 31: 8 a.m. – 6 p.m.
Jan. 1: Closed

Marine Corps Exchange

Dec. 24: 10 a.m. – 6 p.m.
Dec. 25: Closed
Dec. 31: 10 a.m. – 6 p.m.
Jan. 1: 10 a.m. – 6 p.m.

North and Southside Marine Mart

Dec. 24: 6:30 a.m. – 11 p.m.
Dec. 25: 6:30 a.m. – 8 p.m.
Dec. 31: 6:30 a.m. – 11 p.m.
Jan. 1: 6:30 a.m. – 11 p.m.

Commissary

Dec. 25-26: Closed
Jan. 1: Closed

Crossroads Food Court

■Burger King
Dec. 24: Closed
Dec. 25: 7 a.m. – 1 p.m.
Jan. 1: 7 a.m. – 8 p.m.
■Crossroads Cafe
Dec. 24: 8 a.m. – 5 p.m.
Dec. 25: Closed
Dec. 31: 7 a.m. – 3:30 p.m.
Jan. 1: Closed
■KFC Express
Dec. 24: 10:30 a.m. – 4:30 p.m.
Dec. 25: Holiday meal pick-up only
Dec. 31: 10:30 a.m. – 3:30 p.m.
Jan. 1: Closed
■Pizza Hut
Dec. 24: 11 a.m. – 9 p.m.
Dec. 25: Closed
Dec. 31 - Jan. 1: 10:30 a.m. – 9:30 p.m.
■Subway
Dec. 24, 31: 10 a.m. – 9 p.m.

Dec. 25: 11 a.m. – 8 p.m.
Jan. 1: 10:30 a.m. – 9 p.m.

■Taco Bell
Dec. 24: 7 a.m. – 1 p.m.
Dec. 25: 1:30 – 9 p.m.
Dec. 31: 7 a.m. – 9 p.m.
Jan. 1: 9 a.m. – 9 p.m.
■Gorilla Juice Bar and Soba Express
Dec. 24-26: Closed
Dec. 31 - Jan. 1: Closed

To ensure your packages arrive in time for the holidays, station postal has released the following dates to ensure your packages get from Iwakuni to the U.S. in time.

Space-Available Mail: Nov. 29
First Class and Priority Mail: Dec. 6
Express Mail: Dec. 13

Pinning rocker: New, upcoming staff NCOs get indoctrination

STAFF FROM PAGE 1

"They've gone to the next step," said Sgt. Maj. Karl Villalino, Marine Aircraft Group 12 sergeant major. "They are keepers of tradition and they are (now) the individuals that need to make sure their Marines keep in line."

III Marine Expeditionary Force has offered the course for several years as a bridge for newly promoted staff NCOs before attending the Career Course at the Staff Noncommissioned Officers Academy.

Several station officers and senior-level staff NCOs attended the indoctrination offering advice and information to the newly promoted and select Marines.

"It's an important transition from NCO to staff NCO," said Villalino. "We want to let them

know that by showing them and giving them the knowledge they need to be able to succeed and lead their Marines. We want to arm them with more tools than the ones they previously had."

During the course, the Marines reviewed their new future duties, had guided discussions on fraternization, appraised their administrative responsibilities and learned new and different techniques used to lead Marines.

The newly promoted staff sergeants and staff sergeant selects also learned new ways to manage Marines in distress and in danger of committing suicide.

Sgt. Jacqueline Plumhoff, Marine Aviation Logistics Squadron 12 supply support division and supply accounting division staff noncommissioned officer, attended the daylong

course. Plumhoff is slated to be promoted in January 2011.

"There was a lot of information (covered) that I did not know," said Plumhoff. "I'm selected. I haven't been promoted yet, so a lot of this is just really new information."

The indoctrination course stressed the importance of being a good and effective mentor to junior Marines.

Plumhoff said she found the lessons extremely helpful.

"(The mentorship training) assisted me in guiding my Marines, teaching them and being a mentor to them," said Plumhoff. "(The training is important) because being a staff NCO means being a leader and taking care of your Marines."

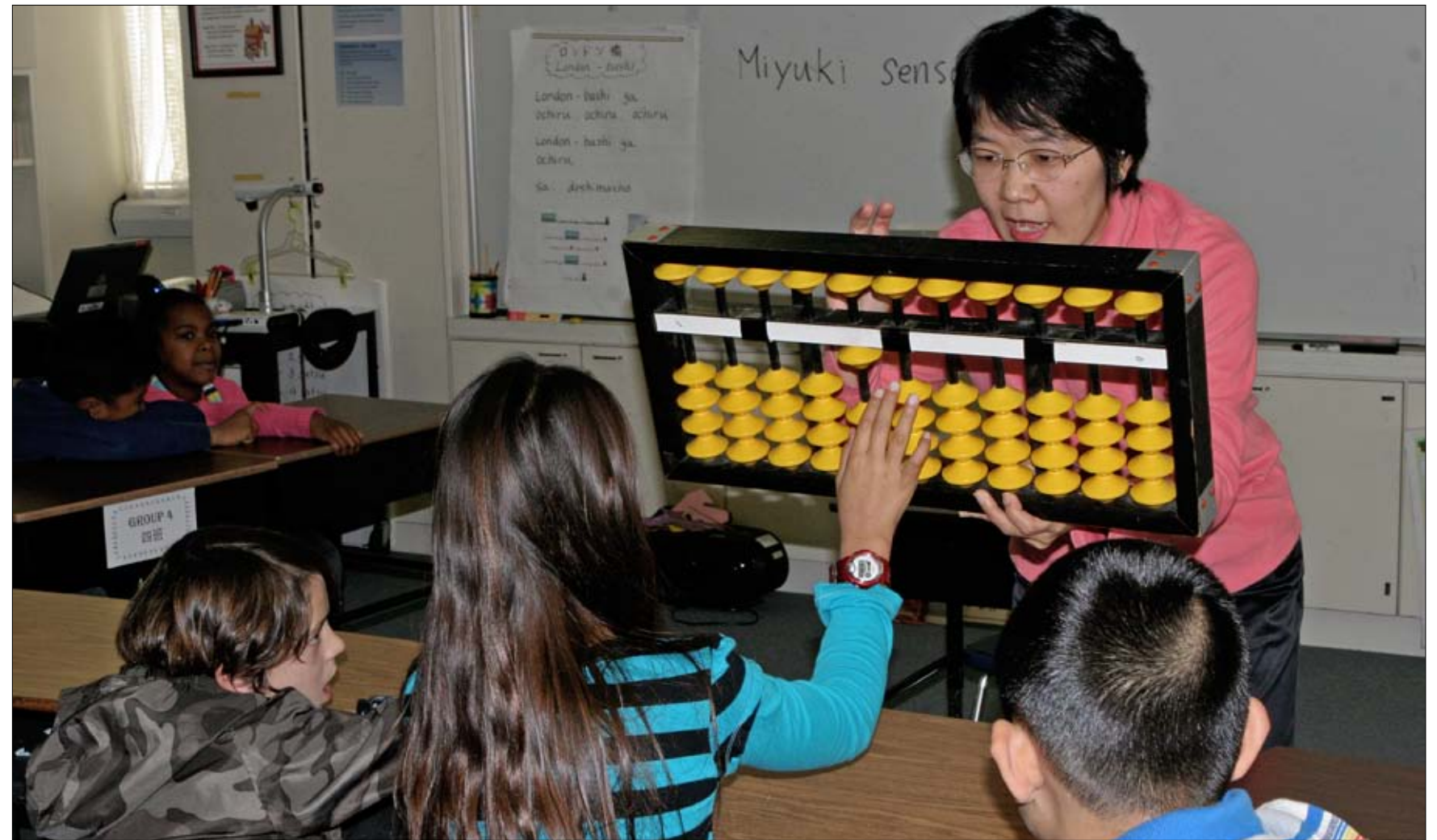
The indoctrination course also gave the Marines a chance to network and build bonds

with other Marines they do not normally work with.

"(The indoctrination) is a nice way to get eyes on all the guys around here that are selectees and promotees. It's good for networking," said staff sergeant select Sgt. John Reider, station information systems management office webmaster.

"One of the most difficult things is to distance yourself from the group of Marines you just left and embrace the Marines you are now coming into. We can meet people and get contact information. We can intermingle, talk to each other and run ideas past each other."

The Staff NCO's Indoctrination course is mandatory by order of the III MEF but is not required by Headquarters Marine Corps.



LANCE CPL. MIRANDA BLACKBURN
Miyuki Inoashi, a master teacher of soroban, makes sure students understand how to use the tool by having them demonstrate on her much larger version during a training session at Matthew C. Perry Elementary School here Nov. 16. Soroban is an advanced mathematical ability supporting one's mental calculation aptitude and facilitates a better understanding of the number concept, base ten systems and place value.

Soroban: Flicking wrists makes math easy as 1, 2, 3

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Miyuki Inoashi, a master teacher of soroban, visited the Matthew C. Perry Elementary School to train students in the art of the soroban here Nov. 16.

Soroban is an advanced mathematical tool supporting one's mental calculation aptitude and facilitates a better understanding of the number concept, base ten systems and place value.

The physical soroban itself is composed of an odd number of columns or rods, each having beads: one bead has a value of five, called a heavenly bead, and four beads have a value of one, called earth beads.

Each set of beads of each rod is divided by a bar known as a reckoning bar.

The tool is used to calculate various types of mathematical equations.

Inoashi asked several students in a fourth-grade class their favorite two-digit number and wrote them on the white board in front of the students. She then added a third digit to each number and challenged Yoko Hamagiri, the Japanese Culture and Language teacher for M.C. Perry Elementary School, to a race to see who could add them up the fastest.

"Watch her carefully, so you can see how she uses her special tool," Hamagiri told her class.

With calculator in hand, Hamagiri tried to input each number as quickly as possible but Inoashi's fingers raced up and down, side to side across the abacus-like frame.

By the time Hamagiri finished the addition



LANCE CPL. MIRANDA BLACKBURN
Students practice using their sorobans during a training session from Miyuki Inoashi, a master teacher of soroban, at Matthew C. Perry Elementary School here Nov. 16. The tool is used to calculate various types of mathematical equations.

problem with a calculator. Inoashi had gotten the answer four times with her soroban. The answer was 4,285.

Inoashi then asked another student to choose a random addition problem from a book. Hamagiri wrote it on the white board yet again.

She then told the class that she would find the answer without using her soroban and instead visualize the soroban to solve the problem.

While Hamagiri tried again with her calculator, Inoashi used the mental calculation skills gained from practicing soroban and finished the equation far before Hamagiri

could even input the whole problem.

"My mother was a soroban teacher," said Inoashi. "She started teaching me when I was only 6 years old. Since then I have been practicing for two to three hours each day."

She taught the students how to use the soroban by demonstrating on a much larger version while they practiced with smaller versions.

They learned how to do basic addition and subtraction problems for one- to four-digit numbers.

The soroban can be used for addition, subtraction, multiplication and division.

The tool is often taught in primary schools during mathematical lessons because the decimal number system can be demonstrated visually.

As Inoashi taught the class, the students caught on quickly and enjoyed the lesson.

"It was a lot of fun," said Kamar Brown, a fourth-grader at M.C. Perry. "It's a lot faster and with practice you can even beat a calculator. I wish they had more classes like these because they only have them once a year."

Through just a short 40-minute session with Inoashi, students became more comfortable using the soroban and learned simple ways to calculate complex figures.



LANCE CPL. MIRANDA BLACKBURN

Shannon Legette, a Jane Wayne Day participant, fires a mock M240G during the Headquarters and Headquarters Squadron Jane Wayne Day here Saturday.

Spouses woop it on for H&HS Jane Wayne Day

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Decked out in utilities and physical training gear, spouses of Marines and sailors were given a chance to experience a day in their husbands' shoes during the Headquarters and Headquarters Squadron 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.

"I think today just shows us what our husbands really go through and that it's not as easy as it looks," said Jaime Campbell, Jane Wayne Day participant.

Approximately 25 wives formed into two squads and stood outside Building 1 as they awaited their "mini boot camp."

Out came a staff sergeant in a campaign cover, or "smokey bear," with a frog-like voice. While he yelled at the "recruits" and made them run up and down the parade deck a few times, he gave them a small piece of what their husbands went through during recruit training.

"I don't think I would have ever made it though boot camp," said Shannon Legette, Jane Wayne participant. "I would have laughed way too much, and I think they would've kicked me out."

After their small introduction to the military lifestyle, spouses piled onto a bus to conquer their first event.

The Jane Wayne Day consisted of a trip to the Indoor Small-Arms Range where they were given the chance to shoot off a few rounds from M16A2 service rifles and M9 pistols, a visit to an F/A-18 flight simulator, a lesson in eating Meals Ready to Eat, a modified combat fitness test, pugil sticks, and a demonstration from the Provost Marshal's Office and their military working dogs.

Many of the participants were concerned as they went into the day's events, but eventually as they took on the role of their husbands for the day, they threw out their nervous thoughts.

"I'm not looking forward to the CFT at all or any physical activity for that matter," said Jennifer Bradford, Jane Wayne Day participant.

The first squad received their weapons safety brief and entered the range to shoot off a few rounds, while second squad went through the flight simulator. The two groups then swapped activities.

"These ladies are amazing," said Lance Cpl. Luis Zabala, Jane Wayne Day volunteer. "They've actually been the best group that I've seen shooting so far."

After a morning of Marine Corps filled events, the spouses broke for chow.

Spouses opened their MREs with looks of disgust, not knowing how or what to eat out of the pre-packaged meals.

After a small lesson from Zabala, spouses started to get the hang of it.

Soon, spouses were inventing their own concoctions, trading M&Ms for Skittles, adding jalapeno cheese to chili macaroni and making peanut butter and jelly tortillas.

With full stomachs, Jane Wayne Day participants hopped back onto the bus, were taught cadence, and were dropped off at the Logistics field for their modified CFT and chance to beat each other up with pugil sticks.

As they made their way through the course, other participants helped by cheering each other on while they struggled with low crawls and ammunition cans. Many of the spouses said that the day's events gave them a much better understanding of what their husbands do on a regular basis.

Legette said she recommends that spouses consider experiencing a Jane Wayne Day at least once to get a feel for what their husbands undergo.

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

Overall, the spouses were given an educational and rewarding experience in military operation life.

Rising sun presents many martial arts opportunities

LANCE CPL. JENNIFER
PIRANTE
IWAKUNI APPROACH
STAFF

Japanese martial arts was considered to be a powerful weapon of samurai warriors during the medieval period of Japan, which was characterized by warfare.

Today, the art of self-defense is manifested as a popular Japanese recreational sport full of camaraderie and support between competitors.

Japan is abundant in its martial arts communities.

Japanese martial artists are disciplined and skilled in a variety of practices, including Karate, Aikido, Judo, Jujitsu and Kendo, which is based on traditional Japanese swordsmanship.

According to Chief Warrant Officer Sergio Esquivel, blue-belt in Jujitsu and second degree black-belt in the Marine Corps Martial Arts Program, one of the highly supportive communities of martial arts practitioners resides locally in the city of Hiroshima.

Esquivel recently competed in the 8th Annual West Japan Jujitsu Championship tournament at the Minami Ward Sports Center in Hiroshima Sunday.

Wagner Murai, blue-belt in Jujitsu, took home first place in the mid-weight, blue-belt competition.

More than 100 participants were divided among age, weight class and skill level to battle it out against each other.

Competitors applied various Jujitsu techniques, which consisted of skillful mounts, joint-locks and throws in an effort to manipulate an opponent's energy against himself.

The Japanese sports center, which hosts many martial arts competitions, is open to all skill levels and techniques within the rules of the sport.

Murai said he has been practicing Jujitsu at the dojo for two years alongside friends and regulars who are always welcoming new competitors.

Participation among

service members in competitions has been sparse, but martial arts competitions are a prime opportunity for Marines and sailors to get involved in the local Japanese community.

During competitions, many competitors will even shout out advice to competitors to show support, advising movements and recovery tactics.

"Everybody helps each other train," said Murai. "Everyone improves and moves up in skill."

Esquivel has been active in supporting junior enlisted Marines during training and competitions.

He has helped train Marines aboard the air station and attended competitions to provide assistance and guidance.

"When you're competing, you can't see what someone outside can see," said Esquivel.

"Sometimes it's good to have someone helping you and telling you what to do."

Jujitsu translated means gentle art.

Even though Jujitsu is ironic in its meaning, the techniques practiced are considered by members of the dojo to be an effective method of self-defense against an attacker.

"It's more about technique than size," said Murai.

Many of the basic techniques in Jujitsu are manifested in the MCMAP.

"Most of the concepts are the same," said Esquivel. "Ultimate Fighting Championship) fighters will pay thousands of dollars to train here in Japan. (Service members) have the opportunity to do it here. They should definitely try it out."

Japanese martial arts provides service members with an opportunity to build confidence and technique, which can enhance performance in MCMAP.



LANCE CPL. JENNIFER PIRANTE



LANCE CPL. JENNIFER PIRANTE

Chief Warrant Officer Sergio Esquivel, blue-belt in Jujitsu and second degree black-belt in the Marine Corps Martial Arts Program, competes against Fujioka Yu, blue-belt competitor, during the 8th Annual West Japan Jujitsu Championship tournament at the Minami Ward Sports Center in Hiroshima Sunday. The Minami Ward Sports Center in Hiroshima hosts many martial arts competitions, which are open to all competitive skill levels and techniques within the rules of the sport.



LANCE CPL. MIRANDA BLACKBURN

Meredith Roach and Lexi Walters, Jane Wayne Day participants, prepare their Meals Ready to Eat during the Headquarters and Headquarters Squadron 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 puts a person through a particular amount of adversity," said Esquivel. "It puts them into an unknown situation and they have to figure out how to react."

Japanese teams and schools travel from various regions of Japan to compete in competitions at the Minami Ward Sports Center in Hiroshima.

The diverse martial

arts community here in Japan is a melting pot of skill and technique service members can take advantage of during their tour.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Marine engineers build outpost after clearing insurgents from town

CPL. JOHN MCCALL
1ST MARINE DIVISION

MUSA QAL'EH, Afghanistan — After an operation led by Afghan forces to eliminate the enemy threat in a local town, engineers with 1st Combat Engineer Battalion, 1st Marine Division (Forward), were sent to build a new guard post to maintain security in the area Nov. 13-14.

Afghan National Army soldiers, Afghan National Police officers and Marine police mentoring teams set up ambush positions during the night to conduct a surprise attack on enemy insurgents operating within the town.

The following day engineers went to work, constructing a new patrol base for Afghan forces to conduct missions from.

Working through the night and into the early morning, engineers were able to get the new post constructed so that coalition forces would not lose the newly-acquired foothold.

"Building this new post was very important because Afghan forces need a place operate out of," said Cpl. Matthew Ortiz, 21, a team leader from San Antonio. "All of our work goes toward helping them defeat the Taliban, which is why we are here."

With the new patrol base established, Marines of 1st CEB were tasked with conducting a deliberate clear of the town to ensure there were no improvised explosive devices.

"It's important that locals can feel safe where they live and don't have to worry about IEDs," said Lance Cpl. Christopher McDowell, 19, a combat engineer from Canon City, Colo. "Now that there is someone watching the town, the IED threat should go down."

Providing direct support to 1st Battalion, 8th Marine Regiment, during the clear, engineers swept the town and searched suspicious compounds for weapons and IED-making materials.

"Now that the town is safe, the ANA can do their job and eventually take back their country," Ortiz added.

With a new post built and the town secure, Afghan security forces can maintain a presence in the area and drive out any enemy combatants still willing to fight.



MUSA QAL'EH, Afghanistan — Engineers with 1st Combat Engineer Battalion, 1st Marine Division (Forward), move a stack of Hesco barriers at a new combat outpost in Musa Qal'eh, Nov. 13. Building an elevated position at the top of a hill allows Afghan forces the ability to watch over the surrounding area.



MUSA QAL'EH, Afghanistan — Engineers with 1st Combat Engineer Battalion, 1st Marine Division (Forward), fill Hesco barriers at a new combat outpost in Musa Qal'eh, Nov. 13. Afghan forces were in need of a defensive position due to enemy activity in a nearby town.

COMMUNITY BRIEFS

Christmas Concert Choir

Recruitment has begun for the choir in the 10th annual Christmas concert. For more information and practice times, call 090-4104-1541.

Looking for Santa

Your local MCX is looking for a volunteer to be Santa for this holiday season. Stop by the MCCS Human Resources office on the 2nd floor of the Crossroads Mall to fill out a volunteer form. For more information, call 253-5715.

Thrift Store

The Thrift Store will be closed today and will resume regular hours 10 a.m. – 1 p.m. and 4 p.m. – 7 p.m. Wednesdays and Fridays.

Weight loss support group

Weight loss support group meetings are held on Mondays at 5 p.m. outside of Building 657. Service members, family and civilians are welcome. For more information, call 090-9147-0409 or e-mail verasavage@gmail.com.

Day After Thanksgiving Party

Need something to do after turkey day. Have fun at the Marine Corps Lounge Thanksgiving party from 12 p.m. – 2 a.m. today. There will be free snacks, refreshments, games, and gift cards. The day after Thanksgiving party is open to all single and unaccompanied service members. For more information, call 253-5368.

Provost Marshal's Office

The PMO Community Relations Office has new hours for fingerprinting, flight-line access, passport re-entry stamps, and the lost and found. New office hours are from 7:30 – 11:30 a.m. daily.

Holiday Tree Lighting Ceremony

The ceremony will be at Cherry Blossom Triangle 5 – 7 p.m. Saturday. There will be cookies, cider and hot chocolate. Prizes will be raffled during the event. For more information, call 253-3727.

Stuffed Animal Collecting

The Boys and Girls Club here is collecting used and new stuffed animals for Iwakuni area and stateside children until Dec. 10. Animals may be dropped off at the Youth and Teen Center. For more information, call 253-5072.

DoDEA Survey

Parents and students may take an online Department of Defense Education Activity customer satisfaction survey for their school until Dec. 15. The student survey is for grades 4-12. Parents or sponsors who have children in more than one DoDEA school should complete the survey for each school. The survey is available at <https://webapps.dodea/CSS1011>.

PMO Lost and Found

Please contact the Provost Marshal's Office Lost and Found if you have lost various items around the air station. Examples of items may include cell phones, keys, digital cameras, bicycle helmets, etc. To recover lost items or for more information, call 253-4929 or e-mail jeffrey.anderson@usmc.mil.

Officers and Spouses' Club

Join the Officers and Spouses' Club for an evening of fun, friendship and holiday spirit during the 1st annual Trim the Trees with OSC at 5 p.m. Dec. 3. Unit-themed and beautifully decorated trees will be voted on and auctioned at the end of the night. The winning unit will have their name on a plaque at the O-Club. All proceeds from voting and auction go toward OSC Scholarships.

Matthew C. Perry 5th Annual Basket Auction

A Matthew C. Perry is scheduled to host the 5th annual Basket Auction at the Club Iwakuni Eagle's Nest 6 – 8 p.m. Dec. 4. Tickets in advance are \$5 or \$10 at the door. Open to all Iwakuni ladies. For more information, contact Heather Reed at 253-2199.

American Red Cross

Adult, child, infant first aid and CPR course: 8:30 a.m. – 4:30 p.m. Dec. 4. Baby Sitting Course: 9 a.m. – 3 p.m. Dec. 11. To sign up or for more information, call 253-5715.

Lending Locker Program

The Lending Locker program is available to provide small home appliances and utensils for incoming and outgoing command-sponsored members for up to 60 days inbound and 30 days outbound. A copy of PCS orders are required to check-out items. The program is by appointment only. The Lending Locker Program is located in Building 411, Room 101. For more information, call 253-6161.

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is providing Quick Assist Loans to assist with short-term living expenses up to \$300, interest free and must be repaid within 10 months. For more information, call 253-5311 or stop by the Marine Memorial Chapel, Room 148.

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
4:30 p.m. Lutheran Holy Communion Service (Small Chapel)
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.

SAKURA THEATER

Friday, November 26, 2010

7 p.m. Devil (R)
10 p.m. The American (R)

Saturday, November 27, 2010

1 p.m. You Again (PG)
Premier
4 p.m. Easy A (PG-13)
7 p.m. The Resident Evil: Afterlife (R)

Sunday, November 28, 2010

1 p.m. Megamind (PG)
4 p.m. You Again (PG)
7 p.m. The Town (R)

Monday, November 29, 2010

7 p.m. The American (R)
Last Showing

Tuesday, November 30, 2010

7 p.m. The Resident Evil: Afterlife (R)
Last Showing

Wednesday, December 1, 2010

7 p.m. Devil (R)

Thursday, December 2, 2010

7 p.m. The Town (R)

FOR THE MONTH OF NOVEMBER, ADMISSION IS FREE FOR ALL ACTIVE DUTY PERSONNEL AND VETERANS.

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

Vehicles

Honda Prelude

The vehicle is in great condition. Seats 4. Has 2 doors and sunroof. Air conditioner and heat works great. JCI good until June 2011. Asking for \$1,500 OBO. For more information, call 090-3557-3430.

1997 Honda SMX Wagon

This vehicle is available after Dec. 15. The vehicle is in excellent condition. JCI is good until April 2012. Asking for \$3,500 OBO. For more information, call 253-6342 or 090-6490-4098.

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, standard salad bar, peanut-butter cookies, chocolate cream pie with whipped topping and 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, potato salad, Italian-style pasta salad, standard salad bar, brownies, spice cake with butter-cream frosting and coconut pies.
Specialty Bar: Taco

Wednesday

Chicken and rice soup, New England clam chowder, chili macaroni, grilled cheese, grilled ham and cheese, tempura-fried fish, macaroni and cheese, oven-glow potatoes, broccoli polonaise, mixed vegetables, dinner rolls, macaroni salad, Spring salad, chocolate drop cookies, double-layer Florida lemon cake with lemon butter cream frosting and blueberry pie.
Specialty Bar: Barbecue

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 and chocolate cream pie with whipped topping.
Specialty Bar: Deli Bar

Friday

Vegetable soup, beef-noodle soup, shrimp crole, 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 with coconut cream frosting and pumpkin-pie with whipped topping.
Specialty Bar: Hot Dog

1999 Harley Davidson Road King

The motorcycle is well maintained. Has a lot of upgrades and extras. Asking for \$13,000. JCI is good until July 2012. For more information, call 253-6342 or 090-6490-4098.

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.

Administrative Assistant Position Available
Choctaw Archiving Enterprise has a full-time opportunity available for an administrative assistant at the WIC Overseas Program in Iwakuni. For immediate consideration, please e-mail resume and cover letter to Virginia.johnson.ctr@misawa.af.mil or fax resume to 226-9585.

NMCRS Volunteer Opportunities

Be that friendly person who lets people know they've come to the right place. Client services assistants volunteers greet clients and guide them through the initial intake process. For more information on how to apply, call 253-5311.

Ad 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.

New traffic regulation device to be painted at front gate



A new traffic flow control device was painted at the intersection right outside the main gate when exiting the air station. When exiting the air station, drivers are to stop within the painted rectangle to reduce traffic congestion caused by vehicles blocking the adjacent road. Drivers should not pull up to original stop line as this blocks traffic coming from the adjacent road.

got
news?

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



LANCE CPL. JENNIFER PIRANTE

William Rudolph, 9, Iwakuni Tsunami swim team member, swims toward the finish during a swim meet between the Iwakuni Tsunami swim team and the Sasebo Riptides at the IronWorks Gym here Nov. 20. Rudolph placed third with a time of 1:06.59 in the 50-meter backstroke during the competition. First, second and third place medals were awarded to winners of each race. An additional medal was awarded to each participant.

Iwakuni, Sasebo compete for splashing rights

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

The Iwakuni Tsunami swim team and the Sasebo Riptides competed against each other in a swim meet at the IronWorks Gym indoor pool here Nov. 20.

Competitors were divided into two age groups to compete in five events, 8-10 and 11 and older.

Events included a 50-meter freestyle, 50-meter breaststroke, 50-meter backstroke, 50-meter butterfly and 100-meter freestyle.

First, second and third place medals were awarded to winners of each race. An additional medal was also awarded to each participant.

Anna Hodges, 14, of Sasebo, placed first in each race for her division with a time of 29.19 seconds in the 50-meter freestyle, 42.31 seconds in the 50-meter breaststroke, 39.28 seconds in the 50-meter backstroke, 35.75 seconds in the 50-meter butterfly and 1:11.75 minutes in the 100-meter freestyle.

Adam Brownlee, 13, of Sasebo, placed second in the 50-meter freestyle race with a time of 34.04 seconds.

Madison Beyers, 14, of Iwakuni, placed second in four events with a time of 47.61 seconds in the 50-meter breaststroke, 42.44 seconds in the 50-meter backstroke, 43.97 seconds in the 50-meter butterfly, and 1:20.35 minutes in the 100-meter freestyle.

Beyers placed third in the 50-meter freestyle with a time of 34.06 seconds.

Uriah Johnson, 14, of Sasebo, placed third in the 50-meter breaststroke with a time of 50.93 seconds.

Emma Peterson, 13, of Iwakuni, placed third with a time of 44.50 seconds in the 50-meter backstroke, 46.19 seconds in the 50-meter butterfly and 1:22.28 minutes in the 100-meter freestyle.

Elizabeth Brownlee, 9, of Sasebo, placed first in each race for the 8-10 age division with a time of 46.22 seconds in the 50-meter freestyle, 1:07.63 minutes in the 50-meter



LANCE CPL. JENNIFER PIRANTE

Jared Raquel, 8, Sasebo Riptide swim team member, waits for Jason McDonough, Iwakuni Tsunami swim team coach, to blow the whistle to launch the 50-meter backstroke during a swim meet at the IronWorks Gym indoor pool here Nov. 20.

breaststroke, 55.34 seconds in the 50-meter backstroke, 1:08.53 minutes in the 50-meter butterfly and 1:55.78 minutes in the 100-meter freestyle.

Elizabeth Brownlee was decorated with five first place and two participation medals overall.

She said the swim meet was her first swim meet and she loves swimming on the team with all of her friends and practicing to get better.

Dylan Gornto, 10, of Iwakuni, placed second with a time of 47.99 seconds in the 50-meter freestyle, 1:08.76 minutes in the 50-meter breaststroke, 1:14.27 minutes in the 50-meter butterfly and 1:58.36 minutes in the 100-meter freestyle.

Sabrina Herritt, 9, of Iwakuni, placed second with a time of 1:04.59 minutes in the 50-meter backstroke and third with a time of 50.15 seconds in the 50-meter freestyle and 1:15.60 in the 50-meter breaststroke.

William Rudolph, 9, of Iwakuni, placed third with a time of 1:06.59 minutes in the 50-meter backstroke.

Marley Keasler, 8, of Iwakuni, placed third with a time of 1:16.43 minutes in the 50-meter butterfly and 2:07.91 minutes in the 100-meter freestyle.

Cal Rastall, Sasebo Riptides coach, said he was impressed with the performance of each swimmer.

"All of our kids have never swum in a pool this big so this is all pretty new to them," said Rastall. "For some of the kids, this is their first time on a swim team."

The swim meet was the second time the Iwakuni Tsunami swim team and the Sasebo Riptides had the opportunity to compete against each other.

The bases alternate venues to give the kids a chance to compete. Last year, Iwakuni traveled to Sasebo to compete.

"It's about building a relationship between our base and Sasebo's base with our youth by competing in swim meets," said Jason McDonough, Iwakuni Tsunami coach. "It's more of a friendly swim meet than a competition because everybody wins something."

McDonough said he encourages more children participate in the swim team.

"It's really fun. We do this on a volunteer basis because we love swimming and we love to pass on the love of the sport," said Rastall.

For more information about the Iwakuni Tsunami swim team or how to get involved, call 253-4966 or visit the aquatics department at the IronWorks Gym.



TOYS FOR TOTS

**Drop donations off in front of the
Marine Corps Exchange 6 - 8 p.m.
weekdays and 10 a.m. - 6 p.m.
weekends until Dec. 20**