

THE IWAKUNI APPROACH

Issue No. 33, Vol. 1

Friday, September 5, 2008

Marine Corps Air Station Iwakuni, Japan

Initiatives in place to cut station energy fees

LANCE CPL. DAN NEGRETE
IWAKUNI APPROACH STAFF

The station has been making huge progress in its attempt to conserve energy.

Renovations to the barracks, the support of the American Forces Network and Television detachment here, and the overall cooperation of station residents have all contributed to a decrease in energy consumption.

"During the summer, the base will consume more electricity than any other time of the year," said Petty Officer 1st Class Maximo C. Corpuz, the station's energy manager. "This is because everyone depends on air conditioners to keep cool."

When running, air-conditioning systems account for 65 percent of all the energy consumed on base, said Corpuz.

Knowing this, the station began installing energy-conserving sensors in barracks rooms.

"The sensors detect if someone is or isn't in the room," said Corpuz. "If someone isn't in the room, the sensors will automatically shut off the air conditioner."

Before the sensors, service members would keep their air conditioners running for days on end regardless of whether or not they were inside their room.

So far, all of the south-side barracks have the new sensors installed. With the new sensors, the station is saving a considerable amount of money.

Another ongoing project is the station-wide transition from using incandescent light bulbs to compact florescent light bulbs.

Incandescent light bulbs consume 60 watts of electricity whereas compact florescent light bulbs only consume 13

SEE ENERGY ON PAGE 3



Standing like a rock icon, Lance Cpl. Pablo Rey, more widely known as Iwakuni's Elvis Presley, commands an audience of 1,200 at the Marine Corps Community Services Summer Music Festival at the Torii Pines Golf Course here Aug. 30. Read the full story on p.6. Photo by Lance Cpl. Kyle T. Ramirez

Airlines respond to GI bag burden

Baggage restrictions ease for service members

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

Like falling dominos, most major airlines announced changes to their excess baggage fees for military personnel last month.

A Defense Travel Management Office notification released Aug. 22 stated, "Military members are required to show military ID to check up to three bags with no charge. Weight allowance and size restrictions vary by airline."

American Airlines paved the way Aug. 13 by waiving their fee for a third checked baggage, and shortly thereafter Delta, Continental and United followed suit.

In an Aug. 13 press release, American Airlines stated, "As part of the many efforts American Airlines makes to

support our active and veteran U.S. military personnel, fees for a third checked bag will now be waived for active service members."

Although most airlines have amended their policy, there are a few important factors to note before packing up and traveling.

Every airline measures a bag size using linear inches.

To calculate the linear inches of a bag, add the outside length, height and width of the bag together.

It's important to verify all baggage restrictions either through the airline's Web site or by contact over the phone.

Also, be cognizant that travelling internationally may allow for more baggage and weight than domestic-only flights.

In particular, be aware that the airline travelling to the first destination may allow more baggage than a connecting carrier.

As an example, Delta's Web site indicates they will allow up to 10 checked bags on Delta craft for service members on orders; however, Delta connection carriers only permit four.

Most airlines only waive excess baggage fees when service members are travelling on orders, so taking a copy is a good precaution.

American Airlines' Web site indicates they will permit active duty service members three checked bags at 62 linear inches and 50 pounds each when not on orders.

SEE BAGS ON PAGE 3

INSIDE IWAKUNI



Station chooses Chef of the Quarter

6



Tuesday: Da Sluggers claim victory, 25-8

11



Chiefs-select hold 4-man scramble golf tourney

12



**Commanding Officer/
Publisher**
Col. Michael A. O'Halloran

Public Affairs Officer
Maj. Guillermo A. Canedo

Public Affairs Chief
Master Gunnery Sgt.
John A. Cordero

Editors
Sgt. Josh Cox, Managing
Lance Cpl. Kyle T. Ramirez

Combat Correspondents
Lance Cpl. Ashley M. Howard
Lance Cpl. Joseph Marianelli
Lance Cpl. Dan Negrete

Webmaster
Yukie Wada

Community/Media Relations
Hiroko Soriki
Hiromi M. Kawamoto

Administration
Hiro Sumida

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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.

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

CHAPLAIN'S CORNER

LT. CMDR. JOHN Q. COMETA
STATION CHAPLAIN

Matthew 5:13, Luke 14:34-35 "You are the salt of the earth ... Salt is good, but if the salt loses its saltiness, how can it be made salty again? It is neither fit for the soil nor for the manure pile. It is thrown out."

In Jesus' time, they didn't have refrigerators. Salt is used to preserve food or fish from decaying. When He told His followers, "You are the salt of the earth," He is telling them by their lives they are to keep the world from entire moral corruption and decay. Then He said, "If the salt loses its saltiness, how can it be made salty again? It is neither fit for the soil nor for the manure pile. It is thrown out." In those times,

they didn't have flush toilets. When they go to their toilets, they have a sack of salt. And after they are done, they would put the salt on the manure pile. When Jesus said you are the salt of the earth, we are to act not only as preserving agents but also as disinfectant agents and stop bad things from spreading.

The salt we know today is used mainly for food but for particular salt from the Dead Sea it was used for the soil and

the manure pile. The salt from the Dead Sea contained a lot of potash. Potash is a potent fertilizer and is vital to plants. In Jesus' time, every gardener would put potash on the soil to help plants produce flowers and fruits. It was also mixed with the soil and used as a fertilizer to make good things grow.

And so when Jesus said, "You are the salt of the earth," He was saying that we are to act as fertilizers in our home or in our workplace and we are to make good things grow. Wherever we are, as fertilizing agents, our presence will make people strive to do good things to grow in their own lives. People around us will be influenced by our honesty, our punctuality, our generosity, and our core values of honor, courage and commitment. Randolph Tasker once said, "We are to be moral disinfectant in the world where moral standards are low, constantly changing, or non-existent."

Yard of the Summer Award



Col. Michael A. O'Halloran presents Angela Helms, wife of Tech. Sgt. Corey Helms, with a yard of the summer award at their home here Aug. 29. Staff Sgt. Ryan Chilson and his wife Emily, Staff Sgt. Justin Hackworth and his wife Jennifer, and John and Linda Tolentino were also recipients of the award this year. Photo by Lance Cpl. Joseph Marianelli

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

Extra bags, no problem for GIs

BAGS FROM PAGE 1

Dependents are another issue to consider and none of the major airlines explicitly indicated its policies either on its Web site or in recent press releases.

Traveling space available is a completely different situation and can create problems if connecting to a major airline with more restrictions.

Space available travel is regulated by Department of Defense directive 4515.13-R and limits passengers not on orders to two 70-pound pieces, said Jennifer Smith, a transportation clerk with the air terminal here.

Simply put, excess baggage is not authorized when traveling space available, but most major airlines will not waive fees for 70-pound bags unless on orders.

Travelling via the air terminal on orders is a very relative situation, and it's accepted that necessary gear must travel.

"If on orders, refer to your command," said Smith.

With every airline varying, checking all the restrictions of every airline used for a trip and following the lowest allotment is the best bet.



A representative from the Japanese police, Tetsurokuro Muranaka and Mitsuo Yoshikane stand with Col. Michael A. O'Halloran, station commanding officer, after receiving letters of appreciation here Aug. 26. Yoshikane and Tetsurokuro rescued two Marines adrift near Tsuzu Beach July 17. Photo by Lance Cpl. Joseph Marianelli

Station to host Freedom Walk

LANCE CPL. DAN NEGRETE
IWAKUNI APPROACH STAFF

The station will hold a Freedom Walk on Sept. 11 to honor the lives lost during the 2001 terrorist attacks in New York, as well as to celebrate our freedom and recognize the sacrifices made by service members world wide.

Lt. Col. Tray J. Ardese, commanding officer of Headquarters and Headquarters Squadron, will commence the Freedom Walk by giving the opening remarks at 7:55 a.m. on the parade deck outside Building One. The Freedom Walk will then begin at 8:05 a.m. after the final note of colors plays and end at the station chapel.

"The Freedom Walk is not only intended to commemorate those who died on 9-11, but also to commemorate those who have died in the war against terror," said Lt. Cmdr. Allen R. Kuss, the station's command chaplain. "Walking is something we can do together, and is also an opportunity for people who share the same values to talk with one another."

Upon arriving at the station chapel, a Remembrance Service will be lead by Chaplains Juan Cometa, Robert Mills and speech by Capt. Christopher Wade, Combat Logistics Company 36 supply officer.

At 8:46 a.m. the service will end, marked by the ringing of a bell to symbolize the exact moment the first plane struck the World Trade Center in 2001.

Those planning to attend the Freedom Walk are encouraged to meet at the parade field at 7:30 a.m. This will be the third Freedom Walk held here on the station.

Station's power usage decreases drastically

ENERGY FROM PAGE 1

watts of electricity.

Over one year, an incandescent light bulb costs \$40 more to run than a compact florescent light bulb.

So far 75 percent of the barracks have been replaced with compact florescent light bulbs."

Eventually, part of room inspections will be to ensure rooms in the barracks are using only compact florescent light

bulbs," said Corpuz.

Every barracks will have a supply of the new light bulbs for service members to replace their old ones, and the base housing office will soon have them to hand out for those living in base housing,

said Corpuz.

Otherwise, anyone can stop by the Utilities Division Service Center and get new light bulbs, he added.

Announcing over the station's radio and television channels whenever the base enters a "Green Out" state has been another step toward limiting the consumption of energy.

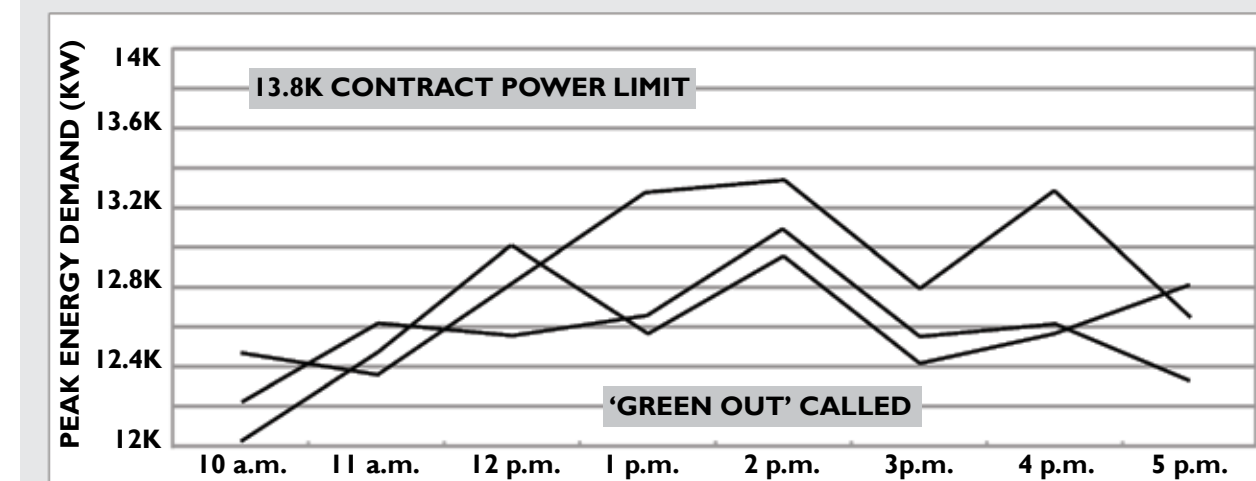
During a "Green Out," all unnecessary appliances and electrical devices should be turned off immediately.

The station can reach a maximum of 13,800 kilowatts of power before the local electric company charges the station penalties for overexerting its power usage, said Corpuz.

"When that number reaches about 13,000 kilowatts, we immediately contact AFN to broadcast a "Green Out" crawl on all the television channels and request they make announcements over the radio to ask residents to conserve energy," Corpuz said. "After AFN makes the announcements, the amount of power being used goes down drastically."

The 'Green Out' Effect

Lines reflect station energy consumption on three different dates. Information gathered from station facilities. Graphic illustration by Lance Cpl. Kyle T. Ramirez



Iwakuni's Iron Chef

LANCE CPL. DAN NEGRETE
IWAKUNI APPROACH STAFF

The station's top chefs competed against one another in a Chef of the Quarter contest held at the Southside mess hall here Aug. 28. Representing the Northside mess hall, were chefs Pfc. Gordon L. Hale and Lance Cpl.

Melvin Guilamo.

From the Southside mess hall were chefs Lance Cpl. Nolan C. McGrath and Lance Cpl. S. A. Babin.

"The first and second place winners will compete for Top Chef Marine Corps Bases Pacific in Okinawa," said Hale, who had never cooked a day in his life before joining the Marine Corps.

"Competing in a contest like this is a great experience, and no matter who wins I've had a good time cooking with my fellow Marines," he said.

The four competitors had to select their own menu of dishes from the Armed Forces Recipe Card.

Recipe cards contain specific directions and a list of ingredients for making a particular food item universal to all Marine Corps mess halls.

"The food served at Marine Corps (mess) halls must be consistent no matter where you are," McGrath said. "As part of this competition, we were evaluated on how well we followed the recipe cards."

"The Chef of the Quarter competition is broken down into three separate evaluations," said Gunnery Sgt. Victorino C. Dumaslan, the Southside mess hall manager.

The day prior to cooking their meals, the competitors stood before their staff

Top chefs on station

noncommissioned officers in their Service C uniforms and were asked a series of questions related to their military occupational field.

After that, they took a written exam, which also tested them on knowledge regarding their job.

The final evaluation was based upon practical application.

Dumaslan walked around the cooking area with a clipboard and a scoring sheet while the chefs cooked their meals on the day of the competition.

"We evaluated their performance as far as how well they managed their time, how well they kept their area clean, and if they measured out their ingredients correctly and followed the recipe card," said Dumaslan.

The final test was the actual tasting, conducted by a panel of six judges, which included Sgt. Maj. David J. Wimberly, the station sergeant major.

The competitors presented their meals on four separate tables, arranged in a half circle in front of the judging table.

As Wimberly walked passed each table and piled his plate with food, he spoke with the competitors and



Lance Cpl. Melvin Guilamo, winner of the Chef of the Quater competition, prepares to serve one of his side dishes, Creole Green Beans. Photo by Lance Cpl. Dan Negrete

asked them questions regarding the preparation of their dishes.

Wimberly was especially critical with McGrath who chose a South Western-Mexican theme for his dishes.

"You know you're up for a challenge here because I'm from Arizona and know what South Western food is supposed to taste like," he told McGrath laughingly.

The judges took their time savoring each dish and marking down their scores.

Once their plates were empty, the scoring sheets were turned in, tallied up, and the competitors stood in front of the judges, anxiously awaiting the results.

Lt. Col. Tray J. Ardese, commanding officer of Headquarters and Headquarters Squadron, stood up to announce the scores.

In first place came Guilamo and in second McGrath.

They will both travel to Okinawa to compete on the Sept. 18 Chef of the Quarter contest for Top Chef of Marine Corps Bases Pacific.

"This competition was all about the experience," said Master Sgt. Rita M. DeSanno. "You can't teach experience, you have to gain it."



Lance Cpl. Nolan C. McGrath and his assistant Cpl. Matthew S. Brown plan the execution and presentation of their dishes. Photo by Lance Cpl. Dan Negrete

Students on Okinawa learn new tactics in Coxswain Skills Course

LANCE CPL. MONTY BURTON
III MEF

WHITE BEACH NAVAL FACILITY,
OKINAWA, Japan (Aug. 29, 2008)

— After a week of classes covering navigation, boating procedures, maintenance and various other skills needed to be a coxswain, the Marines stood ready for anything that could occur in the water.

The Marines were participants in the Coxswain Skills Course, taught by instructors with the III Marine Expeditionary Force's Special Operations Training Group.

The course started Aug. 4 and concluded Aug. 29.

A coxswain is an individual who guides and operates a boat, in this case a combat rubber reconnaissance craft, or Zodiac as it is often called, and is responsible for the safety of his boat and equipment.

The Zodiacs are often employed as part of a boat team which is headed by a chief coxswain.

The boat teams work very much like infantry units on the ground.

"It's like a squad, the coxswain is like the point man in the squad," said Cpl. Justin Cook, a former reconnaissance Marine looking to become a coxswain. "Together all the boats work like a formation. We have wedges and formations, just like on land."

The reconnaissance crafts can usually hold up to 10 Marines and travel up to 50-60 nautical miles on a tank of gas. The average speed of the water craft is about 24 nautical miles-per-hour.

During one portion of the course, students were assigned to a boat as a navigator. The job of the navigator was to



Coxswain Skills Course students Petty Officer Second Class Michael Huey, left, and Pfc. Alan Crawley ride the gunnel of a combat rubber reconnaissance craft Aug. 13 near White Beach Naval Facility. Photos by Lance Cpl. Monty Burton

plot all the points so that the team could effectively travel to each of them in open water, explained Sgt. David Stiehler, the SOTG chief instructor of the course.

The students set out for their evolution at 3 p.m. when the sun was high in the sky. They would not return until well after sunset.

"Since this is their first (navigation mission), they have to come within a half-mile of the points," Stiehler said.

"(Navigation) is a lot harder in the water because you don't have any landmarks to tell you if you're there, you just have to trust your equipment."

Through it all, the students exceeded their instructor's expectations and found all their points without hassle, Stiehler said.

Stiehler also said the hardest part of the course is the boat handling portion. "During boat handling, the Marines

have to be very precise while going very slow. It is easy to control the boat while going fast, but when you are going very slow, every single mistake could be

"... The coxswain is like the point man in the squad."

Cpl. Justin Cook
Course participant

costly to the mission," he said.

Stiehler said that because the classes are comprised of a mix of different Marines and sailors with different backgrounds, it takes students longer to catch on to many of the concepts introduced in the course, but this class caught on quicker than most.

Most of the Marines were training to attain the military occupational specialty of combat rubber reconnaissance craft coxswain, while two, Cook and Cpl. Clay George, an infantry rifleman, were going through the course to become coxswain-instructors themselves.

The Coxswain course is offered three times each year and usually consists of about 20 students.



Students participating in the Coxswain Skills Course maneuver through shallow water Aug. 13 near White Beach Naval Facility during the navigation track of the course.



The second set of the night, Floyd Vanlaningham, a country and western band from Nashville Tennessee plays a few country titles during the Marine Corps Community Services Summer Music Festival at the Torrii Pines Golf Course here Aug. 30. Photo by Lance Cpl. Kyle T. Ramirez

SUMMER MUSIC FESTIVAL

Iwakuni's talent ends season on a high note

LANCE CPL. KYLE T. RAMIREZ
IWAKUNI APPROACH STAFF

One cue to the soundman and with a smirk on his face, Lance Cpl. Pablo Rey left the stage after a convincing Elvis Presley set for an audience surpassing 1,200.

It was the 8th annual Summer Music Festival put on by Marine Corps Community Services Aug. 30 at the Torrii Pines Golf Course here, and according to Chris Reitman, MCCS deputy marketing officer, it was the biggest one yet.

Rey's was just one of six acts that amplified the evening. A variety of musical genres was heard, from Hiroshima's own Blues Workshop, exhibiting a Chicago-style blues for the Far East atmosphere, to local Brown Inc., attention-grabbing pop and hard rock cover band.

Each act invited more station residents to the five-hour event. If it wasn't the 40-foot stage with several thousand screaming watts of electric sound, perhaps it was the smell of 1,200 steaks,

1,000 hamburger patties, 1,000 hot dogs, 200 pounds of grilled chicken, 60 watermelons, 2,000 bottled waters and at least 1,500 assorted soft drinks — all free of charge — that lured festival goers in for the evening.

But drinks, snacks and rock 'n' roll weren't the only thing the night had to offer. Iwakuni's young and old spent hours intermingling, some on blankets and some on bleachers. Reitman said with each year the event has a bigger turnout and hosts a bigger production. This is the second year festival goers could enjoy a live production projected onto an eight-foot jumbotron, this time with info-crawls and multi-camera switches.

How does this Summer Music Festival compare to those of yesteryear?

"It blows it out of the park," said Lance Cpl. John Martinez, festival attendee and Marine Aviation Logistics Squadron 12 forward looking infrared technician. "You feel like you're at a real concert. (MCCS) does a good job making it all come together."



Receiving the loudest response from the audience, Lance Cpl. Pablo Rey, more widely known as Iwakuni's Elvis Presley, prances around stage at the Marine Corps Community Services Summer Music Festival at the Torrii Pines Golf Course here Aug. 30. Rey had adults and children screaming for a handshake or a chance to sing along to their favorite titles from "The King." Photo by Lance Cpl. Kyle T. Ramirez



Blues Workshop guitarists jam out while performing a cover of Joe Walsh's "Rocky Mountain Way" at the Marine Corps Community Services Summer Music Festival at the Torrii Pines Golf Course here Aug. 30. Photo by Lance Cpl. Kyle T. Ramirez



Barefoot in a kiddie pool contestants reach in to find a golf ball bearing the logo, "Power 1575," at the Marine Corps Community Services Summer Music Festival at the Torrii Pines Golf Course here Aug. 30. American Forces Network hosted a few events as well as a few "Power Gear" giveaways. Photo by Lance Cpl. Kyle T. Ramirez



On a massive 40-foot stage, Hiroshima's own Blues Workshop pulls out the stops for a growing audience and the setting sun at the Marine Corps Community Services Summer Music Festival at the Torrii Pines Golf Course here Aug. 30. The band played a sort of Chicago-style blues with a female keyboardist and vocalist in lieu of a harmonica player. Photo by Lance Cpl. Kyle T. Ramirez

AROUND THE CORPS



Navy Lt. Michael W. Pruitt, 34, battalion surgeon, 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5, examines a 5-year-old Sudanese girl's mouth during a medical engagement in western Al Anbar Province, Iraq, Aug. 25. The Sudanese refugees originally came to Baghdad, Iraq, approximately 20 years ago to pursue a better education and occupation to help their families. For the past three years, they have been living in the desert in tents. Coalition forces and Iraqi Security Forces make regular visits to check on the refugees. Photos by Cpl. Ryan Tomlinson

Sudanese in Iraq

CPL. RYAN TOMLINSON
REGIMENTAL COMBAT TEAM 5

AL ANBAR PROVINCE, Iraq (Aug. 25, 2008) — A large group of Sudanese refugees living in tents here were visited by a group of friendly faces Aug. 25.

Marines and sailors with 2nd Light Armored Reconnaissance Battalion, Regimental Combat Team 5 visited the community of Sudanese refugees near Al Waleed, Iraq, which is on the Iraq-Jordan border, to provide them with healthcare.

"It was a rewarding feeling to provide care to people who have gone through so much," said Petty Officer 2nd Class George C. Fricke, a corpsman with Headquarters and Service Company, 2nd LAR Bn. "They are good people, but they're in a bad predicament right now, so they need someone like us to help them."

During the visit, the service members cared for more than 200 patients in the community. One by one, the people saw a doctor to be treated for sicknesses ranging from eye infections to the flu.

"I feel very happy about the Coalition forces coming here to care for me and my people," said Abraham Habion, 44, who originally came from Darfur, Sudan. "We feel a lot safer with them and the Iraqi Highway Police around because of their protection and assistance."

The Sudanese refugees originally immigrated to Baghdad approximately 20 years ago to pursue a better education and jobs to help their families.

According to members of the community, after the fall of Saddam Hussein in 2003, the people fled to Jordan in fear of violence, only to be forced back to Iraq to live in the desert.

"We gathered together to leave the country because the situation was horrible in Baghdad and the rest of the country," said Whalid Salih, 17, a Sudanese refugee who was born in Baghdad. "We thought that leaving the country we would be safe, but we don't live in fear anymore."



Serving water and food to Rahim Adalah, a Sudanese refugee, Lance Cpl. J. Carlos Luis-Gonzalez and Cpl. Christopher J. Talbot ensure the people of the community are well greeted during a medical engagement in western Al Anbar province, Iraq, Aug. 21.

It's been three years since the people set up the camp next to a highway in western Al Anbar Province. Since the beginning of their residency, the community has been visited and supported on a regular basis by the Iraqi Army, Iraqi Highway Patrol and Coalition forces. The community is slated to be relocated to a more established and safer area in the future.

"They're grateful and never ask or expect anything from us," said Fricke, 25, from St. Augustine, Fla. "I love seeing the smile on the people's faces, especially the children's. It's a gratifying feeling."

Community Briefs

National Preparedness Month
September is National Preparedness Month for the American Red Cross. You can be "Red Cross ready." For emergencies follow three simple steps:

1. Get a kit
2. Make a plan
3. Be informed

For more information, log on to <http://www.redcross.org/beredcrossready>.

Child Development Screenings
From Sept. 8 to 9, Educational and Developmental Intervention Services (EDIS) will be doing free child development screenings for children under 5 years of age at Matthew C. Perry Elementary School. Upon screening, child specialists will evaluate major areas

of your child's growth and answer any questions you may have. Contact EDIS at 253-4562 for more information or to schedule an appointment.

Freedom Walk

Sept. 11, 7:30 a.m. assemble at Parade Deck. The schedule is; 7:30 a.m. Assemble (Parade Deck) 7:55 a.m. Opening Remarks 8:05 a.m. Freedom Walk Begins 8:46 a.m. Remembrance Service Ends

For more information, contact Station's Chapel at 253-3371.

Youth soccer season

Youth soccer season (3-year-olds to 15-year-olds) is starting Sept. 13. Registration is \$45 per child. For more information, contact Youth Sports Division, Semper Fit

at 253-5777 or 253-3239.

Substitute teachers training

M. C. Perry High School and Elementary School is having a substitute teachers training on Sept. 15 from 8 to 10:30 a.m. at the computer lab, room 600, in the elementary school. If you have been appointed a substitute, please come. For more information, contact M. C. Perry High School at 253-5449.

Officers Spouses Club kickoff

Sept. 19, 5 p.m. at Club Iwakuni Officer's Club (Indian Joe's Lounge). Hawaiian Luau attire encouraged but not mandatory. For more information, call 253-2896.

Ball gown exchange

Sept. 21 from 10 a.m. to 4 p.m. at community room, Bldg. 1209. Raffles, dresses, shoes, and more! Donations needed. Donate last years ball gown by Sept. 20 and receive credit towards purchase of "new" gown. For more information, call 253-2866, 090-9109-8122 (cell), or e-mail to Hutchwife08@yahoo.com.

Volunteers needed

The American Red Cross needs volunteers for the Sophie Antique Furniture Sale on Sept. 26 from 5 p.m. to 9 p.m., Sept. 27 from 8:30 a.m. to 6 p.m., and Sept. 28 from 11 a.m. to 6 p.m. For more information, contact American

Red Cross at 253-4525.

Rosh Hashanah Service

Sept. 30 at 6:30 p.m. and Oct. 1 at 9 a.m. at Station Chapel, Bldg. 1100. For more information, contact Station's Chapel at 253-3371.

Fall Festival

The Fall Festival is quickly approaching on Oct. 3 and M. C. Perry Elementary PTO is planning lots of fun and activities for your entire family! If you would like to help, please call 253-2180.

Educator's Day

Oct. 24 from 7:30 a.m. to 2:30 p.m., all MCAS community members are welcome to attend this event. Do you have information or a class that you would like to share with the community? If so, please fill out the application posted at <http://mcperryhs.pac.dodea.edu/> and return it by the posted deadline. For more information, contact M. C. Perry High School at 253-5524.

Lost and found section

The Provost Marshall Office, Lost and Found section has various lost items that have been turned in since 2006. Currently we have the following items; Keys, wallets and their contents, credit cards, jewelry, watches, U.S. passports, cell phones, dog tags, electronics, compact discs, and more. If you have misplaced anything, please contact PMO at 253-5105 or e-mail to carrie.morse@usmc.mil.

Update DEERS information

If your family status changes, from a marriage, divorce, new child,

adoption, address change, or new telephone number, you need to update your Defense Enrollment Eligibility Reporting System (DEERS) information. DEERS is the key to receiving TRICARE benefits. To update or verify DEERS information, visit your uniformed services ID card facility or make address changes online by following the information at <http://www.tricare.mil/DEERS> or fax your changes to DEERS at 1-831-655-8317. If you need assistance or have questions about TRICARE and DEERS, contact your local TRICARE Service Center at 253-3072.

Open Play Volleyball

The event is for all personnel and skill level. Come out to IronWorks Gym every Thursday and Sunday from 5:30 p.m. to 8 p.m. For more information, call 253-6084 (work) or 253-2839 (home).

Iwakuni Toastmasters

Iwakuni Toastmasters is offering evening and lunchtime meetings. Evening meetings are held every third Wednesday of each month from 7 p.m. to 8:30 p.m. at the Civilian Human Resources Office training room in Building 1. Lunchtime meetings are held every fourth Friday of each month from 12 p.m. to 1 p.m. at Facilities training room on the second floor of Building 360. For more information, call 253-3335.

Mothers of Preschoolers

Mothers of Preschoolers (MOPS) meet every first and third Thursday, from 9:30 a.m. to 11:30 a.m. through May 2009 at Yujo Hall, Marine Memorial Chapel. For more information, call 253-2885 or 253-2290.

Sakura Theater

Friday, Sept. 5, 2008

7 p.m. Space Chimps (G)

Premier

10 p.m. Mamma Mia (PG-13)

Premier

Saturday, Sept. 6, 2008

1 p.m. Wall-E (G)

4 p.m. Space Chimps (G)

7 p.m. Mamma Mia (PG-13)

10 p.m. Hancock (PG-13)

Sunday, Sept. 7, 2008

1 p.m. Space Chimps (PG)

4 p.m. Mamma Mia (PG-13)

7 p.m. The Dark Knight (PG-13)

Monday, Sept. 8, 2008

7 p.m. Space Chimps (PG)

Tuesday, Sept. 9, 2008

7 p.m. Tropic Thunder (R)

Wednesday, Sept. 10, 2008

7 p.m. Wanted (R)

Last Showing

Thursday, Sept. 11, 2008

7 p.m. Wall-E (G)

Last Showing

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

253-5291

THE IWAKUNI APPROACH Classifieds

Automobiles

1992 Mitsubishi Pajero

4-Wheel Drive Truck that seats five. Runs on diesel fuel and features power windows, A/C, and heat. Boat and accessories not included. JCI runs until Jan 21, 2010. \$3,000 OBO. Call 253-2264 (home).

Delica Van – 4WD Diesel

Recently JCI'd for two years. Great for family! Great for local driving and trips to the mountains. It's for sale in preparation for an upcoming PCS. Asking for \$2,500. For more information, call 253-2694 (home).

1996 Nissan Pulsar

JCI runs until summer 2009. It's a very solid car with no issues. 4-Wheel Drive, stereo, A/C, great for families and local or long distance. It's for sale in preparation for an upcoming PCS. \$950. Call 253-2694 (home).

1994 Honda Step Wagon

Great family van for less. Eight passenger van with 138,723 km. Features a CD player with IPOD connection. A/C works great. JCI due January 2009 but van is in great condition. Asking for \$1,200 OBO. Call 080-3081-9723 (cell) or e-mail to Seandbyrd@yahoo.com.

1995 Honda Odyssey

Great local Iwakuni family car. Features include a CD changer, A/C, roof rack and 4-Wheel Drive. JCI expires June 2010. Changing station on Sept. 13. Asking for \$2,900 OBO. Call 253-2165 (home) or 080-3217-3192

1995 Subaru Domingo

Low fuel and low maintenance. Perfect for Iwakuni. Seats six and great for driving and parking off-base. Needs JCI renewed. \$2,500 OBO. Call 253-4646 (work) or 080-1385-7225 (cell) for more information.

Miscellaneous

Jam Band Auditions

A local vocalist/acoustic guitarist is compiling a jam band to play covers in the local area. A keyboardist, bassist, drummer and percussionist are desired. Saxophone player recruited! Influences include Tom Petty, Stone Sour, Dave Matthews Band, Coldplay, City and Colour, and Rufus Wainwright. Call 253-2356 and leave a detailed message, or e-mail inner.vision@yahoo.com.

Wall to Wall Carpet for 4BR Townhouse

Custom made by local dealer for townhouse (kitchen on left side of entrance). All edges are machine-stitched. Burber style, tan in color, and fully padded throughout home. Purchased new for \$2,700 two years ago. On sale due to PCS. Asking \$900. Call 090-6524-8758 (cell).

Editor note: ALMAR 033/08 continued from p.5 of the Aug. 29-edition of the Iwakuni Approach.

5. Informal Program - Because the Body Composition and Military Appearance Programs represent a change to the existing program, units will establish an informal phase, conducted normally by the executive officer for officers and the senior enlisted advisor for enlisted Marines. The informal phase is further broken down into two periods that are intended to allow Marines the opportunity to lose or reapportion weight, in order to avoid assignment to the commanders' formal BCP program.

A. 60-Day Notification Period - Marines initially determined by the unit to be of our standards will be issued an informal letter of concern by the executive officer or senior enlisted advisor and a measurable 60-day action plan. Methods for tracking Marines and their progress during this period is a unit determination, but no service record book counseling or unit diary entries will be made.

B. 60-Day Cautionary Period - Immediately at the end of the notification period, if sufficient progress has not been made to remove the Marine from a supervised effort, a letter of caution will be issued by the executive officer or senior enlisted advisor. This letter will warn that if the Marine does not meet the established standards over the following 60 days, that assignment to a formal unit program is inevitable. Unit leadership should reevaluate the Marine's weight loss/reapportionment plan for effectiveness. Again, service record book counseling and unit diary entries will not be made during this period.

6. Formal or Body Composition Program - If Marines do not meet the established height and weight standards and/or allowable body fat percentages at the end of the informal unit program, they will immediately be placed on the Marine Corps Body Composition Program by the commanding officer. A unit diary entry will be made, formally assigning the Marine to the program and a counseling entry shall be made in the service record book. The commander will review the weight loss or reapportionment plan the Marine has been following during the previous 120 days for effectiveness and probable adjustment. He will make available every resource to help the Marine return to a suitable level of fitness and appearance. Finally, he will ensure the Marine understands the negative connotation associated with being assigned the program and that lack of progress could result in loss of reenlistment options, promotion opportunity and even discharge.

7. Commander's Military Appearance Program - Because Marines come in all shapes and sizes, there is an imperative to ensure that the commander has a continuous say in the assignment of his Marines to programs dealing with body composition.

A. The authority of the commander is such that should

he or she decide that a Marine is within height and weight standards, the body composition percentages, or both, that Marine can still be assigned to the Military Appearance Program. Such an assignment would normally be oriented toward weight redistribution, vice loss, and a Marine should be given the benefits of the informal program before being formally assigned the appearance program. Should an assignment to the formal program be necessary, the commander will provide the resources, counseling's, and unit diary entries as cited above. Should a Marine not show progress while on the program, reenlistment and promotion opportunities will be denied.

B. The commander also has the power, through the military appearance program, to determine that although a Marine is outside height and weight and body composition standards, that his or her uniformed appearance is commensurate with that of a squared-away Marine. Should that be a commander's determination, that officer has the opportunity to seek a waiver for the Marine through the chain-of-command. HQMC (CODE M&RA) is the approval authority. The method for seeking such a waiver is described at the Web site.

C. To maintain fairness and impartiality, Marines assigned to the Military Appearance Program will have the right to appeal their status to the next higher officer in the chain-of-command.

8. Tendencies toward increased weight have become a dangerous trend over the last decade in our American society. But Marines are different. Even during a period of conflict, we hold ourselves to a higher standard and we must, all of us, maintain that standard. In the end it has to do with combat efficiency. Resources are available as never before to overcome weight problems, and leaders - from the fire team through major subordinate command - are encouraged to take to take advantage of them to help our fellow Marines.

9. For commanders: selective compliance with Marine Corps orders on weight control is over. Admittedly, decisions to assign Marines to the body composition and military appearance programs are difficult, and sometimes involve Marines who are otherwise solid performers. It is, however, the right thing to do for the individual and for the institution. You have the responsibility for implementation of these fitness and weight control programs and you will be held accountable for those responsibilities.

10. This ALMAR is applicable to the Total Force Marine Corps

11. SEMPER FIDELIS,
James T. Conway, General, U.S. Marine Corps
Commandant of the Marine Corps

Mess hall Schedule

MONDAY

Cream of Mushroom Soup, Creole Soup, Sauerbraten, Hot and Spicy Chicken, Fried Rice, Oven Glo Potatoes, Fried Zucchini, Calico Corn, Hot Dinner Rolls, Congo Bars, Double Layer Marble Cake, Butter Cream Frosting, Blueberry Crunch, SPECIALTY BAR: PASTA BAR

TUESDAY

Cream of Potato Soup, Chicken Noodle Soup, Southern Fried Chicken, BBQ Beef Cube, Steamed Rice, Buttered Pasta, Black Eye Peas, Creole Squash, Corn Bread, Chocolate Chip Cookies, Double Layer Spice Cake, Butter Cream Frosting, Lemon Meringue Pie, SPECIALTY BAR: TACO BAR

WEDNESDAY

Cream of Broccoli Soup, Vegetable Soup, Tempura Fish, Pepper Steak, Steamed Rice, Oven Glo Potatoes, Glazed Carrots, Club Spinach, Brown Gravy, Dinner Rolls, Peanut Butter Cookies, Devil's Food Cake, Butter Cream Frosting, SPECIALTY BAR: BBQ

THURSDAY

Minestrone Soup, Cream of Chicken Soup, Creole Macaroni, Fried Shrimp, Fettuccini w/ Alfredo Sauce, Grilled Cheese Sandwich, Tempura Vegetables, Peas and Carrots, Dinner Rolls, Sugar Cookies, Strawberry Shortcake, Whipped Topping, Vanilla Cream Pie, SPECIALTY BAR: DELI BAR

FRIDAY

Clam Chowder Soup, Minestrone Soup, Braised Beef and Noodles, Baked Fish, Mashed Potatoes, Fried Cabbage, Mix Vegetables, Chicken Gravy, Dinner Rolls, Banana Bread, Dutch Apple Pie, Shortbread Cookies, SPECIALTY BAR: MONGOLIAN BARBEQUE

Intramural Softball

Heavy Hitters get 'slugged'

Da Sluggers dominate with some heavy hitting of their own



Geoffrey Heard, right fielder for the Da Sluggers, steps into his swing during intramural softball action here Tuesday against the Heavy Hitters. The Da Sluggers went on to win 25-8 using superior fielding and solid hitting. Photo by Lance Cpl. Joseph Marianelli

LANCE CPL. JOSEPH MARIANELLI IWAKUNI APPROACH STAFF

With superior hitting and fielding, the Da Sluggers pounded the Heavy Hitters 25-8 in intramural softball action here Tuesday.

The game started off well for the Heavy Hitters as they knocked in five runs to lead off the first.

But things looked bleak for the Heavy Hitters as the Da Sluggers cycled through their lineup in the bottom of the first.

The Da Sluggers drove in eight runs in the first, using base hit after base hit to bring each other home, making the score 8-5.

Even though the Da Sluggers were hitting well by placing a number of balls into the outfield gaps, the Heavy Hitters aided their adversaries with poor fielding.

Fielding would remain an issue for the Heavy Hitters throughout the game with five recorded errors, several questionable decisions on fielder's choice plays



Albert "El Jefe" Vivaldes, pitcher for the Da Sluggers, lets a pitch fly against the Heavy Hitters during intramural softball here Tuesday. The Da Sluggers improved their record to 4-2 with a victory over the Heavy Hitters 25-8. Photo by Lance Cpl. Joseph Marianelli

and sloppy fielding in general.

"We're going to work on our fielding," said Julian Briones, captain and first baseman for the Heavy Hitters. "Our bats were looking good."

In the second the Heavy Hitters were only able to manage a triple followed by a tag-up to make the score 8-6.

In the bottom of the second the Da Sluggers extended their lead by four

bringing the score to 12-6.

Particularly damaging to the Heavy Hitters was when Justin "J-Rod" Rodriguez hammered a double into the right field gap, bringing in three runners.

Still having a chance to rally, the Heavy Hitters entered the third inning with a promising start.

Heavy Hitters pitcher Angel Muro was brought home on a triple to left field, but the Heavy Hitters would only score once more, bringing the score to 12-8.

The third inning marked the end for the Heavy Hitters as the Da Sluggers managed to drive in 13 more runs, again with mainly single base hits.

"We have a good team," said Andrew Levy, designated hitter for the Da Sluggers. "We've all been practicing together for awhile."

The game was called at the conclusion of the third inning.

Albert "El Jefe" Vivaldes, captain and pitcher for the Da Sluggers, attributed their victory to keeping their hits mostly on the ground instead of trying to kill the ball.

Chiefs-select host 4-man scramble golf tournament



Tony Alexander, Charles Terrasse, Andre Williams and Timothy Crisp accept their first place trophies after winning the four-man golf-scramble hosted by the chief-selects at Torii Pines Golf Course here Aug. 30. The four-man team clenched first place with a score of 60.



Brian Catalano tees off on the 13th hole at Torii Pines Golf Course here Aug. 30 during the four-man golf scramble hosted by the chief selectees aboard station. Catalano, Carlos Daniels, Marco "Instigator" Ramirez and Chris "Sasquatch" Vaughn ended the day dead even with a score of 70. Photos by Lance Cpl. Joseph Marianelli



Chris "Sasquatch" Vaughn putts for birdie on the 17th hole at the Torii Pines Golf Course here Aug. 30 during the four-man golf scramble. Vaughn's team holed for par after several attempts at the birdie.

Event supports pinning ceremony

LANCE CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

The 115th class of chief petty officer-selects aboard station hosted a four-man golf-scramble tournament at Torii Pines Golf Course here Aug. 30 to raise money for their pinning ceremony.

The four-man team of Tony Alexander, Timothy Crisp, Charles Terrasse and Andre Williams edged out seven other teams in the competition with a score of 60.

"We're happy to play because we want to support the new chiefs," said Terrasse. "We didn't care about winning."

Each member added their expertise to the game.

"We all contributed in our own way," said Williams. "We had a driver, a putter

and a chipper."

James Bennett, Michael Butler, Shawn Henry and Stephen Regonini clenched second place with a score of 61 after winning a putt-off challenge against Zachary Sarver, Ricky Stroud and Shannon Williamson who ended up taking third.

Sarver drove the ball 300 yards to win the longest drive competition.

Ladara Barnes won the closest-to-the-pin challenge.

During the tournament, the chief-selects manned a refreshments tent at the starting point and halfway point.

"Depending on the base, you need to raise a certain amount of money," said Joshua DeBurger, a chief selectee.

Any money not used for the pinning ceremony will be split amongst the

chief-selects and given back to their sailors in the form of financial aid.

For Navy enlisted personnel, the accession to chief has been a rite-of-passage since the chief rank was introduced in 1873.

"In the Navy, it's the pinnacle of your career," said DeBurger. "You're responsible for all the sailors under you."

Even selection represents a significant change for these sailors, and the initial transition can be emotionally jarring.

"Words can't describe it," said DeBurger. "Inspiring, but at the same time, it's humbling — you're entire life is changed."

Although nothing is firm, the selectees plan to hold more events to raise money in preparation for their pinning ceremony scheduled for Sept. 16.