

# THE IWAKUNI APPROACH

Issue No. 43, Vol. 1

Friday, November 14, 2008

Marine Corps Air Station Iwakuni, Japan

## Amazing Race energizes residents during power outage



The Cab Lizzards representing Marine Wing Support Squadron 171 were the first team to finish during the Amazing Race, but their lack of bonus time pushed them out of the top three. Read the full story on page 6. Photo by Lance Cpl. Joseph Marianelli

## SOFA personnel encouraged to complete online QOL survey

SUBMITTED BY  
MARINE CORPS  
COMMUNITY SERVICES

Marine Corps Community Services and station commanding officer, Col. Michael O'Halloran have developed an online survey for service members and Status of Forces Agreement personnel. The survey will help gather feedback on MCCS quality of life programs — improving existing ones and new developments. All station residents are encouraged to participate. The survey can be accessed at [www.mccsi-iwakuni.com/survey](http://www.mccsi-iwakuni.com/survey) and takes approximately 15 to 20 minutes to complete.



Col. Michael O'Halloran

## Station residents get dressed, kimono-style



Jada Smart-Gittings, Minami Koyama and Rhea Laboy sit in their kimono's during a kimono cultural event held here Nov. 5. During the event, five families were able to be dressed in the traditional kimono attire of Japan. Photo by Lance Cpl. Joseph Marianelli

LANCE CPL. JOSEPH MARIANELLI  
IWAKUNI APPROACH STAFF

Several station families had the opportunity to experience wearing traditional Japanese kimono's in a cultural exchange here Nov. 5.

During the event, five families were dressed in kimonos that a group of Japanese women, who teach Japanese traditional dance, brought personally for residents.

"Wow," Stephanie Smart-Gittings, a participant, said while being dressed. "It's an awesome experience."

"Very time consuming, but it makes me appreciate the beauty of it," she added.

Smart-Gittings and her children, Jada and Joel, were all dressed in traditional kimono's.

The timing of this event aligns with the

ceremony of age in Japan, Saturday, when children aged three, five and seven will be dressed in kimonos and taken to Shinto shrines to pray for health and good luck in their future.

Smart-Gittings said she was grateful for the opportunity to more fully experience the Japanese culture.

"I'm thankful for the people willing to share their culture with us and we should continue to respect the people and their culture," she said.

Events like this are rewarding to the instructors because it allows them to pass on the traditions of Japanese culture.

"I am pleased that I can personally introduce the Japanese culture to people," Hisanagi and Nagisaya Hanayagi, traditional

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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.

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## CHAPLAIN'S CORNER

### 'Which birthday is more important?'

CHAPLAIN DENIS COX  
MAG-12 CHAPLAIN

What kid doesn't grow up looking forward to their birthday? You get presents, cake and attention just because you exist. You get to invite your friends, you get to be the center of attention, everyone sings about you and it can become a most exciting time to look forward to. It's just too bad that it only happens once a year.

The Marine Corps celebrated its 233rd birthday four days ago. We all get to dress up, sing songs, invite friends and have a party just because the Corps

exists. We celebrate, sometimes we celebrate a little too hard but we celebrate nonetheless. What we are celebrating is much more than just a birthday, we are celebrating the freedom enjoyed because of what the Corps has been able to accomplish. We celebrate more than just a day; we celebrate how each one of us can make a difference and add to the honor of the Corps' great tradition.

Birthdays can mean a lot. Some birthdays mean more than others. For instance, when someone turns 16, that's a big deal. When someone turns 18, that's another big deal and when someone turns 21, that again is a big deal. There

are others that are less significant but significant regardless. When someone turns 50 or 65 or even 100, those are all important. But there's one last birthday that needs to be remembered.

The Christian tradition uses the term being 'born again.' I remember the day I became a Christian and was born again. I was 26 years old and it was on Sept. 24 when I finally decided to give my life to Jesus Christ. I would much rather celebrate that day than the day I was born. Being born means that I get to live in this world, being born again means that I get to live in eternity with God. To me, that is a much more important day to celebrate. Happy birthday Marine Corps. May you have many more to come! Semper Fi!



Lt. Col. Jonathan Gackle, commanding officer of Marine Aviation Logistics Squadron 12, escorts Machiko Hamamoto, affectionately known as Mama-san, to a ceremony dedicating her more than 40 years of volunteering time and services to the station. Hamamoto has proved an invaluable resource helping in any way she can, be it simple translation or spreading a positive message to the local Japanese community about the Marines and sailors aboard the station. Photo by Lance Cpl. Joseph Marianelli

## Corps Question

**Q. Can sections of family housing be designated for smokers only? If so, can inbound families choose?**

**A. Housing officials are required to follow a designation plan based on rank from the Marine Corps Housing Management Manual (MCO P11000.22). Further designating smoking and non-smoking housing units would increase the difficulty of providing proper housing to all incoming families. Smoking is prohibited in common spaces, but is not limited in individual units. Residents should ensure their outdoor activities are not polluting the space shared by others.**

## Cultural exchange provides mutual understanding of Japan traditions

KIMONO FROM PAGE 1

Japanese dance instructors, said.

As with many cultures, the youth seem to be less and less enthusiastic about the traditions of the past and Japan is no exception.

"A lot of younger generations lose interest in traditions," said Hisanagi Hanayagi.

"We are really glad to know that some Americans are really interested," she added.

Cultural exchange events like this allow Americans and Japanese to forge lasting relationships based on mutual understanding.

"We want a lot of people to experience dressing in kimono and to enjoy the traditions and history of Japan," Yoko Seo, cultural adaptation specialist, said.

The event was a trial run to be used

as a model for future kimono events and ideally allow more people to try the traditional costume of Japan.

"Our program is trying to promote the understanding of Japanese culture offering the opportunity to meet Japanese people," said Seo.

The event and other like it are a good way for station residents and local Japanese people to meet.

"Since we make the initial connection to the Japanese community they can continue to develop that relationship on their own," said Seo.

"If they become friends, they lose the hostilities toward each other," she added.

For more information about upcoming cultural events, contact Seo at 253-6165 or for events more specific to youth and teens, contact Taeko Yokoyama at 253-5900.



(Left) Stephanie Smart-Gittings is dressed in a traditional Japanese kimono by members of a local Japanese traditional dance school here Nov. 5. The kimono event was the first of its kind with the intent of having future events open to more station residents. Photo by Lance Cpl. Joseph Marianelli

## SUGAR SUBSTITUTES: a semi-sweet solution to a healthier smile

CONTRIBUTED BY THE  
BRANCH HEALTH CLINIC

Most people agree sugar tastes good. Most people have also heard about and used sugar substitutes, such as saccharine and aspartame.

Using sugar substitutes can protect teeth and help prevent many health conditions linked to high quantities of sugar consumption, including obesity, diabetes, behavior problems, and high cholesterol.

But after trying these sugar substitutes, whether by adding them directly to coffee or cereal, or by eating commercially prepared foods and beverages that already contain them, lots of people come to the same conclusion — it's sweet, but it doesn't taste as good as sugar.

It isn't the sweetness of sugar substitutes, artificial sweeteners are usually hundreds of times more sweet than sugar, that people find lacking, rather it's texture, bulk, or other subtle differences from sugar.

To most people's taste buds, sugar will always remain the gold standard — millions of years of biological programming can't be undone overnight.

We have many sugar substitutes to choose from. Packaged foods and drinks often use sophisticated blends of different sugar substitutes to create a sweetness profile that closely resembles sugar. At home, we also have several ways to replace the five-pound bag of granulated sugar in the pantry with a sugar substitute and to replace sugary processed foods with similar foods sweetened with a sugar substitute.

Keep trying until you find products containing sugar substitutes that to you closely mimic the taste of sugar. Also pay attention to when new sugar substitutes are approved by the Food and Drug Administration and are released into the market — the choices will keep growing. There are certain sugars that we want to encourage folks to replace with substitutes.

As dentists, our primary concern is 4 types of sugar — sucrose (table sugar), glucose (grape sugar, honey, maple syrup), fructose (fruit sugar, especially concentrated in fruit juices), and maltose (corn syrup) and also the simple starches we eat (found in white bread, white flour, and white pasta) that get broken down into these sugars before we

even have a chance to swallow them. When we eat these sugars we are also feeding the sugars to the bacteria inside dental plaque causing acid to be held against the surfaces of the teeth resulting in tooth decay.

Sugar substitutes taste good to us but the bacteria in dental plaque cannot make acids from them.

All of these aforementioned sugars are widely used as additives in processed foods and drinks as well as being found in many natural unprocessed foods, even those found in health food stores. Remember, just because it doesn't taste sweet doesn't mean it isn't loaded with sugar.

Some of the newer sugar substitutes on the market are sucralose (also known as Splenda, an artificial derivative of natural sugar and in side use), neotame (a stronger version of aspartame, just starting to come into use), and acesulfame potassium (also known as Sunett or Sweet One, which has the needed heat stability for use in baking).

For those seeking a natural sugar substitute, which tend to be caloric unlike artificial sweeteners, there is sorbitol and xylitol that are both extracted from

plants. It is important to highlight one aspect of xylitol — it is good for your teeth. Studies show that people who chew xylitol gum have a drastic reduction in tooth decay. Xylitol works by actually starving the bacteria in dental plaque.

Xylitol is widely available in chewing gums. It is also available in bags and packets for use just as you would use sugar; however, it is not suitable for some kinds of baking.

A few final words to the wise — rarely some individuals have developed sensitivities to certain sugar substitutes or have mild gastrointestinal symptoms from them. Discontinue using any product that causes you to experience side effects.

Studies have also shown that people who switch to a diet low in sugar have a tendency to gain weight, not lose it.

When blood sugar levels go down the brain triggers an increased appetite leading to more food consumption at the next meal. So always plan to eat enough calories from healthy food, especially from whole grains, in order to give the body the energy, no longer being eaten in the form of sugar, it needs.

# America's Squadron spearheads Exercise Aces North 2008 in support operations



Leading Aircraftsman Mark E. Ash teaches Cpl. Joshua Maners how to operate the different dials and knobs unique to a Royal Australian Air Force fuel truck. Fuel section Marines assigned to Marine Wing Support Squadron 171 are working alongside Australian re-fuelers to ensure American and Australian F-18 jets are fueled and refueled between take-offs in support of "Aces North," a bilateral training exercise between the RAAF and United States Marine Corps. Photo by Lance Cpl. Dan Negrete



Leading Aircraftsman Mark E. Ash and Sgt. Bruce L. Quintin observe as Cpl. Joshua Maners inspects the fuel inside a Royal Australian Air Force fuel truck for sediment and water content. Quintin and Maners are two of seven Marines with Marine Wing Support Squadron 171 fuel section. Photo by Lance Cpl. Dan Negrete

## Bilateral troops build rapport

LANCE CPL. DAN NEGRETE  
IWAKUNI APPROACH STAFF

**Royal Australian Air Force Base Tindal, Australia** — Aces North a bilateral training exercise between the United States Marine Corps and Royal Australian Air Force began Nov. 10 over the skies of Tindal, Australia. Australian airmen and Marines assigned to Marine Wing Support Squadron 171 spearheaded the exercise in support operations.

"The night prior to exercise, we were tasked with loading 15 jets with over 50,000 gallons of fuel," said Sgt. Bruce L. Quintin, noncommissioned officer-in-charge of heavy equipment and fuels. "We had to make sure all the jets were fueled before the exercise commenced at 3 a.m. Monday morning."

From Nov. 10 through the beginning of December, RAAF pilots and Marine pilots will conduct a series of training

exercises with F-18 fighter jets.

As a support squadron, MWSS-171 plays a vital role in the exercise by ensuring all the jets are fueled and refueled between take-offs.

"The fuel section in 171 is the foundation of this operation," said Quintin. "Without fuel, these birds don't fly." Seven Marines assigned to MWSS-171 comprise the fuel section for this exercise. They are working alongside their Australian counterparts who are also trained with fuels.

"Fifteen Marine Corps jets have been flown over to Australia to participate in this exercise," said Quintin. "The increased number of planes would have made fueling operations difficult for the Australians without 171's support."

"They're really a godsend," said Leading Aircraftsman and RAAF re-fueler, Mark E. Ash, referring to the Marines assigned to 171's fuel section. "If they weren't here, we'd be stuck, unable to

refuel the jets in preparation for this operation. They're extra bodies we definitely needed."

Fuel section Marines are also pleased to work alongside their Australian counterparts.

"The Australians have a unique way of conducting business," said Lance Cpl. Joseph D. Rivera, a member of 171's fuel section. "Everything is 'no worries, mate'. They're very patient and relaxed when teaching us how to use their equipment for the first time. Overall, it's a pleasure to work with Australians. It almost feels like we're hanging out with them instead of working with them."

The exercise has called for the Australians and Americans to provide 24-hour operational support. They are working with each other around-the-clock — spread out in 10-hour shifts to ensure the planes have the fuel they need to make this exercise possible.

# EXERCISES TALON VISION, PHIBLEX END



Philippine Marine Sgt. Edilberto Amdongano (right) assaults a range Oct. 22 alongside Marines with Company K, Battalion Landing Team, 3rd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit, during squad rush training at Crow Valley, Republic of the Philippines. The combined exercises Talon Vision and Amphibious Landing Exercise ended Oct. 27. Photo by Lance Cpl. Ryan Wicks

## Civil action projects conducted in tandem

LANCE CPL. TYLER J. HLAVAC  
THE OKINAWA MARINE

**REPUBLIC OF THE PHILIPPINES** — U.S. and Philippine service members who participated in this year's Talon Vision and Amphibious Landing Exercise gathered for a short ceremony Oct. 27 to commemorate the end of the two exercises.

The 3rd Marine Expeditionary Brigade controlled the U.S. participation in the two bilateral exercises with the Armed Forces of the Philippines, conducting numerous medical and dental civil action projects as well as combat training events.

The combat training balanced an exchange of information between both services, including training in martial arts, knife fighting, jungle warfare, squad tactics, boat raids, combat lifesaving, rappelling and other types of field skills.

Simultaneously, AFP and U.S. service members worked together to bring medical and dental care to the Philippine people, conducting more than 18 medical and dental civil action projects while providing assistance to about 12,000 people. Service members also conducted more than 14 bilateral community relations events benefiting more than 8,000 students.

It is these types of accomplishments that prompted senior leaders to highlight the successes of the exercises.

"It is apparent we achieved our goal of enhancing interoperability between our two armed forces," said Philippine Marine Brig. Gen. Natalio C. Ecarma, deputy commandant of the Philippine Marine Corps. "This exercise definitely enhanced our war-fighting skills, and we hope (the U.S. Marines) learned as much as we did."

Ecarma's comments were echoed by U.S. Marine Lt. Gen. Richard C. Zilmer, commanding general of the III Marine Expeditionary Force.

"Bilateral training helps improve the ability of the Philippine and U.S. militaries to respond to natural disasters," Zilmer said. "Therefore, it is vital we continue to improve readiness and military interoperability through bilateral military exercises such as these. To the people of the Philippines, thank you for welcoming us here and allowing us to work together. Maraming Salamat Kaibigan (Thank you, friends)."

Talon Vision, lead by the Philippine Air Force and Marine Aircraft Group 36, and Amphibious Landing Exercise, lead by the Philippine Marine Corps and the 31st Marine Expeditionary Unit, are annual bilateral training exercises which enhance military interoperability and improve communities through humanitarian and civil action projects.



A reconnaissance Marine with the Philippine Marine Corps' Reconnaissance Battalion rappels out of a Marine Medium Helicopter Squadron 265 CH-46E Sea Knight helicopter Oct. 23 at Basa Air Base, Republic of the Philippines. Photo by Lance Cpl. Tyler J. Hlavac



Seaman Zane Hratgraves, a corpsman with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, shows Sheine Bandosano, a 6th grader at Marcos Elementary School, how a stethoscope works Oct. 20. The Armed Forces of the Philippines and U.S. Marines and sailors visited the elementary school to share quality time with the students and donate school supplies and sports equipment. Photo by Lance Cpl. Joseph A. Cabrera

# THE AMAZING RACE:

# 76 COMPETITORS ATTACK STATION



Teams were issued passports listing the 14 different events that they would have to complete with space at the bottom to note successful completion of bonus activities during the Amazing Race held here Saturday. Teams were permitted to skip up to three whole events, and seven of the events had optional bonus activities that would subtract 10 to 15 minutes from a team's total completion time if they were successful. Photo by Lance Cpl. Joseph Marianelli



Yukiko Patterson attempts to clasp a dry bean with chopsticks during the Gas and Beans event at the Amazing Race held here Saturday. During the event, a participant from every team had to transfer beans from one bowl to another and then another teammate had to transfer them back, both using only chopsticks and of course donning the gas mask the entire time. Photo by Lance Cpl. Joseph Marianelli



Col. Michael A. O'Halloran was on hand to present the top six teams with their prizes at the conclusion of the Amazing Race held here Saturday. Bonus time proved a critical factor as the top three teams all chalked up 40 minutes or more in bonus time with the winning team Car Ramrod taking top honors with an adjusted time of 1:02:59. Photo by Lance Cpl. Joseph Marianelli



Teammate Cory Thornton watches as Julian Briones quickly tightens the lug nuts on one of the four vans staged outside Typhoon Motors during the Rotate This event of the Amazing Race held Saturday. Briones' team the Cab Lizzards sported the fastest overall completion time, but were knocked out of the top three by teams with more bonus time. Photo by Lance Cpl. Joseph Marianelli

## Station residents combat power outage

LANCE CPL. JOSEPH MARIANELLI  
IWAKUNI APPROACH STAFF

Nineteen teams, thirty-one volunteers and twenty-seven Marine Corps Community Service employees kicked off the inaugural Amazing Race here Saturday.

Car Ramrod representing Marine Aviation Logistics Squadron 12 and composed of Cody Brown, Kenneth Mimplitsch, Erik Shepard and Carlos Toromedina took first place overall with an adjusted final time of 1:02:59.

"Pretty much when we kicked the field goal and his (Mimplitsch) shoe went further than the ball, we knew we had it won," said Brown.

"And the fact that I could duel-wield chopsticks," added Toromedina.

Participants in the race began at the parade deck and were released in a tiered system with the first clue.

From the first clue, participants took to the pavement, running about the air station from location to location like ants performing various tasks to fill their passports with stickers.

Locations were highly varied with contestants running to places such as the paintball range, Hornet's Nest and even the library.

Objectives varied almost as much as the locations with challenges ranging from the academic, requiring some math-

ematical dexterity and knowledge of Marine Corps history, to the physical, which included events such as the tire change at Typhoon Motors and basketball bowling at the Strike Zone bowling center.

In total, there were 14 different events contestants could participate in, but every team was allowed to skip up to three whole events.

At several of the locations there were optional additional challenges that would give bonus time, ranging from 10 to 15 minutes, if completed successfully.

Many teams probably underestimated the importance of bonus time as the top three teams, Car Ramrod, the Warriors and Two Tone had 40 minutes or more in bonus time each.

"We had the time, but not enough bonus points," Cory Thornton, a member of Cab Lizzards, the team with the

fastest unadjusted time, said.

At the conclusion of the race, Col. Michael A. O'Halloran was on hand to present the top six teams with their prizes.

The next Amazing Race is scheduled for May and is supposed to have more events and hopefully more participation, said O'Halloran.

Car Ramrod had a caveat for those wanting to participate in future Amazing Races, "For the next few years, no one should bother coming out," they said.



Julian Briones, Cory Thornton, Byron Whisnant and Brandon Carlton attempt to recall their Marine Corps knowledge as they complete a knowledge quiz during the Amazing Race held here Saturday. Photo by Lance Cpl. Joseph Marianelli

**CORPS NEWS**HIGHLIGHTING MARINES AND  
SAILORS AROUND THE GLOBE**MARINE CORPS MARATHON**

Marine officers of Delta Company's 2nd Platoon, who are currently training at the Basic School aboard MCB Quantico, hand cups of water to the various competitors participating in either the 10k or 26.2 mile races. Photo by Sgt. Jonathan T. Spencer

**Marines keep race running smoothly**

LANCE CPL. SKYLER TOOKER  
MCB QUANTICO

ARLINGTON, Va. — More than 1,400 Marines and sailors from the National Capitol Region volunteered during the Marine Corps Marathon, taking on many different tasks helping the event run as smoothly as possible, over the weekend.

The Marines that volunteered arrived at the course site, some as early as Oct. 21, staying to help set up the event for participants to get registered for the race.

"We left for the Marine Corps Marathon at 4 a.m. to make sure everything was set up before the race started," said Lance Cpl. Karey Boatright, from the Quantico Finance Office. "I was stationed at the second water point handing out water to all the runners as they passed by."

The Marines also did everything from distributing out food at the end of the race to handing out the medals and even hooking up the computers to track the runners during the race.

There were also Marines helping direct people whether it was to the Metro or to the family connection center.

"I worked at the information tent that just helped direct or gave out information about the 33rd Marine Corps Marathon," said Lance Cpl. Charles Tredway, from the Quantico Finance Office. "This is my second Marathon I volunteered for."

The race wrapped up with the last runners coming in and the Marines from TBS handing out medals and directing the exhausted participants to the Finish Festival for a little rest and relaxation.

"The marathon was motivating, when you have people out there pushing their bodies to the max, it is inspiring," Boatright said. "It was a pleasure to be there. It is another way to show that the Marine Corps is willing to help in other ways than just defending our country."

**Amateurs dominate people's marathon**

Arlington runner and first-time marathoner Andrew Dumm completes his exhausting 26.2-mile journey at the Marine Corps Marathon Sunday when he broke through a banner held by Commandant of the Marine Corps Gen. James T. Conway and the USO American Bells. Dumm did not expect the win, and he used pure crowd motivation to push himself. Photo by Kathy Reesey

CPL. TRAVIS J. CREWDSON  
MCB QUANTICO

ARLINGTON, Va. — About one-third of the competitive field at the 33rd annual Marine Corps Marathon had never participated 26.2-mile tests of endurance. Among that amateur group were the first-place male and female finishers in the race of nearly 20,000 runners Sunday.

Arlington novice Andrew Dumm, 23, was the first male on top at 2 hours, 22 minutes, 44 seconds. Almost 30 minutes later, Cate Fenster, a 37-year-old from Wooster, Ohio, was the first woman to cross the finish line at 2:48:55.

As the largest race in the world without prize money, the MCM attracts those seeking pride, looking for a fun first-time marathon, or trying to qualify for Boston. Runners poured across the starting line for several minutes after a cold, overcast 8 a.m. start. The weather later turned sunny and crisp.

Runners battled inclines for the first four miles before taking the hill down to the 4-mile marker and the Key Bridge, where runners took a turn into Georgetown, which had been removed from last year's route. As the front-runners headed out to Hains Point between miles 12 and 13, Dumm broke into the lead.

"I just wanted to use Hains Point because that's a little bit of a lonely stretch of the race to make a move," the American University graduate student

said. "It's a pretty good psychological area to do so."

Participants ran down the National Mall to the Capitol, where Dumm maintained his lead ignoring a bleeding right foot.

"The marathon was exactly what I thought it would be," Fenster said. "I felt good for most of the way, but at mile 20, I could feel the bricks coming. I was kind of shocked to win."

The marathon posed a challenge for the teams as well.

The U.S. Marine Corps team upset the British Royal Navy/Marine team by winning the Challenge Cup, a traditional competition between the trans-Atlantic rivals since 1978.

While Gen. James Conway, commandant of the Marine Corps, was on site encouraging runners, Sgt. Maj. Carlton Kent, 16th sergeant major of the Marine Corps, was finishing his eighth running of the race in a personal best time of 3:37:18. Along with a few route changes, the marathon also altered other aspects. Several mile markers in Arlington displayed "subway art" featuring a blend of arts and running designed by local graffiti artist Kevin Irvin. Instead of the disposable timing chips of previous years, runners were equipped with a new disposable timing tag to loop through their laces this year. This year's race gave many runners an excuse to smile and wave as it was broadcast live on television as well as several Web sites for loved ones at home to view.



Scot E. Seiss shoots to the the finish line as the first hand-cyclist to finish Sunday's Marine Corps Marathon. Seiss, who completed the course in 01:23:19, has been competing with hand-cranked bikes for about two years. Photo by Lance Cpl. Meloney R. Moses

**Double amputee cranks to victory**

LANCE CPL. MELONEY R. MOSES  
MCB QUANTICO

ARLINGTON, Va. — A Rocky Ridge, Md., native, finished first place in the hand bike division of the Marine Corps Marathon wearing bib number 508, with a time of 1:23:19, beating his time from last year by 15 minutes.

In high school, Scot E. Seiss excelled at track and soccer and earned third in the state for the 300-meter hurdles; 15 years after losing both legs to a motorcycle accident, he continues to excel as an athlete competing with hand-cranked bikes.

"This is the biggest race I've ever competed in," Seiss said, seemingly unaffected by the 26.2 mile course. "Every time I go by a checkpoint it encourages me to keep going."

Seiss said he has been racing for about 10 years, starting out with wheelchairs, and has competed in the Marine Corps Marathon three times with this being his first win.

"I get on the road about three or four times a week and cycle about 30 miles in two hours to train," said Seiss who is currently self-employed in the excavating industry. "This is all just training to me."

With his new aluminum, bright yellow, 18-speed, kneeling cycle and endless hours of training, Seiss was able to finish about 16 seconds ahead of the second place finisher.

Seiss said he plans to compete in either the Boston or Pittsburgh marathons in the spring.

**Community Briefs****Food Sale Fundraiser**

Filipino American Association will host the Food Sale Fundraiser on Nov. 15, 10 a.m. – 1 p.m. in front of the Commissary. Combo Plates — Chicken Adobo, Pancit, Rice and Lumpia are on the menu. Proceeds will be used for Community Holiday Party in Club Iwakuni. For more information, call 253-6084.

**Jewelry Sale Fundraiser**

American Red Cross will host the Jewelry Sale Fundraiser on Nov. 21, 5 – 9 p.m. at the Officers Club. All SOFA status personnel welcome. Proceeds will benefit American Red Cross programs and Events on MCAS Iwakuni. For more information, call 253-4525.

**"Hometown Extravaganza"**

Holiday Cheer-Leading Committee sponsors the 4th annual "Hometown Extravaganza." The show will be on Dec. 14, 7 p.m. at the Sakura Theater. Calling all performers and units/station representatives. Cash Prize to the 1st place unit. Audition schedule is Nov. 15, 10 a.m. – 4 p.m. and Nov. 19, 4 – 6 p.m. at Mathew C. Perry High School Music Room. For specific details, call 253-6745.

**Family Housing Office**

The Family Housing Division is changing its customer service hours. Starting Nov. 10, the hours will be from 8:30 a.m. - 4:30 p.m., Monday through Friday. Self Help will maintain its current hours, 8 a.m. - 4:30 p.m., Monday through Saturday.

**"Stay Connected by Reading"**

The Station Library now offers a "Stay Connected by Reading" service. If you or your spouse are deployed or on TAD and don't want to miss that bedtime story for your little ones, just come to the library, select a book to read, and we will video tape you reading it. You then take the DVD home with you and it will be available for your children even when you are gone. Call the Library at 253-4607 for an appointment.

**Reminders to motorcycle riders**

With the camouflage uniforms going from desert to green digital, motorcycle riders are reminded to wear proper personal protective equipment. Reflective equipment is required for wear over the green digital camouflage uniform when riding a motorcycle. Toy motor scooters are not

authorized for use. For more information or any question, contact Provost Marshal's Office at 253-5105.

**Lost and Found**

Provost Marshal's Office, Lost and Found section receives many unclaimed items. If you lose something, please contact PMO at 253-5105.

**New number for Central Texas**

Central Texas College has a new phone number 253-3288.

**Hiroshima Ice Hockey Team**

Hiroshima Collectors, an ice hockey team in Hiroshima City, is now inviting players. Practice schedule: Nov. 14 (Fri.), 21 (Fri.), 28 (Fri.), Dec. 3 (Wed.), 5 (Fri.), 8 (Mon.), 11 (Thu.), 15 (Mon.), 19 (Fri.), 22 (Mon.), 26 (Fri.), Jan. 5 (Mon.), 7 (Wed.), 16 (Fri.), 22 (Thu.), 26 (Mon.)

Time: 9 – 11 p.m.  
At: Hiroshima Big Wave  
Age restriction: For adult team, there is no age restriction.  
Others: Let us know if you need

protective equipment.  
POC: Mr. Ryotaro Morimoto  
(e-mail: morimoto.ry@mazda.co.jp)  
URL: <http://www.geocities.co.jp/Athlete-Samos/8667/>

**Boy Scouts - 50 years of service**

Troop 77 would like to welcome and invite anyone interested in joining to attend one of their weekly meetings. The meetings are every Monday, 6 - 7:30 p.m. at Bldg. 1111 (one block down from the Chapel). For more information, call Hut at 253-3505.

**Fine Arts Exhibit Program**

As a participant in the National Fine Arts Exhibit program, the Youth & Teens Center may submit artwork in four age divisions and 10 categories, including watercolor, pastel, oil, acrylic and collage. Selected artwork will be screened at the local level and a limited number will be sent to the regional and national levels. For more information, call the Youth and Teen Center 253-5549.

**Chapel Services****Roman Catholic**

Saturday 4:30 p.m. Confession  
5:30 p.m. Mass  
Sunday 8:30 a.m. Mass  
9:45 a.m. Religious Education  
Tuesday - Friday 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  
11:00 a.m. Seventh-Day Adventist Devine Worship  
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship  
10:30 a.m. Protestant Service  
11 a.m. Children's Church  
Wednesday 6 p.m. Awana (Bldg. 1104)  
6 p.m. 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 Activities

**Jewish**

Friday 6 p.m. Shabbat (small chapel)

**Teen Programs**

For times, call 253-5183: high school meetings, junior high meetings, HS and JR Bible studies, retreats, service projects, mission trips, Special Events Volunteer Training and Mentoring, Parent Support Groups

For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

**SINGLE MARINE PROGRAM**

///Upcoming events and programs///

**///Dominos Tournament///**

Sunday, Nov. at 6 p.m.  
Sign up and enjoy a game of competition. Prizes will be awarded to the 1st, 2nd, and 3rd place winners. Open to all single and unaccompanied service members. (253-3585)

**///Thanksgiving Buffet & Madden///**

Thursday, Nov. 27 at noon  
Celebrate Thanksgiving at the Hornet's Nest with free food, snacks, and sodas. The buffet is open to all single and unaccompanied service members. Afterwards, participate in the Madden Football Tournament. Prizes will be awarded to the top winners. Tournament will start at 3 p.m. Please bring your own controller and memory card. (253-3585)

**Sakura Theater**

Friday, Nov. 14, 2008  
4 p.m. Ghost Town (PG-13)  
7 p.m. Ghost Town (PG-13)

Premier  
10 p.m. Lakeview Terrace (PG-13)

Monday, Nov. 17, 2008  
7 p.m. Igor (PG)

Saturday, Nov. 15, 2008  
1 p.m. High School Musical 3: Senior Year (G)

4 p.m. Igor (PG)  
Premier

Tuesday, Nov. 18, 2008  
7 p.m. Babylon A.D. (PG-13)  
Last Showing

7 p.m. Lakeview Terrace (PG-13)

10 p.m. Ghost Town (PG-13)

Wednesday, Nov. 19, 2008  
7 p.m. Miracle at St. Anna (R)

Sunday, Nov. 16, 2008  
1 p.m. Igor (PG)

Thursday, Nov. 20, 2008  
8 p.m. A Very Special Love  
FIL-AM showing with Free Admission

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](http://www.mccsiwakuni.com) or call 253-5291.

## THE IWAKUNI APPROACH Classifieds

### Automobiles

#### 2006 Suzuki DRZ-400SM

Car has 4600 kilometers. JCI runs until April 2010. Economical transport at 50 mpg. Includes Corbin seats. Asking \$3500 OBO. Call 08030991788.

#### 1994 Toyota Lexus

Asking \$2,000 OBO. Great gas mileage. 10-disc CD changer. JCI runs through September 2009. Road Tax until April 2009. For more information, call 253-2203 (home) or 253-3516 (work).

#### 1997 Honda Odyssey

Asking \$3,200 OBO. Great gas mileage. Excellent condition and runs well. JCI runs through May 2010. Road Tax until April 2009. For more information, call 253-2203 (home) or 253-3516 (work).

### Mess Hall Menu

#### MONDAY

Cream of Broccoli Soup, French Onion Soup Baked Chicken and Rice, Yakimiku (Steak and vegetables), Steamed Rice, Lyonnaise Green Beans, Mashed Potatoes, Peas and Carrots, Chicken Gravy, Dinner Rolls, Peanut Butter Cookies, Chocolate Cream Pie, Whipped Topping, Banana Cake with Butter Cream Frosting  
SPECIALTY BAR: PASTA BAR

#### TUESDAY

Minestrone Soup, Tomato Soup, Pork Ham Roast, Shrimp Scampi, Potatoes Au Gratin, Steamed Rice, Glazed Carrots, Broccoli Combo, Cheese Biscuits, Brownies, Spice Cake with Butter cream Frosting, Coconut Cream Pie  
SPECIALTY BAR: TACO BAR

#### WEDNESDAY

Chicken and Rice Soup, Cream of Broccoli, Chili Mac, Grilled Cheese, Tempura Fried Fish, Macaroni and Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas and Mushrooms, Dinner Rolls, Chocolate Drop Cookies, Florida Lemon Cake, Lemon Butter Cream Frosting, Blueberry Pie  
SPECIALTY BAR: BBQ

#### THURSDAY

Chicken Noodle Soup, Cream of Mushroom Soup, Apple Glazed Corn Beef, Teriyaki Chicken, Rissolle Potatoes, Noodles Jefferson, Succotash, Fried Cabbage, Hot Mustard Sauce, Chicken Gravy, Cornbread, Pecan Brownies, Pineapple Upside Down Cake, Chocolate Cream Pie  
SPECIALTY BAR: DELI BAR

#### FRIDAY

Vegetable Soup, Beef Noodle Soup, Beef Cordon Bleu, Lemon Baked Fish, Parsley Butter Potatoes, Steamed Rice, Steamed Carrots, Herbed Broccoli, Dinner Rolls, Ginger Molasses Cookies, German Chocolate Cake, Coconut Pecan Frosting, Pumpkin Pie  
SPECIALTY BAR:  
Northside: HOTDOGS/POLISH SAUSAGE  
Southside: MONGOLIAN BBQ

### Jobs

#### Dental Assistant needed

The dental clinic at MCAS Iwakuni is seeking one motivated Dental Assistant for a great opportunity in dental healthcare services.

For more information, please stop by Bldg 111 or call 253-5252 or 3331. Applications must be received NLT 4 p.m. on Monday.

### Miscellaneous

#### House in Beaufort for rent

Beaufort Orders? Home 20 minutes from the air station for rent 3/2/2. Remote control ceiling fans in the living room and all three bedrooms.

Remote control garage door opener with a fenced yard. This spacious, open floor plan home is on a wooded lot with a lagoon. Bluffton is between the air station and Savannah.

Make the wife happy with the convenient shopping while you are still close to work and your children are in better schools.

For more information, call (843) 321-2917 or email to: ninavanetten@yahoo.com.

#### Nutcracker Ballerina

Great Christmas gift for your ballerina! Rotates and plays the Nutcracker Suite. Asking \$50. For more information, call 253-3278 (work) or 090-8608-3799 (cell).

#### Baby Girl Clothes for sale

Must see cute baby girl clothes! Old Navy, Gap, Osh Kosh, Carters. Size from 6 months to 12 months winter. 12 months to 18 months spring and summer. Also have shoes, socks, tights, bibs, sweaters, coats. Excellent shape, lightly worn and free of stains.

Will sell individually \$5 per outfit, shoes \$3 per pair of shoes, or will negotiate a price for all. Pack-n-play with changing table, vibrations, music and bassinet in excellent shape. \$75. Email for pictures of the pack-n-play. Contact dawn\_larrabee@yahoo.com or 253-2611 (home).

#### BOWFLEX TREADCLIMBER TC5000

Asking \$1,800 OBO. Purchased for \$2,600 with shipping two years ago. Slightly used. For more information, call 253-2611 (home) or email to: dawn\_larrabee@yahoo.com. For more information on the machine, visit <http://www.bowflex.com/>

To submit an advertisement request, follow the classified link on the station Web site and open an advertisement request form. Submit the form via website or send the e-mail to [iwakuni.pao@usmc.mil](mailto:iwakuni.pao@usmc.mil). Or you can submit in person at the Public Affairs Office, Building One, Room 216.

- The deadline for submissions is Monday at 4:30 p.m.
- The request is effective a week. If you want to extend a previously submitted ad for an additional week, notify the Public Affairs Office at 253-5551.



A normal day at the office. Stay Marine.

# YOUTH SOCCER SEASON Concludes



Soccer players from the 5-6-year-old Cobras grasp trophies while other teams are presented with awards. Iwakuni's Youth Soccer season came to a close Saturday after more than six weeks of soccer bliss. Photo by Sgt. Josh Cox



Coach "B" presents his team with their trophies during the Youth Soccer closing ceremonies here Saturday. The sport was open to station residents and Japanese nationals between the ages of 3 and 15 years. Photo by Sgt. Josh Cox

**SGT. JOSH COX**  
IWAKUNI APPROACH STAFF

In a ceremony here Saturday, Iwakuni's Youth Soccer season came to a close after more than six weeks of soccer bliss.

Youth Sports presented coaches and teams with trophies and applause during the ceremony, held indoors on Northside due to rainy weather.

The popular sport was open to station residents and Japanese nationals between the ages of 3 and 15 years.

Many teams had completely full rosters,

and even more spectators.

For the small children, the season was all about learning the ropes.

According to coaches in the 5-6-year-old age bracket, the sport was basically a game of "magnet ball." The primary learning objective for small players was to practice the basics. For older players, a tournament opportunity drove teams to quickly build teamwork and sharpen skills.

A few characteristics were the same across the board — the season was designed to build friendships and to be a great time for players and players alike.

## All in good fun Softball matches here build cultural friendship



Station residents and Japanese nationals play softball together during the Japanese and American Goodwill softball game held at Penny Lake field here Sunday. One warm-up game was played, followed by a home-run derby and ending with a final game for bragging rights, but still all in good fun. Photo by Lance Cpl. Joseph Marianelli



**This  
uniform  
wasn't  
earned  
to be  
trashed.**

Celebrate the Corps' Birthday responsibly

Photo illustration by Sgt. Josh Cox