

# OKINAWA MARINE

FEBRUARY 11, 2011

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**A 155 mm High Explosive Dual Purpose round fired by artillery cannoneers with Gun Team 2, Battery B, 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, leaves the tube of a M777 howitzer during Artillery Relocation Training Program 10-4 at the Hijudai Training Area in Oita Prefecture, Kyushu, Japan, Feb 7. The training evolution is one of four held annually to give artillery Marines and their supporting units time to hone their skills in an operational environment.** Photo by Lance Cpl. John Kennicutt

## Marines begin artillery training

**Lance Cpl. Jovane M. Holland**  
OKINAWA MARINE STAFF

**HIJUDAI TRAINING AREA** — The Marines of Battery B, 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, began the

live fire portion of their artillery training as part of the Artillery Relocation Training Program 10-4 here Feb. 7.

The purpose of the regularly-scheduled training is to sustain core capabilities and ensure Marines are prepared to respond

effectively to any conflict in the Asia-Pacific region where artillery units may be needed, according to Capt. Neal Cheramie, commander, Battery B.

“Our goal is for the battery to be able to execute firing procedures

SEE **HIJUDAI** PG 5

## Yama Sakura proves value

**Lance Cpl. Matheus J. Hernandez**  
OKINAWA MARINE STAFF

**CAMP COURTNEY** — Marines from 3rd Marine Division, III Marine Expeditionary Force, worked with their counterparts from the Japan Ground Self-Defense Force to conduct Exercise Yama Sakura 59, Jan. 11 to Feb. 3.

Yama Sakura is an annual bilateral Command Post Exercise and is designed to improve U.S./Japan interoperability through computer-generated scenarios, which facilitate staff interaction.

“It’s good working with the JGSDF because it builds theater cooperation which assists with mission accomplishment,” said Master Gunnery Sgt. Larry Robertson, operations chief, G-3, 3rd MarDiv.

In addition to providing an opportunity for both nations to strengthen their ability to coordinate and conduct operations, the exercise provided an opportunity to test the command and control of the unit commander and his staff prior to future exercises throughout the region.

SEE **YAMA SAKURA** PG 5

## Cobra Gold 2011 kicks off in Thailand

**Gunnery Sgt. Cindy Fisher**  
OKINAWA MARINE STAFF

**CHIANG MAI, Kingdom of Thailand** — The opening ceremony for Exercise Cobra Gold 2011 Feb. 7 highlighted the multinational nature of the exercise as well as the many benefits that come from partner nations training together and looking for effective solutions to common challenges.

This is the first year Malaysian troops will join the armed forces of Thailand, Republic of Singapore, Japan, Republic of Indonesia, Republic of Korea and the U.S. for this exercise, the largest multinational exercise in the world, said Judith B. Cefkin, the U.S. deputy chief of

mission, U.S. Embassy Bangkok.

“This is a significant event,” said Thai Lt. Gen. Surapun Wongthai, exercise director. “Cobra Gold is truly an international exercise.”

This year’s exercise has brought 24 nations together, Wongthai added. In addition to the participating nations, observing nations include the State of Brunei, People’s Republic of China, Republic of India, Lao Peoples’ Democratic Republic, Kingdom of the Netherlands, New Zealand, Russian Federation and Republic of South Africa.

Several other nations are also participating in the Multinational Planning Augmentation Team working with Cobra Gold events. For a

SEE **CG ‘11** PG 5



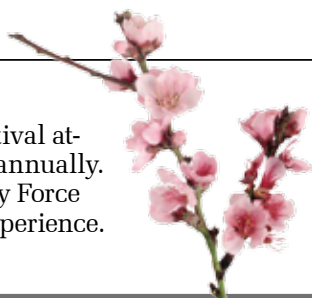
**U.S. Marine Col. Stephen Neary, commanding officer of 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, and the Ground Combat Element, 3rd Marine Expeditionary Brigade Forward, III MEF, and Royal Thailand Marine Col. Sittinan Ronnarong discuss the new ranges built for Exercise Cobra Gold 2011's field training exercises Feb. 7. Cobra Gold 2011 is a regularly scheduled multinational training exercise designed to improve partner nation interoperability.** Photo by Pfc. Mark W. Stroud

**IN THIS  
ISSUE**

### BUDDING BEAUTY

Nago Cherry Blossom Festival attracts thousands of spectators annually. The III Marine Expeditionary Force Band brought melody to the experience.

**PG. 8**



### HONORING TRADITION OF COLORS AT HOME AND OVERSEAS

Military installations worldwide take a moment to reflect on importance, history and prestige of duty to the flag and everything it represents during daily ceremony.

**PG. 10**



# Sharing Valentine's Day with friends, loved ones

Lance Cpl. Heather N. Choate

In today's society, February 14 is a day to show your loved one how much you adore them. Red and pink gifts appear around every corner, while hopes of flowers and heart-shaped chocolates are imprinted in your memory weeks beforehand. Shimmering jewelry and lingerie make their way to department stores for husbands, fiancés and boyfriends to peruse. Millions of thoughtful cards with charming poems are purchased and exchanged. Men pull their hair out for weeks, hoping to find the perfect gift to please their Valentine and make her feel like she is the most important person in the world.

When I was younger, my favorite part of Valentine's Day was the week prior when I sat at the kitchen table every night, constructing a festive shoe box covered in pop-out hearts and glitter for my class' Valentine's Day party. I also enjoyed spending an hour in the grocery store deciding which set of Valentine's cards and candy my peers would like most. At the end of the week, the class moms would bring in delicious cookies and cupcakes for the class celebration while we hand delivered our cards. These are the years when the well known holiday is about friends and simple-minded joy.

To be honest, as an adult I no longer fancy this holiday, despite the fact I recently got engaged to a wonderful man. Why should you show your love for each

other one day out of the 365 we have in a year? Why is this day any more special than another? And not to mention, how are those whose loved ones aren't present supposed to spend the day?

Being in Okinawa, many service members are away from their loved ones. That includes boyfriends and girlfriends, husbands or wives.

Instead of making the single feel

lonely and those in relationships spend an entire paycheck on gifts; I suggest making it a day to spend with your friends, the ones who have your back every day. They may not have a romantic

place in your heart, but they still have a place. They bring you soup when you're under

the weather, send you funny jokes to cheer you up when you're having a bad day and provide a box of tissues and a shoulder when you just need someone to listen to your problems. You can still buy them a box of chocolates with 'I love you' plastered on the front, or even a cute blast-from-the-past Valentine's Day card to show your appreciation for them.

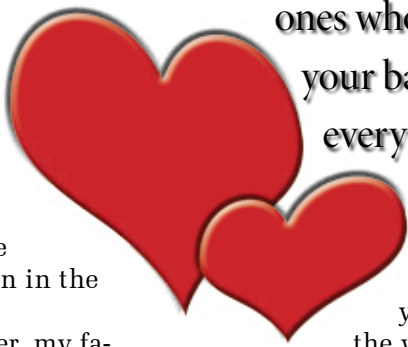
Try going out as a group for a movie or a friendly dinner. Or make your own tradition. Forget the candy and flowers and create a new fun way to celebrate with your friends.

February 14 should be a day when loved ones come together as a family and spend time together to share their appreciation for one another.

*Choate is a combat correspondent with the Okinawa Marine.*

I suggest making it a day to spend with your friends, the

ones who have your back every day.



## AROUND THE CORPS



Corporal John Noh provides overwatch during a patrol in Musa Qal'eh Jan. 28. The Civil Affairs Group Marines inspected the locations of a planned soccer field as well as a planned water canal. Noh, a noncommissioned officer with the CAG attached to 1st Battalion, 8th Marines, Regimental Combat Team 8, I Marine Expeditionary Force, is a native of Los Angeles. Photo by Lance Cpl. Joshua Hines



Wendell Perkins, left, a former Marine, talks with 2nd Lt. James P. Clark aboard Marine Corps Base Camp Lejeune, N.C. Jan. 28. Perkins was one of many Marine veterans who visited Camp Lejeune to honor the 2nd Marine Division's 70th anniversary. Photo by Lance Cpl. Walter Marino



Gunnery Sgt. Andre F. McKay, a spectrum manager with the 24th Marine Expeditionary Unit, II Marine Expeditionary Force, dons and clears his gas mask after suddenly being engulfed in a cloud of CS gas Feb. 3. Marines with the 24th MEU took part in a different rendition of their annual chemical, biological, radiological and nuclear defense training by walking down a trail where they had to respond to the gas suddenly and without warning.

Photo by Sgt. Richard Blumenstein

## Okinawa Marine is now online

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Camp Foster  
DSN 645-9335

**NORTHERN BUREAU**

Camp Hansen  
DSN 623-4224



A crewmember of the USS Essex guides an AV-8B Harrier to its designated space after completing flight operations Feb. 1. The 31st MEU is an ideal example of how the Marine Corps trains and operates as a Marine Air-Ground Task Force. Photo by Lance Cpl. Garry J. Welch

# Blue-green team helps landings aboard Essex

**Cpl. Michael A. Bianco**

31ST MEU PAO

USS ESSEX, AT SEA — Whether it's take-off or landing, helicopter or jet, Navy-Marine Corps cooperation aboard the flight deck of the USS Essex is essential for completing major missions of a maritime contingency force.

"Coordination and integration is the key to any possible mission accomplishment," said Col. Andrew MacMannis, commanding officer for the 31st Marine Expeditionary Unit, III Marine Expeditionary Force. "Neither the Navy or Marine Corps can efficiently or effectively accomplish their mission without the other, and they cannot accomplish that mission without practicing the integration of responsibilities."

Marines and sailors of the 31st MEU and the Essex Amphibious Ready Group, combine their skills and expertise to ensure mission accomplishment. Teamwork is considered paramount, especially on the flight deck. It can be one of the most dangerous areas of the ship because even the slightest miscalculation or miscommunication can result in a disaster.

On the flight deck, Marines and sailors from the 31st MEU's Aviation Combat Element, comprised of Marine Medium Helicopter Squadron 262 (reinforced) and Marine Attack Squadron 211, the Essex's Combat Cargo Company and the ship's air department work alongside each other daily.

The ACE includes pilots, crew chiefs, mechanics and avionic technicians responsible for CH-46E Sea Knight, CH-53E Super Stallion, UH-1N Huey and AH-1W Super Cobra helicopters, as well as AV-8B Harrier jets.

"The flight deck crewmembers help keep the process running smoothly during fly-ons and take-offs," said Capt. Eric Biskner, a Harrier pilot with VMA-211. "The sailors of the flight crew are always flexible and accommodating."

Combat cargo is a mixture of service members, from the MEU and ARG, who have many logistical responsibilities throughout the ship.

On the flight deck, they are the liaison between the ship and the MEU and are responsible for all personnel and cargo that transit to and from the ship, according to Gunnery Sgt. John Janney, the Essex flight deck combat cargo assistant.

The ship's airmen wear one of five colored jerseys to identify their role on the flight deck. Yellow is worn by flight deck handlers, who are responsible for directing pilots during take-offs, landings and while taxiing on deck. Chock-and-chain men wear blue and remove the chocks and chains from the aircraft right before take-off and secure aircraft to the deck after landing. Sailors responsible for ordnance and crash and salvage wear red. Sailors tasked with maintenance wear green and those responsible for providing fuel wear purple.

According to Seaman Gerardo Valencia, an aviation boatswain's mate aboard the Essex, working with Marines is a great opportunity to put his skills to the test.

"Our job would be a lot different without Marines," Valencia said. "We gain responsibilities when assisting the air crews and it gives us a lot of valuable experience we can use in the future."

From operational planning on ship and shore, to the performance of strategic missions in air, land and sea, the Marines and sailors with the 31st MEU and Essex ARG combine their expertise in order to successfully complete blue-green training and prepare themselves for future operations in the Asia-Pacific region.

"The mission of the Essex is to embark Marines, ensure they arrive at their objective on time, and support them while they are conducting their missions," said Capt. David Fluker, the ship's commanding officer. "It is critical for the blue-green team to function seamlessly. Because of the frequency with which the Essex and the 31st MEU operate together, they have become the finest team our expeditionary force has to offer. Whether conducting humanitarian assistance or combat operations against the enemy, the teamwork has paid off."

# Influenza arrives on Okinawa

USNH Public Affairs

CAMP LESTER — U.S. Naval Hospital public health officials have announced the arrival of the island's first confirmed cases of influenza on Okinawa this year. On Jan. 12 the Okinawa Prefectural Government, Welfare and Health Planning Division, announced that in early January, clinics in Okinawa noticed an increase of patients diagnosed with influenza. In addition, the U.S. Centers for Disease Control and Prevention has announced that influenza activity is also increasing in the U.S.

According to Navy Lt. Carl R. Blaesing, head of Preventive Medicine at USNH, the recent report from the Okinawa public health authorities attribute the cause of the island's flu cases to H1N1 influenza, however, this should not alarm individuals that have received, or will receive the seasonal vaccine.

"This is important because it indicates that the strain of virus that is causing illness was also included in our seasonal vaccine and that a good match makes the vaccine more effective ... We are encouraging everyone, especially our high-risk patients to get vaccinated right away," said Blaesing.

According to hospital officials, anyone eligible for care at a military health care facility that has not yet received the seasonal influenza vaccine is encouraged to do so as soon as possible, and patients should obtain the vaccine at the clinic where they or their family members are enrolled for care.

The CDC recommends an annual flu shot for everyone 6 months of age and older and defines high risk as children younger than 5, but especially children younger than 2 years old, adults 65 years of age and older, pregnant women and individuals with certain medical conditions.

"We continuously test our patients at our military medical treatment facilities with influenza-like illness and have not identified anyone with confirmed influenza so far this season," said Cmdr. George Semple, family medicine physician and director of Public Health at USNH here. "The health and well being of our active duty force and beneficiaries is our main concern, and the best protection during the flu season is to be vaccinated each year against influenza, in addition to good hand hygiene, covering your cough and staying home when ill," he said. Getting vaccinated is still an option in Okinawa.

"We still have the seasonal vaccine available in our clinics and if you haven't been vaccinated yet, now would be a good time," Semple said.

For any questions, Navy, Marine and Army families should call Lt. Blaesing in the USNH Preventive Medicine office at 643-7622. Air Force families should call Maj. Lujan in the 18th Medical Public Health Flight at 630-4520.

For general information on seasonal flu, visit [www.cdc.gov/flu](http://www.cdc.gov/flu).



**BRIEFS****VALENTINE'S DAY DINNER AT CLUBS**

This Valentine's Day, treat someone special to a delicious dinner served in a romantic setting. Special Valentine's Day Dinners will be served at Surfside on Camp Kinser, Ocean Breeze on Camp Foster, Tengan Castle on Camp Courtney and the Lanai at Taiyo Golf Club.

Call ahead to make reservations.

**MILITARY SCHOLARSHIP FOR HIGH SCHOOL SENIORS**

Military Commander's Scholarship for high school seniors of active duty military personnel is available.

Deadline for submission is Feb. 15.

For more information, contact the Camp Foster Education Center at 645-7160 or visit [www.sms.scholarshipamerica.org/militarycommanders/recipe2010.html](http://www.sms.scholarshipamerica.org/militarycommanders/recipe2010.html).

**POPS AUDITIONS "100 LUNCHES"**

Pacific Okinawa Players will hold auditions for "100 Lunches" at the Camp Foster Performing Arts Center Feb. 21 and 23 at 6 p.m. Auditions are open to males ages 14 and up and females ages 18 and up.

For more information, visit [www.pops-okinawa.org](http://www.pops-okinawa.org).

**CAREER DAY**

Stearley Heights Elementary School is looking for energetic and articulate presenters to talk about their careers for the second annual Career Day, April 7. Presentations should be supplemented using visual aids or hands-on materials and last about 25 minutes. Each presenter or group should plan to present several times. Deadline to sign up is March 4.

For more details, call 634-4898.

**TAX DAY DEADLINE EXTENDED**

Taxpayers will have until April 18 to file 2010 tax returns and pay any taxes due to Emancipation Day, a holiday observed in the District of Columbia, which falls on April 15 this year. By law, District of Columbia holidays impact tax deadlines the same as federal holidays. Therefore, all taxpayers will have three extra days to file. Taxpayers requesting an extension will have until Oct. 17 to file.

For more details, visit [www.irs.gov](http://www.irs.gov).

**HUMANITARIAN SERVICE MEDAL**

The Humanitarian Service Medal for Humanitarian Assistance/Disaster Relief Operations in the Republic of Indonesia from Aug. 7, 2009 through Oct. 17, 2009 has been approved by the Secretary of the Navy. Personnel whose names were submitted to Commander, Task Force 76 from participating commands are now authorized to wear the Humanitarian Service Medal.

Commands may check the Navy Department Awards Web Service for a complete listing of their unit's awards.

**TO SUBMIT A BRIEF**, send an e-mail to [okinawamarine.mcbb.fct@usmc.mil](mailto:okinawamarine.mcbb.fct@usmc.mil), or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.

# Kinser Mess Hall awarded top honors

**Gunnery Sgt. J. L. Wright Jr.**

OKINAWA MARINE STAFF

**CAMP KINSER** — In August, Mess Hall 1223 here was recognized as being the best dining facility on Okinawa and was selected to represent Marine Corps Bases Japan in the 2011 Maj. Gen. W.P.T. Hill Memorial Awards Program for Food Service Excellence.

The choice to nominate the 3rd Marine Logistics Group Mess Hall paid off, according to a Naval Message released Jan. 31, announcing the dining facility as the 2011 Maj. Gen. W.P.T. Hill Memorial Awards Program's best Military/Contractor Garrison Mess Hall in the Corps.

The Maj. Gen. W.P.T. Hill Memorial Awards Program was established in 1985 and is designed to improve food service operation and recognizes the best messes Marine Corps-wide.

This award recognizes a culmination of hard work and dedication sustained over a period of time, according to Capt. LaKendrick D. Wright, company commander for Food Service Company, Combat Logistics Regiment 37, 3rd MLG.

"Mess Halls undergo a series of evaluations and inspections to become eligible to compete as the best of the best," he said. "The Marines and (Master Labor Contractors) of Camp Kinser's Mess Hall earned every bit of that title."

During the competition, Mess Halls were judged in areas such as operations, sanitation, taste and quality of food. According to Staff Sgt. Robert J. Hastings, the chief cook for Mess Hall 1223, the inspectors struggled to find any discrepancies during their visit last year.

"We were inspected from top to bottom and the only discrepancy found was a clock with the incorrect time," he said proudly.

Assistant chief cook, Cpl. Julio Castro, said the leadership set the standard for the Mess Hall operations.

"In the past year I've been here, our leadership has sharpened our skills and put very high demands on us to offer the best possible facility we could," he said. "We owe it all to our (staff noncommissioned officer) leadership."

Hastings, a 19-year food service specialist who has competed for the award in the past but never won, said



**Akemi Nashiro, food service employee for Mess Hall 1223, sanitizes a refrigerator unit on Camp Kinser Feb. 2. Sanitation is one of many areas inspected to determine the recipient of the 2011 Maj. Gen. W.P.T. Hill Memorial Awards Program's best Military/Contractor Garrison Mess Hall in the Marine Corps.** Photo by Gunnery Sgt. J. L. Wright Jr.

the entire staff of 26 Marines and 33 MLCs contributed to the success of the Mess Hall.

"Our team is great," he said. "We all try our best to offer a friendly, professional environment for our patrons to enjoy."

"Being on Okinawa poses some unique challenges for Marines and they often cannot get around as easily as Marines in the (U.S.). That's why we work so hard to make (the Mess Hall) a place where Marines can come and enjoy their meals."

Frequent patrons, Lance Cpl. Nikolai Gilbert and Lance Cpl. Miguel Rodriguez said they are not surprised the dining facility won.

"The quality of food is amazing," said Gilbert adding the environment adds to his enjoyment. "It's a great place to come and feel at home. The TVs are always on either the news or sports, which allows us an opportunity to stay abreast of what's going on around the world."

For Rodriguez, the staff makes the difference.

He said the staff is always professional and they try to satisfy all of the Marines whenever and however they can.

The Kinser Mess Hall will be recognized May 21, 2011 during the National Restaurant Association awards ceremony in Chicago.

## Akano residents harvest hijiki on Courtney



**Above: Akano residents harvest hijiki seaweed on Camp Courtney Feb. 5. Once a year during prime harvesting season, Camp Courtney opens the beach for local sub-villages and the Uruma City Fisherman's Association to harvest hijiki. Insert: An Akano resident harvests hijiki seaweed on Camp Courtney Feb. 5. Hijiki is not only cooked for side or main dishes in Okinawa, but also served at religious ceremonies.** Photos by Hiroko Tamaki, Big Circle Editor



# MWCS-18 receives new CO



Antekeier



Ford

**Lt. Col. Philip G. Antekeier, replaced Lt. Col. Allen S. Ford as commanding officer of Marine Wing Communications Squadron 18, Marine Air Control Squadron 18, 1st Marine Aircraft Wing, during a change of command ceremony Feb. 8 at the Camp Foster parade field. Antekeier last served as the Assistant Chief of Staff G-6, 1st MAW. Ford is scheduled to serve as the Assistant Chief of Staff G-6, 1st MAW.**

## HIJUDAI FROM PG 1

efficiently and to improve on whatever issues they may have encountered on our last two ARTP shoots," said Cheramie. "We want (our Marines) to keep getting better."

The ARTP distributes artillery training conducted by 12th Marines across mainland Japan.

The battery trains annually at Government of Japan-approved sites including Ojojihara, Yausubetsu, North Fuji and East Fuji training areas.

According to the battery commander, the battery will send approximately 500 rounds down range using the M777 howitzer.

In addition, Marines will conduct proficiency drills with the .50 caliber Browning and M240B machine guns.

The experience of the Marines participating in the training ranged from five-time veterans to first-timers.

Many of the Marines agreed the training was vital to maintaining proficiency in their field, especially given the difficult terrain and inclement weather conditions.

"This training is especially helpful to the Marines who've only worked with the howitzer once or twice," said Sgt. Dustin

Zimmerman, section chief, Gun Team 2, Battery B. "It will give them confidence in fighting through less-than-perfect conditions."

Although this is the third evolution of training the battery has conducted during their deployment to Japan as part of the Marine Corps' Unit Deployment Program, the Marines conducted fire missions professionally and efficiently.

"We take every round seriously when it comes to this training, no matter how many times we do it," said Cpl. Dennis Price, assistant chief, Gun Team 2. "We train like we fight and fight like we train."

The challenging terrain and climate will also serve to enhance the target objective and reiterate the fact Marines can conduct missions in any climate and place, said Zimmerman.

"We have the capability to shoot these guns everywhere- from the beaches of Australia to the deserts of Afghanistan," said Zimmerman, who is participating in his fifth ARTP shoot with this unit. "Making sure we're comfortable and capable with our systems will help us reach mission accomplishment when it comes to the real thing."

## YAMA SAKURA FROM PG 1

"Yama Sakura also gives (Division) units the opportunity to work together and prepare for future (exercises) such as Balikatan 2011," said Staff Sgt. Brian Connor, platoon sergeant, Combat Assault Battalion, 3rd MarDiv.

CAB provided two Light Armored Vehicles to support the jump command post.

A jump CP is another configuration of the Command Operations Center that allows the commander to circulate the battlefield while maintaining up-to-date information as he tours his area of operations.

"It's important for the general to have accurate information so he can make well-informed decisions," said Robertson.

This exercise is basically a warm up for Balikatan-11 and other real-world operations, and a way to validate

command and control structure setup and daily standard operating procedures, said Master Sgt. Cortez Pree, training chief, Headquarters Battalion, 3rd MarDiv.

"Overall, I think (the exercise) gives the Division a great way to come together to actually put each section together and be able to operate and function as a (Marine Expeditionary Brigade)," said Pree.

Working as a MEB builds the command and control as well as information and communications, said Robertson.

"The exercise went extremely well. We had new personnel working in the COC and it gave them valuable experience working at the MEB level," said Pree. "We had a chance to incorporate new procedures in the COC and validate old ones."



**A 3rd Marine Division convoy forms a jump command post during Exercise Yama Sakura Jan. 28 on Camp Courtney. A jump CP configuration allows the commanding general to tour his area of operations while maintaining up-to-date information.**

Photo by Cpl. J Nava

## CG '11 FROM PG 1

complete list of participating countries can be found at [www.marines.mil/cg2011](http://www.marines.mil/cg2011).

Nearly 13,000 military personnel, about 7,300 of them American troops, are participating this year.

"Cobra Gold is much more than an exercise; it is a major contributor to regional security," said Lt. Gen. Kenneth J. Glueck Jr., exercise deputy commander and commanding general of III Marine Expeditionary Force.

Glueck attributed the success of past multinational humanitarian assistance efforts such as the response to the Dec. 26, 2004, tsunami in the Indian Ocean to lessons learned during Cobra Gold exercises.

In the tsunami, "over 230 were killed, over 125,000 were injured, 45,000 missing and 1.7 million were displaced," Glueck said.

In less than four days, a coalition task force headquarters was being established "in Utapao, (Thailand), to direct the regional response to this crisis. This could only be accomplished through the results of previous Cobra Gold exercises and the relationships established," he said.

Over the years, Cobra Gold has grown from a partnership between the U.S. and the Kingdom

of Thailand and expanded to include other nations in the region, said Cefkin.

Thailand and the U.S. have a history of cooperation.

The signing of the Treaty of Amity and Commerce March 20, 1833, formalized the two countries' relationship and makes Thailand the U.S.'s oldest ally in Asia. Thailand is one of five major non-NATO treaty allies the U.S. has in the region.

The exercise today strengthens military-to-military cooperation and better prepares participating militaries to respond to future crisis, according to Thai Gen. Piroon Paewpol-song, Royal Thai Armed Forces deputy chief of defense forces.

Cobra Gold 2011 will consist of three main components: a staff exercise, field training exercise events and numerous humanitarian and civic assistance projects throughout Thailand.

For the first time, the staff exercise will have a single headquarters element, thereby ensuring participating nations are equal partners throughout the staff exercise's future operations planning, said Cefkin.

Field training exercise events included an amphibious assault Feb. 10, in which Thai,

Korean and U.S. forces participated. Live-fire exercises and other training events are also scheduled to take place.

There are 17 humanitarian assistance projects, eight engineering projects and nine medical visits scheduled for remote locations throughout Thailand, which will improve the quality of life in these areas, Cefkin said. These visits also allow troops to hone military skills needed for future humanitarian assistance deployments, she said.

The first of the engineering projects began Jan. 17, at Pa Ka Mai School in Tak province where U.S. Navy Seabees and Thai Army engineers began building a new school. The building is scheduled to be completed Feb. 20.

The first medical civic assistance program visit took place at Don Maung Rae School in Chanthaburi Feb. 5, where doctors, dentists and veterinarians treated their respective patients.

"Cobra Gold 11 is far more than an exercise; it is truly a dress rehearsal for future responses," Glueck said.

Cobra Gold, set to end Feb. 18, is a regularly scheduled, annual training exercise.

For photographs and more information, visit the Cobra Gold website or the Facebook pages at

# Motor transport Ma

*A cloud of “moon dust,” a nickname for the powder-like sand that carpets the Afghan desert, forms as a combat logistics patrol from Motor Transport Company B, Combat Logistics Battalion 3, 1st Marine Logistics Group (Forward), returns to Camp Dwyer after delivering supplies to Forward Operating Base Geronimo in Afghanistan’s Helmand province.*



The Marines of 1st Platoon, Motor Transport Company A, CLB-3, 1st MLG (Fwd), play cards to pass the time before departing to Forward Operating Base Geronimo, Afghanistan Feb. 1.



The Marines of 1st Platoon, Motor Transport Company A, CLB-3, 1st MLG (Fwd), perform their pre-combat check of their personal protective equipment on Camp Dwyer before embarking on a convoy.



# Marines keep truckin'

Story and photos by Cpl. Paul D. Zellner II

1ST MARINE LOGISTICS GROUP (FWD)

As they reach the halfway point in their deployment, Marines with Motor Transport Companies A and B, Combat Logistics Battalion 3, 3rd Marine Logistics Group, III Marine Expeditionary Force, continue to deliver supplies to units in Afghanistan's Helmand province.

The companies, assigned to 1st Marine Logistics Group (Forward) in support of Operation Enduring Freedom, take part in combat logistics patrols almost daily in order to deliver essential supplies, gear and personnel to various forward operating bases within their area of operations.

"A combat logistics patrol is the lifeline of the

warfighter on the front line," said 1st Sgt. Jose H. Molina, Motor Transport Company A first sergeant, CLB-3, 1st MLG (FWD), a 35-year-old native of Murrieta, Calif. "Day after day, Marines from both motor transport companies put their lives on the line to ensure the vital supplies and logistical support needed by their brethren get to their destination expeditiously."

The motor transport companies have driven a combined total of 126,383 miles over the past three months in the vast and rugged terrain of Helmand province. They have become accustomed to the unknown hours and difficult routes of combat logistics patrols, but are not letting the monotony overcome their vigilance.

"No matter how long you go out or how many missions we go on, we try to go into every one of them like it was our first," said

Cpl. Robert S. Helin, an electro-optical ordnance repairman and gunner for 1st Platoon, Motor Transport Company B, and native of Pine Island, Fla. "I try to take in as much detail as possible."

Some of the Marines might be counting down the days until they return home, but they all know the only way to ensure they all make it back unharmed is to continue to excel in their jobs and remain alert as they traverse the deserts of Afghanistan.

"As Marines, we know mission accomplishment comes first," said Sgt. Jose E. Pimienta, chief dispatcher for Motor Transport Company A, CLB-3, a native of Hartsdale, N.Y. "Our families are waiting, and by continuing to excel and staying alert, we will all soon be together again."



port Company A, CLB-3, 1st  
checks and inspections of  
o Dwyer, Afghanistan Feb. 1



The Marines of 1st Platoon, Motor Transport Company A, CLB-3, 1st MLG (Fwd), perform their pre-combat checks and inspections of their vehicles on Camp Dwyer, Afghanistan, before embarking on a convoy Feb. 1. The mission of the convoy was to bring supplies, gear and mail to the Marines located on Forward Operating Base Geronimo.





American and local community members gathered Jan. 29 and 30 to admire the blooming of the Okinawa sakura, or cherry blossoms.

# Taking the stage

Story and photos by Lance Cpl. Heather N. Choate  
OKINAWA MARINE STAFF

Woodwind players with the III Marine Expeditionary Force Band play in a concert at the 49th Annual Nago Cherry Blossom festival Jan. 30. The band does several community relations concerts in town to interact and show their appreciation to the Okinawan community.



Many gather each year to view the blooming of the cherry blossoms. The blooming is significant because it marks the early signs of spring.

## Blossoms, festival mark beginning of spring

Americans and members of the local community gathered together Jan. 29 and 30 to admire the blooming of the Okinawa sakura, better known as cherry blossoms.

The vibrant pink flowers and delicate scent indicates that spring is approaching the island.

This year, the 49th Annual Nago Cherry Blossom Festival entertained its admirers with food, games, rides, the sight of thousands of cherry blossoms blooming and a performance from the III Marine Expeditionary Force Ceremonial Band.

The band does several community relations concerts in town to interact and show their appreciation to the local community.

"I absolutely love playing for them," said Staff Sgt. Austin R. Moore, a saxophone player with the band. "I have only been on island for a couple of months ... I love the culture."

The Nago Cherry Blossom Festival is an annual concert for the band. They also perform at the annual tug-of-war in Naha, St. Patrick's Day parade, their Annual Summer Concert at the Okinawa Convention Center

and several more, according to Moore.

According to a few band members, their favorite part of playing with the band in Okinawa is the looks and reactions from the community.

"We get amazing feedback from the (audience)," said Lance Cpl. Ariel C. Majors, a flute player with the III MEF Band. "They jump up and down, clap and cheer. It's a lot of fun."

After the concert, band members were able to enjoy the festival.

"My favorite part had to have been all the people there. There were so many people from all over the world who came to see the cherry blossoms," added Petty Officer 3rd Class Zachary Jones, a hospital corpsman with Headquarters Battery, 12th Marines. "I enjoyed every minute of it."

Visitors took advantage of the weather in order to take in the beauty of the Okinawan culture.

"I wanted to see the culture and the sites of the festival," said Cpl. Adam Lamoureux,

a counter battery radar operator with Headquarters Battery, 12th Marine Regiment, 3rd Marine Division, III MEF. "The feeling I got when I first arrived at the festival was a calm and relaxing feeling. Between the sites of the Nago Castle Park and the cherry blossoms themselves, it made me feel like nothing could bother me when I was there."

One service member felt grateful being able to attend the festival.

"The people here in Okinawa take pride in these festivals," said Jones. "It's humbling to know that they welcome us not only as service

members, but as people that share their homeland. It's beautiful."

Most Marines and sailors agree the Okinawan culture is one that should be taken advantage of while on island.

"I have been here almost three years and it is one experience I wouldn't trade for anything," said Lamoureux.

The festival began Jan. 29 and will only last for a couple of weeks.

**It's humbling to know that they welcome us not only as service members, but as people that share their homeland. It's beautiful.**

**- Petty Officer 3rd Class Zachary Jones**



# 70 years of dedicated service

## USO offers relaxation 'until everyone comes home'

**Lance Cpl. Abigail M. Wharton**

OKINAWA MARINE STAFF

The United Service Organizations celebrated its 70th anniversary Feb. 4.

In 1941, the USO opened its doors to the men and women in uniform serving their country during war time, said Sabrina Herring, programs manager, USO Okinawa. "Today, the same principles and mission in which the organization started on, remain 70 years later."

The Salvation Army, Young Men's Christian Association, Young Women's Christian Association, National Catholic Community Services, National Travelers Aid Association and the National Jewish Welfare Board all worked together to provide relief to the troops until President Franklin D. Roosevelt established the USO as the joint organization over their efforts.

The USO will continue to provide the relief they set out to give, "until everyone comes home," as their motto states.

Nearly 20 years later, the USO came to Okinawa where it began to provide a link between service members and the local community.

Today the USO continues to grow and change according to the needs of the troops, said Chad W. Griggs, director, Hansen USO.

"We adapt to technology and we'll move to where ever the fight is," he added. "Our newest facility is in Qatar, Afghanistan, since that's close to the front of the current war. We also have a 'USO in a box' which we deliver close to the front lines to give our troops some relief."

However, here on Okinawa the mission of the USO is a little different," Griggs commented. "We are here to provide a home away from home where service members can get away from work and relax."

The USO is known worldwide with more than 150 locations in 27 countries providing morale boosting programs and services to millions in uniform, according to Herring.

"The USO offers many programs for all the



**Marines and sailors who helped celebrate the United Service Organizations 70th Anniversary Feb. 4, use the Wi-Fi connection and other services the USO provides to service members and their families on Okinawa after the cake was served.** Photos by Lance Cpl. Tyler C. Vernaza

camp," she said "We host golf tournaments, the mobile canteen, bazaars and several other events."

USO Okinawa has a mobile canteen, five sub-USOs located on Camp Schwab, Camp Hansen, Marine Corps Air Station Futenma and two on Kadena Air Base.

In addition to the USO Okinawa programs, each USO offers its own programs and specials.

"Each USO has its own personality depending on the needs of the base," Griggs said. "Our northern USOs target single Marines, while some of the others are more family oriented."

Although each USO is different, most attendees would agree it offers a nice getaway.

"I come here almost every weekend to play (video games) and use the free internet," said Joseph Tyler, a regular at the Hansen USO. "The people are all really nice and it's easy to make new friends here."

No matter the reason for attending, service members have plenty of ways to relax at their USO.

"I just like to chill and relax here," said John Maloney, also an attendee to the Hansen USO. "It really is like my home away from home."

Although the USO operates with a small, paid staff, volunteers are the lifeblood of their efforts, said Griggs.

"Anything you can donate is appreciated," he commented. "We can put almost any type of skill to use, we also always need people willing to donate time as greeters or cashiers."

In Okinawa the USO's have to be more self-sufficient since there aren't as many retirees and civilians that can give time, Griggs added.

For more information, or to volunteer, visit your camp's USO or go to [www.usookinawa.org](http://www.usookinawa.org).



**The first piece of cake is cut in celebration of the USO's 70th Anniversary Feb. 4, at the Camp Hansen USO.**



# Pause to honor country, flag

Story and photos by Pfc. Mark W. Stroud  
OKINAWA MARINE STAFF

**"I**t's the American flag, it represents freedom, it represents lives, it represents liberty, it represents a whole lot of things," said Sgt. Robert L. Lismore, camp services chief, Headquarters and Service Battalion, Marine Corps Base Camp Butler. "It represents the greatest nation on earth."

For those who have vowed to protect it, it is easy to be passionate about the American flag and what it represents. The colors ceremonies observed on American military installations around the world offer service members and Department of Defense employees a moment to reflect on the importance, history and prestige of their duty.

"This is a daily occurrence we cannot overlook," said Sgt. Maj. Timothy M. Robinson, sergeant major of Marine Corps Air Station Futenma. "If you ever get too busy to recognize the flag of your nation, you have lost the bubble on your identity as a countryman from wherever you call home."

Here on Okinawa, thousands of miles away from the continental United States, the time honored colors ceremony has been altered slightly to account for being in a foreign country. The Japanese national colors, Hinomaru, meaning sun disc, is raised after its American counterpart while the national anthem, Kimigayo, is played.

"To stop and observe colors in a foreign country is even more special, because it shows the (host nation) this is something that is important to you,"

said Robinson. "It could possibly cause them to take on that same attitude."

The ceremony follows proper American flag etiquette according to the Marine Corps' Flag Manual.

"Our flag goes up before the Japanese flag and then in the evening our flag goes down last," said Lismore.

Stopping for a moment and rendering honors to the flag in the morning and evening is the privilege of every member of every base, but all citizens should aspire to take part in the ceremony at least once in their life, said Lismore.

"Just being an American, if the opportunity comes around to be a part of the flag raising, you should take it," he added.

As camp services chief, Lismore is in charge of the daily ceremonies and makes sure as many Marines as possible get a chance to partake.

"If you come here, I'm going to make sure you get a chance to do colors," said Lismore.

Participating in the ceremony, especially for the first time, can be an exciting and powerful reminder of why you serve.

"I watch Marines on a daily basis when colors are performed here at our headquarters building at MCAS Futenma. It could be the first time the Marines conducting colors has participated in the ceremony," said Robinson. "You see the excitement they feel to be selected to take possession of such a precious symbol."

Whether participating as a color guard or stopping your daily activities for just a moment to remember all the sacrifices made in honor of our

nation, the colors ceremony is a brief but very important part of the day on a military base.

"That is one awesome feeling seeing those colors hoisted up the mast to let the world know this ground has been bought with a price and we are willing to defend it again should we have to," said Robinson.



**Pfc. Trent Jorgensen, a water support specialist with Engineer Maintenance Company, 3rd Maintenance Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force and Lance Cpl. Zackry Duran, an admin clerk with Marine Wing Headquarters Squadron 1, 1st Marine Aircraft Wing, III MEF, lower the American flag during the evening colors ceremony on Camp Smedley D. Butler Jan. 25.**

The national colors wave in the breeze as twilight approaches, shortly before the evening colors ceremony outside of Building 1 on Camp Butler.



# In Theaters Now

FEB. 11 - FEB. 17

**FOSTER**

**TODAY** The Green Hornet (PG13), 6 p.m.; The Rite (PG13), 9 p.m.  
**SATURDAY** Megamind (PG), noon; The Green Hornet (PG13), 3 and 6 p.m.; Unstoppable (PG13), 9 p.m.  
**SUNDAY** Tron: Legacy (PG), 1 p.m.; The Roommate (PG13), 4 and 7 p.m.  
**MONDAY** The Green Hornet (PG13), 7 p.m.  
**TUESDAY** The Next Three Days (PG13), 7 p.m.  
**WEDNESDAY** Tron: Legacy (PG), 7 p.m.  
**THURSDAY** The Roommate (PG13), 7 p.m.

**FUTENMA**

**TODAY** Love and Other Drugs (R), 6:30 p.m.  
**SATURDAY** The Roommate (PG13), 4 and 7 p.m.  
**SUNDAY** Love and Other Drugs (R), 4 p.m.; True Grit (PG13), 7 p.m.  
**MONDAY** No Strings Attached (R), 6:30 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** Closed  
**THURSDAY** Closed

**HANSEN**

**TODAY** Tron: Legacy (PG), 6 p.m.; The Tourist (PG13), 9 p.m.  
**SATURDAY** No Strings Attached (R), 6 and 9 p.m.  
**SUNDAY** Tron: Legacy (PG), 2 p.m.; Jackass 3D (R), 5:30 p.m.  
**MONDAY** The Roommate (PG13), 7 p.m.  
**TUESDAY** The Roommate (PG13), 6 and 9 p.m.  
**WEDNESDAY** The Tourist (PG13), 7 p.m.  
**THURSDAY** The Rite (PG13), 7 p.m.

**KINSER**

**TODAY** The Tourist (PG13), 6:30 p.m.  
**SATURDAY** \*Free Screening\* Standing Ovation (PG), 3 p.m.; The Tourist (PG13), 6:30 p.m.  
**SUNDAY** Tron: Legacy (PG), 3 p.m.; \*Free Screening\* Standing Ovation (PG), 6:30 p.m.  
**MONDAY** Closed  
**TUESDAY** Closed  
**WEDNESDAY** The Roommate (PG13), 3 and 6:30 p.m.  
**THURSDAY** The Tourist (PG13), 6:30 p.m.

**KADENA**

**TODAY** The Tourist (PG13), 6 p.m.; Tron: Legacy (PG), 9 p.m.  
**SATURDAY** Tron: Legacy (PG), noon; The Rite (PG13), 3, 6 and 9 p.m.  
**SUNDAY** Tron: Legacy (PG), 1 p.m.; The Rite (PG13), 4 and 7 p.m.  
**MONDAY** \*Free Showing\* Standing Ovation (PG), 7 p.m.  
**TUESDAY** No Strings Attached (R), 7 p.m.  
**WEDNESDAY** No Strings Attached (R), 7 p.m.  
**THURSDAY** No Strings Attached (R), 7 p.m.

**COURTNEY**

**TODAY** The Roommate (PG13), 6 and 9 p.m.  
**SATURDAY** Tangled (PG), 2 p.m.; Love and Other Drugs (R), 6 p.m.  
**SUNDAY** Tangled (PG), 2 p.m.; No Strings Attached (R), 6 p.m.  
**MONDAY** Love and Other Drugs (R), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** The Rite (PG13), 7 p.m.  
**THURSDAY** Closed

**SCHWAB**

**TODAY** No Strings Attached (R), 7 p.m.  
**SATURDAY** Love and Other Drugs (R), 5 p.m.  
**SUNDAY** Tangled (PG), 5 p.m.  
**MONDAY-THURSDAY** Closed

**THEATER DIRECTORY**

**CAMP FOSTER** 645-3465  
**KADENA AIR BASE** 634-1869  
 (USO NIGHT) 632-8781  
**MCAS FUTENMA** 636-3890  
 (USO NIGHT) 636-2113  
**CAMP COURTNEY** 622-9616  
**CAMP HANSEN** 623-4564  
 (USO NIGHT) 623-5011  
**CAMP KINSER** 637-2177  
**CAMP SCHWAB** 625-2333  
 (USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit [www.aafes.com](http://www.aafes.com).



## SINGLE MARINE PROGRAM EVENTS

For more information, or to sign up, contact the Single Marine Program at 645-3681.

**WHALE WATCHING TRIP: FEB. 26**

• Join the SMP for a Whale Watching trip Feb. 26. Deadline to sign up is Feb. 16. Bus will leave the Camp Foster Field House at 11 a.m., Marine Corps Air Station Futenma Semper Fit Gym at 11:20 a.m., and Camp Kinser Gym at 11:35 a.m.

**VOLUNTEER OPPORTUNITIES**

- **Girl Scouts - World Thinking Day:** Volunteer to help set up and disassemble equipment Feb. 12 from 1-4 p.m. at the Camp Foster Community Center.
- **Red Cross Carpet Auction:** Volunteer at the Red Cross Carpet Auction at the Camp Foster Community Center from noon to 7 p.m. Feb. 26. Volunteers will unload and load carpets and help display them during the auction.
- **Comic Con:** Volunteer to assist with arts and craft activities with children Feb. 26 from 9 a.m.-2 p.m. and 2-6 p.m. at the Camp Foster Library and Education Center.
- **Kinser Elementary School Reading Program:** Volunteer at the Kinser Elementary School Reading Program on Camp Kinser each Friday from 8:45-11 a.m., except non-school days and half days. Volunteers will work under the direction of the classroom teacher and support students in reading, writing and arithmetic activities.

Mention of any company in this notice does not constitute endorsement by the Marine Corps.

## CHAPEL SCHEDULE

**CAMP FOSTER | 645-7486**

- **Catholic:** Mon-Fri, 11:45 a.m.; Sat, 5 p.m.; Sun, 10 a.m.
- **Christian Science:** Sun, 11 a.m., Bldg. 442
- **Eastern Orthodox:** Divine Liturgy, Sun, 9:30 a.m.; Vespers, Sat, 5 p.m.
- **Gospel:** Sun, 11:30 a.m.; 2nd, 3rd Sun, Children's Church, 11 a.m.
- **Jewish:** (Informal) 1st, 3rd Fri, 6:30 p.m.
- **Latter Day Saints:** Mon, 6:30 p.m.
- **Lutheran:** Sun, 5 p.m.
- **Muslim:** Prayer, Fri, 12:45 p.m.
- **Protestant:** Sun, 8:30 a.m.
- **Seventh Day Adventist:** Sat, 9:30 a.m., Torii Station 644-5701/644-4281

**CAMP SCHWAB | 622-9350**

- **Protestant:** Sun, 4 p.m.

**CAMP LESTER | 643-7248**

- **Non-Denominational:** Sun, 9 a.m., Hospital Chapel; Sun, 10 a.m., Lester Chapel

**CAMP HANSEN | 622-9350**

- **Catholic:** Sun, 5 p.m., East Chapel
- **Latter Day Saints:** Wed, 6:30 p.m., Library
- **Protestant:** Sun, 11 a.m., West Chapel

**CAMP McTUREOUS | 622-9350**

- **Gospel:** Sun, 12:30 p.m.

**CAMP KINSER | 637-1148**

- **Catholic:** Sun, noon
- **Protestant:** Sun, 9 a.m.

**CAMP COURTNEY | 622-9350**

- **Catholic:** Sun, 8 a.m., Mass, Mon, Tues, Thurs, Fri, 11:30 a.m.
- **Protestant:** Sun, 10:45 a.m.

**KADENA AIR BASE | 634-1288**

[WWW.KADENACHAPEL.ORG](http://WWW.KADENACHAPEL.ORG)

- **Catholic:** Sun, 8:30 a.m., Mass, Chapel 1; Sun, 11:45 a.m., Mass, Chapel 1; Sun, 4 p.m., Mass, Chapel 1; Daily Mass, Mon-Fri, 11:30 a.m., Chapel 1
- **Reconciliation:** Sun, 3:15 p.m., Chapel 1
- **Contemporary:** Sun, 10 a.m., Chapel 1
- **Gospel:** Sun, 10:30 a.m., Chapel 3
- **Protestant Bible Institute:** Tues, 6 p.m., Chapel 1
- **Traditional:** Sun, 9:30 a.m., Chapel 2
- **Wiccan/Pagan:** Sat, 2 p.m., Bldg. 856

**MCAS FUTENMA | 636-3058**

- **Contemporary:** Fri, 7 p.m.; Sun, 9 a.m.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS VISIT: [WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX](http://WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX)

## Japanese phrase of the week:

"Kin-yobi desu"  
 (pronounced kin-yo-be des)  
 • It means "today is Friday."



**Ja. 31 - Feb. 4**

**Rifle Range**

Lance Cpl. Michael J. Palacio,  
 3rd Marine Division, 340



# Variety of exercises create lean muscles

Story and photos by  
Sgt. Rebekka S. Heite

OKINAWA MARINE STAFF

While most workouts focus on running, Gunner's Fitness Center on Camp Foster, offers a class that sculpts lean muscles using dumbbells, body bars, exercise bands, medicine balls and other equipment.

Full Metal Body is a fitness class held Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. for those who enjoy variety in their workout, said Joseph Manlulu, a regular at the class.

Each workout is different from the last, and Tuesday's workout is completely different from Thursday's, said Cindy Denny, Full Metal Body fitness class instructor, Marine Corps Community Services Semper Fit.

Tuesday is more of a 'boot camp workout' with either a circuit course or a pyramid workout with functional drills, box jumps and more abdominal work, she explained.

"It's more challenging (than Thursday's workout)," said Denny.

On Thursdays, Denny picks at least four body parts, then does three sets of both positive and negative repetitions of three different exercises for those muscle groups, she said.

Thursday workouts are more easily tailored, Denny explained.

Participants tailor the class to themselves by selecting the amount of weight they want to use for their light, medium and heavy portions of the workout. As the workout progresses, they can change their mind about the amount of weight



Cindy Denny, Full Metal Body fitness class instructor at Gunner's Fitness Center on Camp Foster, leads the class in an exercise during the Full Metal Body fitness class. Full Metal Body is held every Tuesday and Thursday from 11:30 a.m. to 12:30 p.m. at Gunner's Fitness Center.

they selected, as Denny points out at the end of the set: "Could you have done more weight? If so, pick it up."

Repetitions are done to the beat of music to make it is easier for newcomers and regulars to keep up with the instructor, she explained.

"The (Full Metal Body) workouts are great," said Angela Lopez, a regular in the class. "They're interesting. I make my Marines come sometimes. They hate it, but they like it."

"I come to keep in shape," said Dana Allison, a regular in the class. "It's very challenging."



Full Metal Body fitness class attendees work different muscle groups during the class.

Feel the  
**BURN**