UFC fighters visit Yokosuka, put on mixed martial arts clinic

Story and photo by MC3 Andrew Ryan Smith, Navy Public Affairs Support Element Japan

Ultimate Fighting Championship (UFC) fighters Dustin Hazelett, Rich Franklin and Joe Stevenson visited with Sailors at Commander Fleet Activities Yokosuka (CFAY) Aug. 16.

The Navy Entertainment sponsored event included ship tours, a meet and greet and a mixed martial arts (MMA) clinic.

"I'm a big fan, so I had to check out the fighters and get their autographs," said Culinary Specialist 2nd Class Mawbub Ahmed, a crew member of the Ticonderoga-class guided-missile cruiser *USS Shiloh* (CG 67). "I appreciate these guys coming out here and I can't wait to see them in action later."

The fighters instructed an MMA clinic, which helped almost 100 Sailor-fans learn and practice technique with professionals. During the demonstration, the fighters walked participants through the many holds and grappling moves used during their fights.

Known for their athleticism and uncommon physical and mental toughness, the hardened fighters displayed a friendly and appreciative side to forward-deployed fans.

"We have such a big fan base in the military and they do such a great job supporting the UFC," said UFC fighter Rich Franklin. "I feel an obligation to come here and give something back to the troops who work so hard to protect us all."

Franklin is not a newcomer to touring with service members. In 2006, he visited troops in Iraq and two years later, he visited with Sailors and Marines deployed in the Persian Gulf. He has also spent time with wounded warriors at Walter Reed Army Hospital on several occasions.

After signing hundreds of autographs and posing for dozens of photos, the fighters were given a tour of the Arleigh Burke-class guided-missile destroyer *USS Lassen* (DDG 82), which is permanently forward-deployed to Yokosuka.

(Right) Ultimate Fighting Championship (UFC) fighter Dustin Hazelett shakes hands with a Sailor during a meet and greet event at Commander Fleet Activities Yokosuka Commodore Matthew Perry General Mess Aug. 16. The UFC fighters are visiting U.S. service members stationed in Japan as part of a Navy Entertainment tour.

"How many people can say they have been on a Navy ship?" Dustin Hazelett asked. "It was a cool experience."

During their 10-day tour, the fighters will visit various military installations to meet and talk with forward-deployed service members.

FFSC coupon program helps put money back into your pocket

Story and photo by Dan Bowen, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Fleet and Family Support Center (FFSC) receives thousands of grocery coupons every week thanks to the thoughtfulness and diligence of volunteer organizations and individuals all over the United States. The coupons are sorted and made available to residents enabling them to save hundreds of dollars on grocery bills every month.

"It's a good deal, it really is," said FFSC Work and Family Life Supervisor Scott Keehn. "We bag them up and put them out and anybody who is stationed here can have them. It's a win-win for everybody."

Since the economy took a turn for the worse in 2008, coupon clipping has become popular again. According to www.consumeraffairs.com, 3.3 billion consumer packaged goods coupons were redeemed. This was thanks to an increase in distribution which put the number of coupons issued over 360 billion. The average face value of the coupons was $1.44.

"If you spend just an hour a week going through coupons, cutting them out from the paper, you can save a substantial amount of money," said Keehn. "At the very least, customers should use the coupons they have on the racks right in the commissary."

The beauty of the FFSC coupon program is all of the cutting is done for you by the volunteers back in the United States. There really is no reason why anyone on the base shouldn't stop by the Community Readiness Center (CRC) to pick up a bag of coupons before heading over to the commissary. The coupons are located in bins on the first and fourth floors of the CRC.

In addition to the FFSC coupon program, the Work and Family Life Office also offers a myriad of personal financial management help through counseling, workshops and classes in subjects as diverse as credit management, home and car buying, planning for retirement and much, much more. The goal of all their classes is to help individuals learn, understand and manage their financial matters.

For more information on the ways the Work and Family Life Office can help you, visit the website www.cnic.navy.mil/Yokosuka/CommunitySupport/FFSC/PersonalFinanceManagement, contact them by e-mail to ffscinfo@fe.navy.mil or call 243-9910.

FFSC volunteers Matt Faxon and Midori Simpkins place bags of coupons in a bin outside the check-in/check-out desk on the 4th floor of the Community Readiness Center Aug. 12. FFSC receives the coupons from volunteer organizations in the United States.

Cultural differences celebrated during Diversity Day

Story and photo by Mark Elrod, CFAY Public Affairs

People on board Commander Fleet Activities Yokosuka (CFAY) came together Aug. 6 to celebrate their cultural differences during the 2nd annual Navy Exchange (NEX) Yokosuka Diversity Day held at the Yokosuka base red brick area.

"If you look up diversity in the dictionary it says, 'varied' or variety, and that's exactly what we are. As a people today, we are celebrating the differences amongst us, but we all know, at the end of the day, we are all one people," said NEX Merchandise Manager Rusti Rausch, during her opening remarks.

AK-48, a hula dance troupe consisting of members of the CFAY community performs a Polynesian Hula dance before a crowd during the 2nd annual Navy Exchange (NEX) Yokosuka Diversity Day Aug. 6.

"The Navy Exchange, being a worldwide organization, is definitely a diversified organization. We celebrate our differences, learn to work within our different cultures and ensure that we remain the successful organization that we are today," she added.

During the event there were booths representing various countries displaying cultural aspects of each of them.

There was also entertainment in the form of Polynesian dancing provided by "AK-48" a Hula dance troupe consisting of members of the CFAY community.

Embracing diversity is a key element to success not only for the NEX, but for the Navy and all military communities as well.

"The Navy Exchange and the Navy itself are very diverse groups and at the end of the day the job has to get done," said CFAY Negishi Housing Detachment Officer-in-Charge Romadel de las Alas, who was guest speaker for the event.

According to de las Alas, he enjoys diversity everyday with the group of people he works with in Negishi and it's the diversity of the people that make the organizations successful.

"The beauty of the Navy, or for that matter the military and you, as family members, is that you all have an input," he said.

"You all have something inside of you, because of your cultural background, that's going to make something better; that's going to make the exchange better; that's going to help these families here in Yokosuka, in Negishi and Ikego," added del las Alas.