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THE IWAKUNI APPROACH

Issue No. 17, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Port, harbor area to be restricted zone starting May 10

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

The Fish Tales Marina, the port-access road and the section of the south side seawall turning toward the port and harbor area here are slated to be permanently closed to pedestrians, bicyclists and through traffic May 10.

The new flight line is scheduled to be used for preliminary flight operations at that time, which could endanger station members who visit the aforementioned recreational areas.

Provost Marshal's Office officials will be posted at the access points there to provide security.

The Lighthouse Café will remain open to serve all who have access to the area.

Station officials are working on a process to determine who will have access to the port and harbor area.

"We have everybody's safety and the base's security in mind in doing this," said Maj. Giuseppe Stavale, station provost marshal. The goal is to keep everyone safe and to maintain flight operations at the same time, he added.

According to Marine Corps Order 11010.16, any area around a flight line with a day night average sound level over 80DNLs is harmful to hearing and should not be used for recreational purposes.

The port and harbor area, including where the Fish Tales Marina is located, has been estimated to have an average of 85DNLs once the new flight line becomes operational.

Stavale said other options are being reviewed to see if the Fish Tales Marina could be used at certain times, but until those options are decided upon, the Fish Tales Marina will remain closed and only authorized personnel will have access to the port and harbor area.

"Those people that are allowed (access) won't be able to ride a bike, they won't be able to be on a motorcycle, they won't be able to walk in," said Stavale. "They still have to be in a vehicle for safety reasons."

"We have the safety of the personnel on the ground to be concerned with and the safety of the personnel in the aircraft to be concerned with," added Richard Perry, station safety director. "That zone (on the port-access road) has to stay clear."

Pilots aboard an aircraft use an instrument landing system, which

SEE **HARBOR** ON PAGE 3

Man overboard drill prepares harbor personnel, fire department

LANCE CPL. MIRANDA
BLACKBURN
IWAKUNI APPROACH
STAFF

For Friendship Day 2010, there will be approximately 3,000 Japanese visitors coming through the MCAS Iwakuni harbor by way of 17 ferry boats.

In preparation for any future ferry arrivals, harbor operations conducted a man overboard drill along with the station fire department, medical personnel and safety

personnel at the harbor here April 15.

The purpose of the drill was to better coordinate actions with other elements aboard the station and to provide proficiency in the areas of responsibility prior to Friendship Day.

"When the time comes, if anyone falls overboard from any one of those ferry boats, harbor operations division, along with the fire department rescue swimmers are ready to respond," said Senior Chief Petty Officer

Lemuel Oconer, the harbor operations division officer.

The exercise consisted of a simulated boat collision, which resulted in two people, represented by water dummies, falling into the water. At that point, harbor operations notified the emergency control center of the mishap and minutes later both the station fire department search and rescue swimmers-and-medical personnel reached

SEE **OVERBOARD** ON PAGE 3

Mighty Shrikes halfway through six-month deployment



LT. CMDR. Q STERLING

Lt. Cmdr. Zachary "Nacho" Salas flies by Mount Fuji in Japan March 14. Salas is a pilot for Naval Air Station Lemoore's Strike Fighter Squadron 94. VFA-94, also known as the Shrikes, arrived at Marine Corps Air Station Iwakuni, Japan, in February for their third deployment under the Unit Deployment Program with Marine Aircraft Group 12.

ENSIGN CHARIS BRACY
VFA-94 PUBLIC AFFAIRS OFFICER

After completing a successful TRANSPAC with approximately 12 F/A-18C aircraft, 225 personnel and 47.5 tons of cargo, Naval Air Station Lemoore's Strike Fighter Squadron 94 Mighty Shrikes arrived in Iwakuni, Japan, in February for their third deployment under the Unit Deployment Program with Marine Aircraft Group 12.

Having passed the halfway mark of a scheduled six-month deployment, the Shrikes

continue to top their best performance with each exercise.

Operating under a unique mission set, including support to fleet Marine forces, VFA-94 began its deployment operating from Hickam Air Force Base in Hawaii, supporting Exercise Lava Viper. With a 100-percent sortie completion, the Shrikes expended 130 MK-76s, 2,617 rounds 20mm and 65 LGTRs over the Pohakuloa training area on Hawaii's big island.

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CHAPLAIN'S CORNER

'Critical Communication – Part II'

LT. ROBERT E. MILLS
STATION CHAPLAIN

Last week, we talked about the four essential aspects of communication: intent, encoding, decoding, and understanding.

This week we are going to take a good look at some of the forms of communication and see what we more we can learn.

Probably the most well-known form of communication is verbal. Most of us talk every day, passing all kinds of information.

We use verbal communication to ask for the milk at the breakfast table, to exchange information at work, to teach and learn at school, to tell our spouses or kids how much we love them, and even in prayer, when we talk to God.

Spoken language has several parts to it. Many words have more than one meaning. Here's an example: What if someone asks you how you are doing and you say, "I'm fine"? You could really be saying that you are very happy and content, or you could be more subtle, meaning to say that you wish you were happier but you are still OK.

What if your spouse comes home and you meet him at the door? He knows that he was supposed to do some grocery shopping for you on the way home and you know by looking at his empty hands that he forgot.

When he asks you how you are and you answer through clenched lips, "I'm fine!" he would be really foolish not to notice the non-verbal messages you are sending: the clenched, tight

lips, the folded arms, the tapping foot and the frosty look. If he really thinks you are happy, he deserves to sleep on the couch.

This brings us to the second form of communication – unspoken or non-verbal communication.

Our body language says much about how we are feeling inside. Even children's book characters can teach us something here. You can tell by looking at Eyore that he is not very energetic and happy. He just looks sad.

On the other hand, Tigger is always full of energy and bouncing around (can you tell I have kids?). These animal characters don't have to say anything at all to get their message across.

It is the same way with us. The way we look says so much to everybody around us. When we walk, are we looking down at the ground or ahead at where we are going? Do we make eye contact with the people in a crowd? If so, how long do we look at them? Is our look confident or tentative? Do we appear to be comfortable with who we are and what we are doing? Many of these questions can be answered very accurately by people who have studied body language.

Did you know that you can send two messages at once? You may be telling a lie with your voice, but most of the time, your body language will tell that you are lying.

Lawyers, astute business professionals, diplomats, therapists and chaplains all study body language to learn what a person is really thinking.

There are other non-verbal forms of communication. Right this second, you are using one. As I write these words, it is 4:25 p.m. on Friday afternoon the 23rd of April. It is cloudy outside, but the sun is peaking through breaks in the clouds. Outside

my office window, I can see the good people from Marine Corps Family Team Building setting up their equipment for an event they are putting on tonight. Since it is so close to the end of the work day, I'm looking forward to getting home and spending an evening with my family. I feel tired, but it has been a good day, full of rewarding work and satisfying exchanges with family, colleagues and friends.

See how the written word works? With a few strokes of the keyboard (thank goodness for the backspace key!), I am able to share with you what is in my mind. If you are able to read English and if I write well, (not a forgone conclusion by any matter!), then we have communicated.

The great advantage to written communication over verbal communication is that it endures. Because the contents of this article will be placed on the Internet and published on paper, it is possible that my great-grandchildren will someday read these words and see what the old man was thinking on a Friday afternoon in April 2010.

So why have we been discussing communication in this space for the past two weeks – because communication is incredibly important to human life.

We have much to share with each other on our journey in this life. I want to invite you to study and learn more about communication.

Your spouse, kids, friends, colleagues and extended family will appreciate your work on communicating better.

A great place to learn communication is from the one who invented it – God. He wrote us a great letter and I invite you to find your Bible today and get to work on the best communication ever.

Single Marine Program supports New Orleans

SGT. JUDITH WILLIS
QUANTICO PUBLIC AFFAIRS

NEW ORLEANS – In 2005 one of the deadliest hurricanes hit New Orleans causing a state of emergency. One of the biggest impacts Hurricane Katrina had was on the city park, which covers 1,300 acres. The park went from having 260 employees to 23.

For the last day of the 2010 Joint Leisure Travel and Single Service Member Conference in New Orleans, Single Marine Program coordinators, executive council members and senior enlisted advisors throughout the Marine Corps lent a helping hand at the park.

Marines, sailors and civilians spent Friday morning in hot, humid weather cutting down Chinese Tallow trees and covering a walking trail with six inches of mulch. Since 2005, the park has been recovering from the affect of Hurricane Katrina.

"The park is used a lot by people of all ages who want to escape the city," said Jim Morrison, the volunteer manager for the park. "It's really a great help for us. I knew they were going to work hard, but I'm amazed that they finished the trail in such time."

From 9 to 11 a.m. they worked non-stop to get the job done.

"The Chinese Tallow trees grow so rapidly that they choke out any other trees," said Morrison.

The community service event was an experience not to be forgotten.

"I think this event was beneficial to our program for the simple fact that it makes the community of New Orleans recognize the Marine Corps does care," said Cpl. Calvin Perkins, SMP president from Marine Corps Air Ground Combat Center in Twentynine Palms, Calif. "Yes, we are a worldwide force, but we don't forget the people in our own backyard."

The community service event ended the three-day conference, which began on April 13.

"From last year's conference that we had in Orlando, Fla., we discussed with the Marines where the next conference should be held," said Michael Brown, SMP manager from Headquarters Marine Corps. "The Marines wanted to do something in the community so we chose New Orleans."

To view photos from the entire conference, visit The Quantico Community Relations page on Facebook.

For more information about the park, visit www.neworleanscitypark.com.

Harbor operations, fire department prepare

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the scene.

Six SAR swimmers piled into a small utility boat and made their way toward the dummies and prepared to jump into the 58-degree water.

To get as much training out of the exercise as possible, the search and rescue swimmers were dropped off approximately 50 feet from the floating dummies.

After retrieving the simulated victims from the water, rescue personnel immediately took the victims to the pier where a corpsman waited to provide medical attention.

"We do these kind of drills all the time to keep us on our toes," said Seaman Jayson Goodwin, a boatswain's mate for the harbor operations division. "After it's all said and done, we can look back

and see how we did and what we can do to improve."

Overall, the whole training evolution only took 23 minutes. "Speed and time is of the essence in this case because the victims can only be in the water for several minutes before hypothermia can set in," said Oconer. "Anytime you have a victim in the water, you have to be able to get to them as quickly as possible."

Both harbor operations and the fire department agreed the operation ran smoothly and successfully.

"I think overall the harbor operations personnel performed well," said Oconer. "They performed in accordance to what we briefed previously and performed exceptionally well when it came to cooperating with the rescue swimmers and standard operating procedures."

Mighty Shrikes pass halfway point

HALFWAY FROM PAGE 1

This provided MAG-24 and 3rd Battalion, 3rd Marines with joint tactical air control training, close air support, combat search and rescue, and strike missions in preparation for their deployment to Afghanistan.

Within a week of their arrival to MCAS Iwakuni, the Shrikes continued their demanding tempo with a continuous flow of jets and ordnance to Kadena Air Base on Okinawa.

Without pause, VFA-94 conducted a combined exercise with the 3rd and 8th squadrons of the Japanese Air Self-Defense Force's 3rd Air Wing on Misawa AB.

For two weeks, they lived and worked side by side with the JASDF, including flight coordination and debriefs with their F-2 counterparts.

Sailors of VFA-94 also had the opportunity to visit the JASDF maintenance hangars for a hands-on tour of the F-2.

The first half of training consisted of basic fighting maneuvers, dissimilar aircraft combat training, defensive and offensive counter-air, and blue and red air coordination.

The second half included a large force element exercise, involving approximately 18 aircraft of F/A-18Cs, JASDF F-2s and F-15s, and USAF F-16s, and a Patriot battery from the 6th Air Defense Missile Group.

By exercise close, the Shrikes executed 114 sorties, losing just one sortie to maintenance, and 153 flight hours.

The opportunity to train with the F-2 provided the pilots of VFA-94 unique exposure to an unfamiliar aircraft and the opportunity to hone their own

fighter skills.

In late March, the Hobos of VFA-94 were honored to host a visit by Commander of Naval Air Forces Vice Admiral Thomas J. Kilcline.

In addition to visiting various Pacific naval commands, Kilcline addressed VFA-94 all hands during assembled quarters, highlighting the future of Navy squadrons participating in UDP as well as the transition to the new Joint Strike Fighter.

In addition, Kilcline joined commanding officer Cmdr. Brett Crozier in handing out three prestigious awards.

Petty Officer First Class Sean Vannoy, aviation electricians mate, was awarded Commander Strike Fighter Wing Pacific's Sailor of the Year for 2009.

Petty Officer First Class Mario Casillas, hospital corpsman, received the Commander Naval Air Force's Aviation Medicine Technician of the Year, and Chief Petty Officer Charles Martin received the Navy Commendation Medal.

VFA-94 was awarded the Boola Boola/Grand Slam award for 2009 as the West Coast squadron that demonstrated the highest proficiency in live air-to-air missile shots.

As this piece is being submitted, the Shrikes are well underway on their next big exercise.

Foal Eagle is conducted annually by U.S. Forces Korea, a combined joint exercise bringing thousands of U.S. service personnel to the Korean peninsula.

VFA-94 will operate over the South Korean peninsula, providing operations and intelligence support to fellow MAG squadrons and Marine forces on the ground.

Port, harbor area to allow authorized personnel only starting May 10

HARBOR FROM PAGE 1

communicates with a system on the ground via a signal and helps guide them safely to the flight line.

If a vehicle or pedestrian crosses in between the approaching aircraft and the system on the ground sending the signal, the aircraft's instrument landing system could receive the wrong information, which could lead to a disaster.

"We have to take measures to mitigate the risks," said Perry. "We have to reduce the amount of traffic (going through the port-access road) because it reduces the amount of incidents that could happen. (Restricting the area) has to be done for the safety of the families, the individual and the aircraft."

The operational security of the flight line was also listed as a

concern for limiting access to the port and harbor area.

"If we keep (the port-access road) open to the public, people can just walk right on out (on the flight line)," said Edward Cutshall, station defense policy review initiative deputy program manager. "They can be on that road, and what's to prevent them to go (onto the flight line) and 'Oh let me go take a photo?'"

The overall mission of the station was taken into account when the issue of closing the port-access road and the Fish Tales Marina was raised.

"First and foremost, we are an air station," said Cutshall. "Our mission is to launch and recover aircraft at Iwakuni. I know this is going to be an inconvenience to people, but that is our primary function. Flight safety is of the highest priority here. Mission first."

MALS-12 ordnance manufactures practice bombs for VFA-311

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Marine Aviation Logistics Squadron 12 ordnance built 12 500-pound inert bombs here April 20 in support of Foal Eagle 2010.

The bombs will be delivered to Kadena Air Base where Marine Attack Squadron 311 will use them for training purposes.

The inert bombs are used to simulate the same ballistic properties of service bombs, and the primary purpose of the bombs is to provide safety when training new or inexperienced pilots and ground-handling crews. Other advantages of inert bombs include the low cost and increased available target locations.

The four-man ordnance team built the bombs by attaching conical fins to solid concrete blue bodies. The conical fins help stabilize the bomb in flight, allowing the bomb to exhibit the effects of low drag and stabilization after the bomb is released from the aircraft.

The process may seem somewhat simple, but without the ordnance team, exercises like Foal Eagle would not be possible.

"Without the ordnance (Military Occupational Specialty), there's no point in flying aircraft," said Petty Officer 2nd Class Andrew

Ross, an aviation ordnanceman and the quality assurance safety observer for the MALS-12 maintenance section. "If you can't drop bombs, then all you are is a reconnaissance plane. In my opinion, we're one of the most important jobs in the aviation community."

The crew was only building practice bombs, but they kept safety in the forefront of their minds throughout the entire buildup.

"These bombs are inert, but as ordnancemen we treat every piece of ordnance as if it were live," said Ross. "There are a lot of safety precautions, one being that we're handling very heavy objects, so you need to make sure that everything is being handled properly and everything's being done in a safe matter."

"It really is a life or death matter," said Lance Cpl. Justin Carter, a basic ordnanceman. "The way you handle the ordnance is very important whether it's live or not."

Whether building something small or large, the team takes each project just as seriously as any other bomb buildup.

"Our job is to support the squadron," said Carter. "So whether it's a small buildup like it was today or a (high explosive) buildup, we do what we have to and we get the job done."

KEEPING CLEAN



LANCE CPL. CHRIS KUTLESA

ECE programs ensure good stewardship, mission accomplishment

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

April was a busy month for the Environmental Division here as it worked to prepare for a two-week long inspection ending on Earth Day, April 22.

"This inspection is a way to identify problems and find solutions," said Melanie Bengtson, environmental director here.

Maj. Ian Thompson, environmental compliance officer at Headquarters Marine Corps in Washington, D.C., came to Iwakuni with a contracted team of professionals from the Environmental Compliance Evaluation program to conduct the triennial fence line to fence line inspection of the base.

"Here at Iwakuni, we abide by requirements in the Japanese Environmental Governing Standards, which combines Department of Defense environmental policy with (Status of Forces Agreement) requirements," said Thompson. "We're just making sure that we're meeting the requirements of the laws and having environmental programs in place in order to do that."

ECE conducts audits of Marine Corps bases all over the world using programs designated for different environmental issues, such as solid waste, hazardous waste and water preservation.

The programs used during inspection are dependent upon the installation's needs. Required by the ECE program is a pre-

evaluation checklist updated in accordance with current federal, state and local laws, as well as Department of Defense and Marine Corps policy.

"We compile the list of all the possible laws, regulations, orders and policies that we have to follow and make it into a checklist, where we literally go down and make sure that everything is being done," said Thompson. "It's a very thorough way of ensuring that all the programs are in place."

The checklist notes also employee awareness of environmental compliance.

"Being compliant means that we are following applicable standards directed by environmental mandates like laws and orders," said Thompson. "It requires that we have effective programs in place at our bases to meet those standards."

The checklist focuses on hazardous waste, hazardous waste accumulated areas, spill contingency, above ground storage tanks, oil water separators and contractor sites.

A plan of action and milestones establishing a timeline to correct findings and discrepancies must be identified in a benchmark report. The installation validates this report annually to ensure deficiencies are being adequately addressed.

Hazardous waste programs represent a significant ECE program at Marine Corps installations.

Not surprisingly, the

Environmental Division here takes hazardous waste very seriously.

"The hazardous waste accumulation points here that deal with the hazardous waste directly are being very well handled and very well inspected," said Thompson. "They have a very good oversight program with personnel from environmental out there with squadrons every day checking the sites."

Station safety and the Environmental Division use ECE programs to limit the use of hazardous materials by compiling an authorized use list.

"You don't want to have too many things to pose an extra hazard," said Thompson. "They have done a good job of ensuring that everything is labeled correctly and that when anything becomes a waste it is disposed of correctly."

The ECE program is also used to audit and inspect the disposal of solid waste.

With limited disposal spots on base, how waste is handled and sorted is especially important.

"Earth Day for the Marine Corps is every day," said Thompson. "The environmental job that we're doing here is all in support of the mission. Whatever we do is to keep us operating so our bases don't get shut down, so we have areas to train and safe places to live."

"It's going to have to be a community-wide effort," said Bengtson. "We're going to harness everybody that we can to get out the word and come up with better ways to segregate our trash."

Units are also inspected to

ensure resources are in place in case of oil spills. ECE ensures personnel are capable and prepared for incidents that may pose a threat to the environment.

"Whatever problems we find, we'll try to figure out the root cause behind those and try to let everyone know so they can fix the problem," said Thompson. "We're trying to proactively assist the station's ability to address their environmental concerns."

In celebration of Earth Day, the Environmental Division actively participated by handing out re-usable bags. The division also got the Matthew C. Perry Schools involved by holding an Earth Day poster contest and after school activities to raise awareness about the environment among the children.

Even after the inspection concluded, the Environmental Division continued the effort to keep Iwakuni's Environment clean by scheduling a seawall cleanup Thursday.

It's important to remind people they are part of the solution, said Bengtson.

"Earth Day for the Marine Corps is every day," said Thompson. "The environmental job that we're doing here is all in support of the mission. Whatever we do is to keep us operating so our bases don't get shut down, so we have areas to train and safe places to live."

For more information about how to contribute to environmental awareness or activities, call 253-4854.

Married to the Marine Corps



LANCE CPL. DANIEL BOOTHE

Recognizing spouses for their hard work, dedication

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

There is a common saying that spouses have the hardest job in the military.

Are they saying that being a wife is harder than spending their time in 120-degree weather, pulling hours of guard duty and spending days in the field without adequate sleep or hot chow? Of course not. But military spouses endure the trials and tribulations of the military as well and should be acknowledged for what they do.

For many, being the other half of a service member means enduring months of separation, raising children on their own, running a household and paying bills while their spouse is deployed, training, or simply doing their job.

"Whether I want to or not I have to be there," said Angela Garbutt, a Marine Corps wife aboard Marine Corps Air Station Iwakuni. "I'm like the backbone. I'm a secretary, wife, housekeeper, problem solver, comedian. I have to blend into every aspect of his career."

Marine Corps spouses have not only married their husbands but also the military way of life. They no longer have control over where they want to live, how long they will be there or even where their children will go to school. Making plans more than a few months in advance is now impossible unless they want them to get cancelled last minute.

Being a military spouse means being able to compromise, be flexible and be independent. "You have to have patience, you have to have trust and you have to have the knowledge that he's got to be somewhere at a certain

time. You've got to know what certain time that is," said Crystal Lenac, a Marine Corps spouse of almost seven years. "If you don't know or don't understand that he has to be there for the whole week or for duty, it'll drive you crazy."

Garbutt said the most important thing a wife can do for her husband is to be his number one supporter.

"If I'm not there, who else is?" she said. "There's only so much you can expect from

"I'm like the backbone, I'm a secretary, wife, housekeeper, problem solver, comedian. I have to blend into every aspect of his career."

*Angela Garbutt
Marine Corps wife*

a friend, or a co-worker, or a fellow Marine. There's only so much you can get from that person. When you're away from everybody else in uniform and he comes home, it's my job to calm him and ask him questions. Even if I don't know what he's talking about, I'm still supposed to listen. Even if I don't want to hear it, if I don't know what's happening, if I don't know what the abbreviations mean, I still have to listen."

On top of all of the day-to-day challenges, the hardest thing spouses will ever have to deal with is having a spouse deployed to a combat zone.

"When my husband deployed for the first time, I freaked out for the first two weeks

because he hadn't called me," said Lenac. "So I called a (key volunteer) and it turned out that their flight had been delayed in Germany. I felt a little better that he was safe, but I still wanted to hear his voice."

How do they deal with the separation and being alone? Lenac says the best way she deals with deployments is by keeping herself busy.

"I go home, I spend time with my family, I help my grandparents or I get a job," she said. "I have two kids, so I have to keep their little minds busy too, or it's always going to be, 'When's daddy going to be home?' or 'When's daddy going to call?' So I have to stay busy and focused on what's going on right now and not what's going on in Iraq. If I do that, it's going to eat away at me."

Even after all of the worry and turmoil Marine Corps wives put themselves through, there are things they have learned to love about the military.

"The traveling and the different places that you get to experience are amazing," said Garbutt. "But above all of that, the people you get to come in contact with is the best part about being a spouse."

Being a military spouse is probably the most joyful, frustrating, challenging, rewarding and heartbreaking life a woman can choose.

"A military marriage is the complete and utter opposite of any other marriage," said Garbutt. "It's more demanding, it's more damning, and you'll spend most of your time alone. So if you can't handle that, I'd advise you to step away."

RUNNER INVASION



LANCE CPL. MIRANDA BLACKBURN

Runners participate in a group warm-up session before the 44th annual Kintai Marathon at the IronWorks Gym here April 18. The event consisted of a half-marathon, a full marathon and a five-kilometer walk.

44th annual Kintai Marathon brings more than 1,000

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Station members and Japanese nationals bombarded the streets during the 44th annual Kintai Marathon at the IronWorks Gym here April 18.

The event consisted of a half-marathon, a full marathon and a five-kilometer walk.

Sakane Miho took first place in the women's division of the half-marathon with a time of 1:29:11, and Hirayama Motoo placed first for the men's division with a time of 1:12:32. Fujiwara Mayumi came in first for the women's division of the full marathon with a time of 3:27:17, while Nagashita Takahisa took first in the men's division with a time of 2:38:47.

More than 1,000 contestants, young, old and in between attended the marathon in everything from traditional Marine Corps green-on-green and glow straps to florescent-colored short shorts and sweat bands. Runners started off their morning by lathering up with sunscreen and BenGay, stretching out, and participating

in a group warm-up session that got them pumped-up and ready for the race. The sound of a gun shot started



LANCE CPL. MIRANDA BLACKBURN

Family and friends sit near the street to cheer on their loved ones during the 44th annual Kintai Marathon at the IronWorks Gym here April 18. Bystanders posted up their tents, blankets, and lawn chairs while they listened to music, soaked up the sun and socialized.

the first race, the half-marathon, at 10 a.m. The marathon started at 10:10 a.m., and the walk kicked off at 10:20 a.m.

While avid runners raced around the station individually or in teams, other participants briskly walked the seawall.

Participants consisted of both beginners and seasoned runners. "I got into running only a couple (of) months ago," said

Jason Green, a half-marathon participant. "It's something to pass the time. It's something I'm almost addicted to now."

Family and friends posted up their tents, blankets, and lawn chairs while they listened to music, bathed in the sun, socialized and cheered on their loved ones, while children played in the bounce house and waited patiently for balloon animals from an enthusiastic clown.

Vendors provided water, juice and pieces of fruit to sunburnt, tired and sore Marines, sailors and Japanese nationals as they trickled past the finish line. "I feel sore, but I feel like I've accomplished something," said Green. "I'm scheduled to do 26 miles in Washington D.C. for Halloween this year."

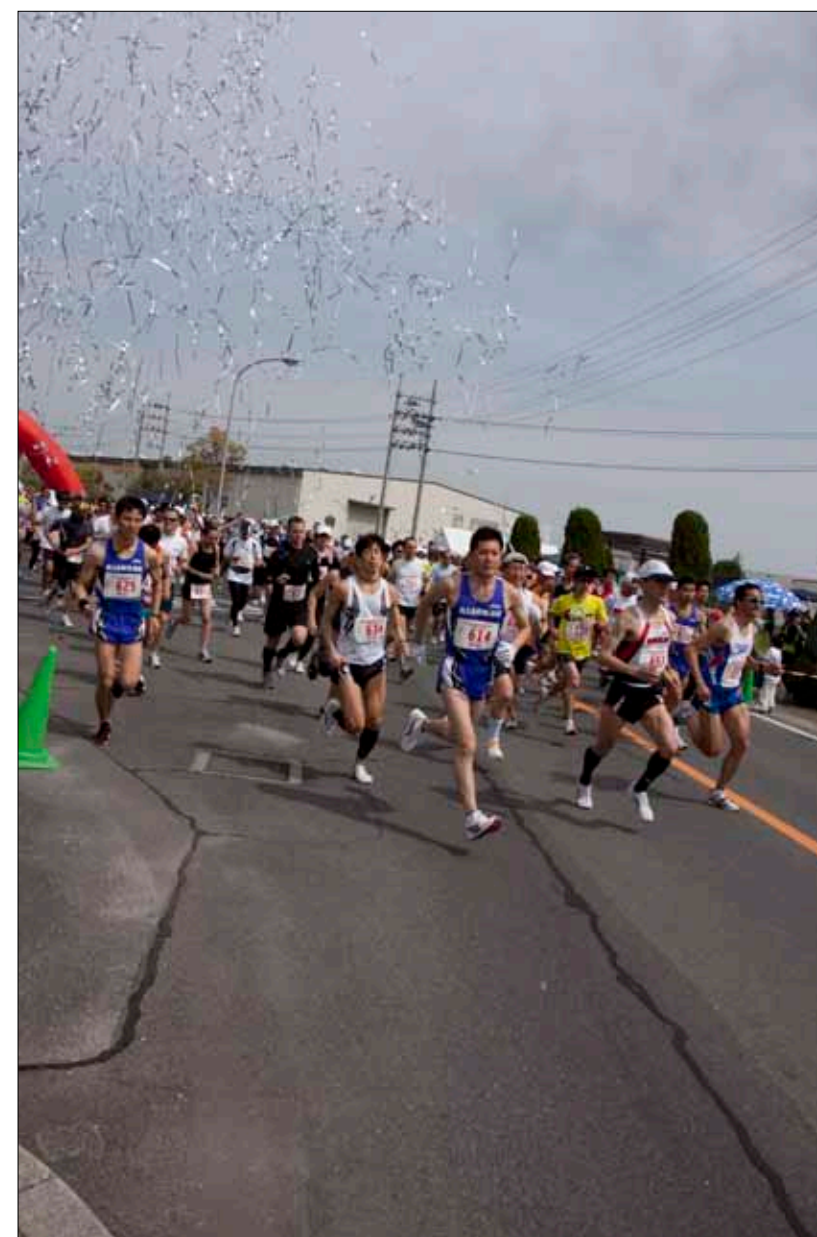
Even after enduring a 13 or 26-mile run, participants encouraged others to participate next year.

"If you want to run a marathon or even a half marathon, don't think, just do it," said Ly Tach a half-marathon participant. "Go out there, run and just try to be faster than the person in front of you."



LANCE CPL. MIRANDA BLACKBURN

Participants of the five-kilometer walk navigate through the array of tents, blankets and lawn chairs set up outside the IronWorks Gym here at the 44th annual Kintai Marathon April 18. Vendors provided water, juice and pieces of fruit to sunburnt, tired and sore Marines, sailors and Japanese nationals as they trickled past the finish line.



LANCE CPL. MIRANDA BLACKBURN

Marathon participants kick off the race at 10:10 a.m. at the 44th annual Kintai Marathon at the IronWorks Gym here April 18. Fujiwara Mayumi came in first for the women's division of the full marathon with a time of 3:27:17, while Nagashita Takahisa took first in the men's division with a time of 2:38:47.



LANCE CPL. MIRANDA BLACKBURN

A group of competitors run past Building 1 during their second lap of the 44th annual Kintai Marathon, April 18. While avid runners raced around the station individually or in teams, other participants briskly walked the seawall.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



LANCE CPL. DWIGHT A. HENDERSON

HELMAND PROVINCE, Afghanistan - Marines with Weapons Company, 2nd Battalion, 2nd Marine Regiment, use mine detectors to check for improvised explosive devices on a bridge on Route Giants in Laki, Garmsir District, Helmand province, Afghanistan, March 31. With Explosive Ordnance Disposal technicians in support, the Marines used mine detectors to check a bridge and tree lines for improvised explosive devices that sat no more than 50 meters away from the patrol base.

Marines begin clearing areas surrounding new patrol base

LANCE CPL. DWIGHT A. HENDERSON
REGIMENTAL COMBAT TEAM 7

HELMAND PROVINCE, Afghanistan — Marines with Weapons Company, 2nd Battalion, 2nd Marine Regiment, began to clear the surrounding areas of their new patrol base in Laki, Garmsir District, Helmand province, Afghanistan, of improvised explosive devices March 31.

Marines recently removed IEDs, to the north, on Route Giants while moving to a new patrol base in the southern portion of their area of operations.

"They now needed to clear approximately 100 meters to the south to cover a bridge and nearby tree lines.

With Explosive Ordnance Disposal technicians in support, the Marines used mine detectors to check a bridge and tree lines that sat no more than 50 meters away from the patrol base.

The Marines swept carefully as they stepped from the safety of the patrol base. Within minutes they had already discovered their first IED, which EOD quickly

disposed of. "EOD has helped us a lot," said Lance Cpl. Stephen M. Earwood, a squad leader with Weapons Co.,

his most experienced sweeper up front, Lance Cpl. K. Schwartz a Marine with Weapons Co., 2/2, who, combined with Earwood,

experience, there is not much to it but there's kind of a technique. Everyone kind of develops their own technique for it."

Over the next few hours the Marines found a total of three IEDs around the bridge. All of them were approximately the same size and type, and two of them only sat a few meters apart.

"We knew there would be a lot," said Earwood. "They know it's a key terrain feature for us with our trucks. Any bridge we've found down here in the AO there has been at least three at every single one."

The Marines moved on to clearing the tree line located near the bridge. There were no IEDs found.

The Marines will continue to monitor the areas around their patrol base and have even struck a deal with a nearby farmer, who, under the incentive of better security, will cut down the tops of some of his trees so that the Marines can provide better over watch.

"Keeping your word to the locals is very key," said Earwood. "Just winning hearts and minds and they'll help you out finding other IEDs; they'll point them out."



LANCE CPL. DWIGHT A. HENDERSON

HELMAND PROVINCE, Afghanistan - Cpl. Erick A. Monterrosa, background, a radio operator with Weapons Company, 2nd Battalion, 2nd Marine Regiment, and Lance Cpl. Justin K. Schwartz look through their rear sight optics on their M-4 Carbine rifles while patrolling in Laki, Garmsir District, Helmand province, Afghanistan, March 31.

2/2. "They have taught us a lot on how to sweep, how to dig for them, how to find them and how to look for the battery source." According to Earwood, he put

has found the most IEDs. "I've swept on a couple of clears that we've had and I just picked up the experience," said Schwartz. "Sweeping is all about gained

COMMUNITY BRIEFS

Lyrical Parody Contest
Soap-Box Confessions presents a lyrical parody contest at the Satsuki Tower community room in Building 656, May 4 at 7 p.m. Find your favorite song's instrumental version, then write your own words to it. Must relate to food, eating, and dining. There will be prizes for first, second and third place. Must register by May 3 with name and song selection. For more information or to sign up, please call 080-3700-7540 or email hottcoffy@hotmail.com.

Partial Transition from CIF to IIF
The Consolidated Storage Program has transitioned from the consolidated issue facility model. All field protective mask issues and returns will take place at the CIFs or IIFs. Each customer will have

a single issue record including any field protective masks and all infantry combat equipment issued through CIFs or IIFs. For more information, call 623-2626 or 623-2625.

Birthday Break
The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. The promotion is open to anyone with a birthday. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and MCCS take care of the rest. Every Friday, birthdays from the previous week will be announced and on the last Friday of every month there will be a random birthday cake giveaway for one birthday in the upcoming month.

Road Tax
Today is the last day

to pay your road taxes. Bring your title and payment in the form of yen. Heavy vehicles must pay at the New Symphonia Building from 8:30 a.m. to 5:15 p.m. Light vehicles/motorcycles pay at City Hall from 8:30 a.m. to 5:15 p.m. To receive your new decal from PMO, bring your Japanese title, secondary insurance, 2010 road tax receipt, SOFA license and AFID card and your vehicle. Failure to pay road tax can result in impoundment.

CREDO Marriage Enrichment Retreat
Couples can learn to communicate more effectively at the Aki Grand Hotel, Hiroshima, May 21-23. Couples cannot have attended a CREDO marriage retreat within the last five years. Capacity is for 14 couples. Sign up from May 5-12. To sign up, call the Marine Memorial Chapel at 253-3371.

The Biggest Saver Coupon Contest
The contest will run until Apr. 30. Come by Marine and Family Services, Building 411, Room 201 and pick up your coupon packets. Save your

receipts, put your name and phone number on the back of your receipts and turn them into the Personal Financial Management Office. The person who saves the most money will win an hour long massage. If you have any questions, call 253-6250.

Women's bowling league
The Strike Zone is looking to form a women's bowling league. It will take place Thursdays 7-10 p.m. The teams will consist of three members. For more information, call 253-3495.

Hornet's Nest Renovations
The Hornet's Nest is currently undergoing renovations scheduled to be completed June 2010. The gym area will be closed until June 1. The Cyber Café, located in Building 1345 next to the Wood Hobby Shop, will remain open 24 hours a day, seven days a week during the renovations. Single Marine Program trips will continue. For more information, contact Jay Stovall at 253-3585.

Emergency Phone Numbers Reminder
• Anti-terrorism force protection hotline: 253-ATFP(2837)
• Life limb or loss of vision threatening emergencies while on the air station:

119 or 911. From a cell phone or for bilingual capability: 082-721-7700.
• For security issues, contact the Provost Marshal's Office: 253-3303.
• To report without talking to a person, Crime Stoppers: 253-3333.

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

Iwakuni Teens
Join Club Beyond every Tuesday night. Enjoy games, music, food and fun plus a short Bible lesson. Club Beyond is held in Yujo Hall, between the chapel and Thrift Store, 6:30 - 8 p.m. For more information, call the chapel at 253-3371 or 080-4177-2060.

NMCRS Volunteer Opportunities
Be that friendly person who lets those in need know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply, call 253-5311.

SAKURA THEATER

Friday, April 30, 2010
7 p.m. Our Family Wedding (PG-13) Premiere

Saturday, May 1, 2010
1 p.m. Crazy Heart (R) Premiere

Sunday, May 2, 2010
1 p.m. Alice and Wonderland (PG)
4 p.m. Our Family Wedding (PG-13)
7 p.m. Brooklyn's Finest (R)

Monday, May 3, 2010
7 p.m. The crazies (R) Last Showing

Tuesday, May 4, 2010
No Movie for MCAS Friendship Day

Wednesday, May 5, 2010
No Movie for MCAS Friendship Day

Thursday, May 6, 2010
7 p.m. Crazy Heart (R)

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

Miscellaneous

Two Bunnies for Sale

Only 5 months old. One black male and one gray female. Very friendly, love to be held, and great with kids. Asking \$150, paid \$300 for both with accessories. For more information, please call 080-3417-6913.

Girls Bedroom Furniture

Twin sleigh bed. Matching dresser with mir-

ror and matching desk. Asking \$300 OBO. For more information, please call 253-2519.

Girls Clothing

Lots of very nice dresses and other winter and summer girls clothing for sale. Sizes 10-16, priced to sell. If interested, please call Jessica at 253-3469 or 080-3705-2974.

Automobiles

1995 Black BMW

Left hand drive, 5-speed-manual transmission, sound system, sub-woofer, amp, CD/DVD player, TV, tilt-touch screen system with remote, power doors, locks and windows, leather seats, alarm system, sun roof/moon roof, well maintained, only 116,000 km. Asking \$4,500 OBO. For more information,

please call 080-3874-8056 or 080-3874-8055.

1995 Black Honda Accord

Automatic transmission, power doors, locks and windows, heat and air conditioning, well maintained. Asking \$2,000 OBO. For more information, please call 080-3874-8056 or 080-3874-8055.

2001 CBR 929

Great gas saver, easy and comfortable to drive around town. Great mileage, only 20,600 kilometers. Has Two Brothers after-market exhaust, Scotts steering damper and a new battery. Asking for \$3,500 OBO. For more information, call John at 253-2119 or 090-6017-6822.

Homes

For Sale by Owner in Jacksonville, N.C.

Beautiful home with four bedrooms and two and half bathrooms. Great location, near schools and in a quiet cul-de-sac. Asking \$204,900 OBO. For more information, please call 910-451-5507 ext. 3264 or email sparulis@ec.rr.com.

Mess Hall Menu

Monday

Bean with bacon soup, shrimp gumbo soup, savory baked chicken, oven roast beef, oven brown potatoes, tossed green rice, succotash, green beans and mushrooms, brown gravy, dinner rolls, potato salad, cucumber and onion salad, standard salad bar, peanut butter brownies, double layer marble cake, banana cream pudding. Specialty Bar: Pasta

Tuesday

Tomato soup, vegetable soup, turkey pot pie, Salisbury steak, mashed potatoes, tangy spinach, steamed cauliflower, buttered noodles, brown gravy, dinner rolls, country style tomato salads, Mexican coleslaw, standard salad bar, cherry pie, Boston cream pie, oatmeal raisin cookies. Specialty Bar: Taco

Wednesday

French onion soup, cream of broccoli soup, Caribbean chicken breast, beef cordon bleu, O'Brien potatoes, chicken gravy, Creole green beans, savory summer squash, dinner rolls, cabbage, apple and celery, three bean salad, standard salad bar, chocolate chip cookies, Dutch apple pie, devil's food cake. Specialty Bar: Barbeque

Thursday

Manhattan clam chowder, split pea soup, Cantonese ribs, turkey curry, steamed rice, macaroni and cheese, Southern style green beans, corn on the cob, dinner rolls, macaroni salad, mixed fruit salad, standard salad bar, sugar cookies, German chocolate cake, banana cream pie. Specialty Bar: Deli sandwich

Friday

Chicken noodle soup, cream of mushroom soup, baked fish, Yankee pot roast, home fried potatoes, steamed rice, calico corn, simmered white beans, vegetable gravy, dinner rolls, potato salad, country style tomato salad, standard salad bar, coconut raisin drop cookies, double layer Florida lemon cake, chocolate cream pie. Specialty Bar: Mongolian



The Knicks are presented with their first place trophies during the closing ceremony at the IronWorks Gym here April 17. The ceremony recognized all youth basketball divisions including ages 3-4, 5-6, 7-9, 10-12 and 13-14. The Knicks defeated the Sixers in the 10-12 year-old division championship game April 15. Steve Navar, the team coach, said that it took the Knicks a few games to realize how important it was to work as a team in order to win.



CRIME STOPPERS

MCAS IWAKUNI, JAPAN

Don't hesitate, please make the call. You don't have to talk to a person. Leave a detailed message and the Provost Marshal's Office will take care of the rest. The phone number is 253-3333.

Do your part!!

Youth Basketball Championship



The Knicks team gets together for a team photo after defeating the Sixers 22-14 in the youth basketball 10- to 12-year-old division championship game at IronWorks Gym here April 15. The Knicks were presented with a first place trophy and special recognition at the closing ceremony held at the IronWorks Gym, April 17.

Knicks defeat the Sixers 22-14 at championships

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

The Knicks defeated the Sixers 22-14 in the youth basketball 10- to 12-year-old division championship game at IronWorks Gym April 15.

"The game went well," said David Rausch, center for the Knicks. "We won. I'm happy." The Knicks were presented with a first place trophy and special recognition at the closing ceremony held at IronWorks Gym, April 17 to recognize all youth basketball divisions, including ages 3-4, 5-6, 7-9, 10-12 and 13-14.

Steve Navar, team coach, said that it took the Knicks a few games to realize how important it was to work as a team in order to win.

Once these basic sportsmanship concepts were adopted among the players, the Knicks players began to overcome opposing teams, gain confidence and carry out a successful season.

"The main thing that we were focusing on during the season was working as a team," said Navar. "In the end, they became team players and did an outstanding job."

The Knicks practiced Wednesdays and Fridays to improve their basic ball-handling skills.

The team worked on layups, freethrows and dribbling the ball.

Navar focused on each player's weaknesses and incorporated plays, drills and fun ways to help the player improve.

If a player missed a freethrow during practice, he/she would have to run suicides as an incentive to work on his/her deficiencies, said Navar.

"We got stronger with our freethrows," said Mateo Navar, player for the Knicks. "The team didn't want to do suicides, so we worked on that and got better."

Steve Navar kept the team motivated and reminded them that these games are not all about winning.

"If we come out here and we have fun, that's all that matters," said Steve Navar.

The children wore smiles during the season closing ceremony as parents cheered and each team walked up to receive a trophy for their participation.

Marine Corps Community Services held a cookout after the ceremony to provide hotdogs, soda, chips and kettle corn for all who attended.

"The biggest satisfaction I get out of all of it is to see the kids have the opportunity to participate," said Ricardo Romero, youth sports coordinator with MCCC. "They all got playing time, they all got opportunity and they all had fun."

For more information about youth sports programs and events, call 253-3239.



A Sixers player tries to inbound the ball during the youth basketball 10- to 12-year-old division championship game at IronWorks Gym here April 15. The Knicks defeated the Sixers 22-14 and were named season champions.

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IWAKUNI

米海兵隊  岩国基地



FRIENDSHIP DAY



Not all planes displayed will be featured at the air show.
この飛行機の画像は、イメージです。実際の飛行機と異なる場合があります。

MAY 5, 2010

8 AM - 4 PM

Gates will be closed at 1:30 p.m. for inbound traffic.

Air Show, Static Displays, Kids Land, Car Show, Live Entertainment,
Food, Rolling Thunder and More!

www.friendship-day.net