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THE IWAKUNI APPROACH

Issue No. 10, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Key Resolve/Foal Eagle 2010: Training for defense of South Korea

LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Various units from here and around the world kicked off the annual Key Resolve/Foal Eagle 2010 exercises in the South Korean peninsula Monday.

Iwakuni-based Marine Aircraft Group 12, Marine All Weather Fighter Attack Squadrons 242 and 121, Marine Wing Support Squadron 171, Combat Logistics Company 36, Strike Fighter Squadron 94 and Marine Attack Squadron 311 service members will be involved in the exercises.

Maj. Kyle Magrisi, MAG-12 headquarters commanding officer, said it's important to build a good working relationship with the Republic of Korea's armed forces so all units can effectively work together in the defense of South Korea in the event they are ever attacked.

According to a news release by the Yongsan Army Garrison, Republic of Korea Public Affairs Office, Key Resolve is designed to exercise the decision-making skills of senior leaders involved in the exercise.

Key Resolve is primarily a combined forces command operational plan command-post exercise, which concentrates on maneuvering troops and supplies in the defense of South Korea.

Since environmental and political restrictions limit training in South Korea, most of the exercise is conducted through computer modeling and simulations.

Exercise Key Resolve is considered one of the largest computer-generated exercises in the world and involves close training between U.S. and ROK forces.



LANCE CPL. SALVADOR MORENO

The youngest Seabee, Seaman Apprentice Anthony West, and oldest Seabee, Chief Petty Officer Denzil Bauer, are presented with plaques by Seabee Commanding Officer Cmdr. William Duerden and guest speaker retired Navy Command Master Chief Petty Officer Gary Bernhard at the 2010 Seabee Ball at the Club Iwakuni ballroom March 5. The ball featured an Australian outback theme this year.

Seabees celebrate 68 years of history, heritage

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Seabees, Marines, sailors and guests all attended the 68th Seabee Ball and the 143rd anniversary of the Civil Engineer Corps at the Club Iwakuni ballroom here March 5.

The evening event commemorated the service of the station's civil engineers and men of the construction battalions with a ceremony celebrating their history.

The evening commenced with the honoring of those who have been lost or passed by Seabee Chief Petty Officer Michael Jenson sounding a bell once for every Seabee lost.

"The Seabee Ball differs from the Marine Corps Ball from just what we celebrate," said Gary Bernhard, retired Navy command master chief petty officer and family readiness officer for Marine All

Weather Fighter Attack Squadron 242. "We celebrate our brotherhood."

Bernhard was the guest speaker of the 2010 Seabee Ball where he explained the story of how the Seabees were created.

The Seabees came about in 1942 because of the need for construction workers in a combat zone. The men chosen to be Seabees undergo military and construction training.

March 5, 1942 is the official birthday of the Seabees.

The 2010 Seabee Ball demonstrated both the military training as well as the construction training as the Seabees built most of the decorations for the ball, which had an Australian outback theme.

"We still have the standard formal portion of

SEE SEABEES ON PAGE 3

MAG-12 gets tested at Far East Division Matches, proves to be best

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Marines aboard Marine Corps Air Station Iwakuni took home the Lloyd Trophy after defeating 16 teams at the Far East Division Matches at Marine Corps Base Camp Hansen, Okinawa, Japan, Jan. 11-22.

What the Marines from Marine

Aircraft Group 12 didn't know was they were going to make history.

"Quite literally, we fired our way into Marine Corps history," said Chief Warrant Officer 3 Christopher Joy, chemical biological radiological nuclear officer for MAG-12.

This year, MCAS Iwakuni sent Marines from MAG-12, Combat

Logistics Company 36, Marine All Weather Fighter Attack Squadron 242 and Marine Wing Support Squadron 171, but the true underdogs were the MAG-12 Marines, who took first place as the overall team winners while all being tyros.

SEE SHOOTERS ON PAGE 3



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CHAPLAIN'S CORNER

'Community Relations projects are giving your well-earned time to a good cause'

LT. CMDR. JOHN Q. COMETA
STATION CHAPLAIN

During USS Rentz's port visit Feb. 28 - March 3, 17 sailors volunteered their time and effort to clean up Nagatani Mountain Stream on March 1.

Iwakuni Old Road is 370 years old and one of the landmarks here in Iwakuni.

For centuries, feudal lords, samurai and local inhabitants used the road. Nagatani Stream is seven kilometers from Kintai Bridge.

For past years, the flow of the stream was blocked by natural debris like big fallen and overhanging trees.

Six Japanese volunteers led by Mr. Katsuhiko Fujimori used chain saws to cut the trees. The USS Rentz sailors then removed the trees that were blocking the stream.

Streams support many different living species and should be treated with care and respect.

The USS Rentz community relations volunteers were all highly motivated and did a good job removing the trees from the stream.

Most community relations projects, whether they involve cleaning up a stream; painting a building; or visiting orphanages, schools and hospitals; help foreign countries like our



Six Japanese volunteers led by Katsuhiko Fujimori used chain saws to cut the trees blocking the flow of the Nagatani Mountain Stream during a community relations project March 1. The USS Rentz sailors then removed the trees.

Japanese hosts to see America in a positive light.

Marine Corps Air Station Iwakuni offers a variety of community relations opportunities.

I have coordinated many community relations in the past, and I am forever grateful to all Marines, sailors and civilians who are willing to give their time

and skills to our host country.

If you are here for a two- or three-year tour, why not make it a goal to participate in at least one or two community relations projects, make a big difference and give your well-earned time to a good cause?

The scriptures say, "It is more blessed to give than to receive." Acts 20:35b.

'Run on the Green' scheduled for Saturday



CPL. KRISTIN E. MORENO

Youth participants take off from the starting line during the 2009 St. Patrick's Day "Run on the Green" March 14 at the Torii Pines Golf Course here. The youth course was 2.5 kilometers and the adult course was 5 kilometers. The "Run on the Green" was sponsored by Marine Corps Community Services. This year's "Run on the Green" is scheduled to take place Saturday. Check-in starts at 8 a.m. The 2K run for youth and teens will begin at 9 a.m., and the 5K run for adults will start at 9:30 a.m. For more information, call 253-5654.

Exercises Key Resolve/Foal Eagle 2010 kick off

EXERCISE FROM PAGE 1

Once the decision-making exercises conducted through Key Resolve are finished, Exercise Foal Eagle can begin.

"For Key Resolve in itself, MAG-12 has a very small part in it. However, we are a subordinate unit to 1st Marine Aircraft Wing which puts together their own tactical air control center to control aircraft in the simulation," said Magrisi.

"Foal Eagle is not necessarily computer generated. There is a lot of flying that goes on by MAG-12."

Exercise Foal Eagle is a joint security forces defensive field-training exercise which has portions of it slated to continue until April 30.

Like Key Resolve, Foal Eagle will involve close defensive military training between ROK and U.S. forces from all over the world and will greatly benefit Iwakuni-based Marines who are participating in the exercise.

"The thing about this exercise, Foal Eagle, is it's the capstone exercise for MAG-12," said Magrisi. "It's the largest command and control exercise that we do in any given year. This is our one opportunity to bring all of our units, all four squadrons that are here assigned to MAG-12, to participate in this exercise. This is the only exercise we are able to do that — function as a MAG in its entirety."

"This is one of the few chances we get to go and work with the people in Korea."

Maj. Brendan O'Connell
Marine Aircraft Group 12 plans officer

Foal Eagle is designed to exercise the defensive field and air capabilities of participating service members in the defense of South Korea in the event of an attack.

"This is one of the few chances we get to go and work with the people in Korea," said Maj. Brendan O'Connell, MAG-12 plans officer.

"We get to work pretty close with them and we get to go see some of the ranges, see some of the ground that we would either be living on or working at in the event that we had to go to Korea."

Aside from being a great training opportunity to work jointly with other U.S. forces, the greatest benefit seen by some of the participating service members is being in South Korea.

"I think both the familiarity with the way things are run on the peninsula and then building the relationships, those two things together are probably the most important things to gain from the exercises," said O'Connell.

MAG-12 shoots down Far East competition

SHOOTERS FROM PAGE 1

A tyro is any Marine or competitor who has never fired in actual competition.

Every Marine is a rifleman first. That is a phrase every Marine is taught from the first day of recruit training until his final day in the Marine Corps.

The Far East Division Matches enhance every competitor's skills through a two-week training course and competition.

The first few days were classroom instruction. The Marines hit the ranges Jan. 16-17 for pre-qualification.

MAG-12 sent eight Marines to the competition. Of those eight, none had ever fired a rifle or pistol in competition.

"We all went down there as a bunch of Marines," said Joy. "All we really knew how to do was pull the trigger."

After about two weeks of classroom instruction and firing on the ranges, MAG-12 Marines went from being just Marines to serious competitors.

"We were all tyros going down there," said Joy. "To win was just phenomenal."

The annual competition is broken up into four separate competitions. The four competitions are the individual M-9 pistol, M-16A2 rifle and team competitions on both weapons.

The Marines competed in the individual competitions Jan. 18-19, then MAG-12 took its four best shooters and a fifth as coach for the team competition Jan. 20.

MAG-12 Marines were able to bring home nine medals from the competition as well as the illustrious Lloyd Trophy, which were presented at the theater at Camp Hansen Jan. 22.

"I'm just happy the Marines themselves had the initiative, desire and drive to do it," said Col. Stephen G. Nitzschke, MAG-12 commanding officer.

2010 marked the first year the Lloyd Trophy has left Okinawa, as well as the first time in history that an all-tyro team has won the trophy.

"This is the very first time a unit from Iwakuni has ever won this trophy," said Joy. "We are the first wing unit to win since 1986."

It is a true underdog story. Marines from Iwakuni were able to do as well as they did even with no range here to practice on. That shows the determination the Iwakuni competitors brought to the competition.

"They did a fantastic job," said Nitzschke. "I'm very proud of them. The entire MAG-12 should be proud of them."

Mighty Shrikes conduct bilateral training on Misawa Air Base

ENSIGN CHARIS M. BRACY
PUBLIC AFFAIRS
OFFICER, VFA-94

As the first week of bilateral exercises on Misawa Air Base fade away, Strike Fighter Squadron 94's "Mighty Shrikes" continue to train with the Japanese Air Self Defense Force F-2s of the 3rd Air Wing.

The Shrikes arrived with approximately eight F/A-18C Hornets, approximately 135 personnel and a Marine Aviation Logistics Squadron 12 contingent with a mission objective of providing bilateral training in basic fighting maneuvers, dissimilar aircraft

combat training, defensive and offensive counter-air, and blue and red air coordination.

For two weeks, the squadron will live and work side by side with the Japanese pilots of 3rd and 8th squadrons, 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 second week of training will require meticulous close coordination for a large force element exercise involving nearly 20 aircraft composed of F/A-18Cs, F-2s, U.S. Air Force F-16s and a Patriot battery

from the 6th Air Defense Missile Group.

By exercise close, the Shrikes will have executed approximately 115 sorties and 150 flight hours, deploying primarily the AIM-9X sidewinder air-to-air missile.

This training is designed to provide component level dissimilar, air-to-air and simulated air-to-ground training between U.S. and Japanese forces as well as maintain relations between the two nations.

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

Seabees celebrate Australian style

SEABEES FROM PAGE 1

the ball," said Petty Officer 2nd Class Michael R. Stowe, a Seabee serving here. "We like to do things a little bit different."

The Seabee community gets together every year to decide what type of theme they are going to use to celebrate their history.

"We try to throw in a different theme each year," said Stowe. "Last year was the old west, the year before was a Caribbean and this year we are doing an Australian outback theme."

Following Bernhard's speech was the Seabees cake-cutting ceremony in which the oldest and

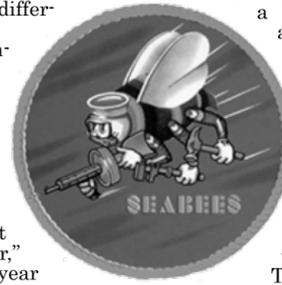
youngest Seabees were recognized.

The youngest Seabee, Seaman Apprentice Anthony West, came into the ballroom wearing a kangaroo costume and was lassoed by the oldest Seabee, Chief Petty Officer Denzil Bauer.

After the youngest and oldest Seabees completed the cake-cutting ceremony, it was nothing but fun and games for the rest of the night.

The Seabee community provided hand-crafted, Australian outback themed games.

"It is important to have a Seabee Ball every year so we can celebrate our birthday," said Stowe. "We work hard to have this ball."



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Marine Corps substance abuse policy clear, cut, dry

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

"It's clear, cut and dry," said Terrence J. Riley, substance abuse control officer here. "If you are a member of the United States military, the use of illegal substances is strictly prohibited. Period."

In order to prevent issues of substance abuse among Marine Corps bases around the world, the Marine Corps has put forth an ongoing effort to enforce a zero-tolerance drug policy.

Marine Corps Order 1700.24B, implemented in 2001, boldly states the Marine Corps will not tolerate the possession, use, trafficking, or distribution of illegal drugs or drug paraphernalia.

According to the order, these offenses must be dealt with swiftly and effectively to the fullest extent provided for by military laws and regulations.

If there was ambiguity about the abuse, possession or sale of a legal substance before, it was clarified in the Marine Corps Bases Japan Order 5355.1, which was implemented Sept. 10, 2008 and strictly prohibited the abuse, possession and distribution of certain legally obtainable substances as well as illegal ones.

At that time, substances such as Spice or spice-like substances were not controlled by the United States or Japanese government; therefore, new laws and orders were implemented in late 2009 to clarify and enforce regulations targeting such substances that could be abused throughout the

entire U.S. military.

After the Japanese government made it illegal to buy and sell Spice, a synthetic form of cannabis, the Marine Corps Forces Pacific introduced MarForPac Order 5353.2 on Dec. 1.

Among the substances listed in the enclosure were Salvia Divinorum, Mitragyna Speciosa Korth, Spice, Blue Lotus, Convolvulaceae Argyreia Nervosa, Lysergic Acid Amide, Amanitas Mushrooms, Datura, Absinthe

According to Terrence H. Guishard, a special agent with Naval Criminal Investigation Service Resident Agency here, time in Japanese prison is a likely sentence if service members or civilians are arrested off base for a drug offense.

"First, the Japanese will decide if they want the investigation or not," said Guishard.

"If they do decide they want it, then they will conduct their investigation and submit it to the

Carlos Campos, a special agent with NCIS here.

Service members will also risk a court marshal, which could result in more severe punishment.

"If we find out about it and we open an investigation, they can be prosecuted for it," said Campos.

Service members can be charged with Article 112a – wrongful use, possession, etc., of a controlled substance in addition with Article 92 – failure to obey lawful order.

If they try to lie about it, they can be charged with Article 107 – false official statement.

A group of service members who are found to be abusing or possessing controlled or non-controlled substances are subject to Article 81 – conspiracy.

"It really affects the command when you get one person introducing it and spreading it to everyone," said Campos.

Personnel involved or who know about an abuse and do not report the incident can also be charged.

All service members hold the responsibility to report any incidents relating to legal or illegal substance abuse in order to ensure the effectiveness and readiness of the Marine Corps.

For more information, contact NCIS by calling 253-5589. To place an anonymous tip about substance abuse related incidents, call 253-3318.

**Editor's note: Information in the chart below was provided by the National Institute on Drug Abuse, www.drugabuse.gov.*

"If you are a member of the United States military, the use of illegal substances is strictly prohibited. Period."

*Terrence J. Riley
Substance Abuse Control Officer*

and 5-Meo-DMT.

According to the order, Marines are prohibited from actual or even attempted possession, use, sale distribution or manufacture of any derivative, analogue or variant of those substances.

The bottom line is that the possession, use, trafficking or distribution of any legal or illegal form of substance used with the intent of altering the human state of consciousness in such a way that endangers one's life or the lives of others is not tolerated among the Marine Corps and will lead to administrative consequences.

prosecutor. The prosecutor will determine what type of sentence they will get," Guishard added.

Service members who are caught abusing substances will be charged under the Uniform Code of Military Justice and ultimately separated from the military.

MCO 1700.24B states that Marines confirmed for illegal drug involvement shall be processed for administrative separation.

"If you're huffing paint or abusing any kind of substance, you're supposed to go to an administrative separation board," said

Substances	Street Names	How Administered	Effects / Potential Health Consequences
Cannabinoids Hashish Marijuana	boom, chronic, gangster, hash, hash oil, hemp dope, ganja, mary jane, pot, reefer, skunk, weed, grass	swallowed, smoked swallowed, smoked	euphoria, slowed thinking and reaction time, confusion, impaired balance and coordination / cough, frequent respiratory infections; impaired memory and learning; increased heart rate, anxiety, panic attacks; tolerance, addiction
Depressants Barbiturates Benzodiazepines Flunitrazepam GHB Methaqualone	barbs, reds, red birds, phennies, yellows, yellow jackets candy, downers, sleeping pills, tranks forget-me pill, Mexican valium, R2, roofies, rope G, Georgia home boy, grievous bodily harm, liquid ecstasy ludes, mandrex, quad, quay	injected, swallowed injected, swallowed swallowed, snorted swallowed injected, swallowed	reduced anxiety; feeling of well-being; lowered inhibitions; slowed pulse and breathing; lowered blood pressure; poor concentration/fatigue; confusion; impaired coordination, memory, judgment; addiction; respiratory depression and arrest; death.
Dissociative Anesthetics Ketamine PCP and analogs	cat valiums, K, special K, vitamin K angel dust, boat, hog, love boat, peace pill	injected, snorted, smoked injected, swallowed, smoked	increased heart rate and blood pressure, impaired motor function/memory loss; numbness; nausea/vomiting
Hallucinogens LSD Mescaline Psilocybin	acid, blotter, boomers, cubes, microdot, yellow sunshines buttons, cactus, mesc, peyote magic mushroom, purple passion, shrooms	swallowed swallowed, smoked swallowed	altered states of perception and feeling; nausea; persisting perception disorder (flashbacks)
Opioids and Morphine Derivatives Codeine Fentanyl and analogs Heroin Morphine Opium Oxycodone HCL Hydrocodone bitartrate, acetaminophen	Captain Cody, school boy, doors & fours, loads, pancakes China girl, jackpot, murder 8, TNT, Tango and Cash brown sugar, dope, H, junk, skag, smack, white horse M, Miss Emma, monkey, white stuff big O, black stuff, block, gum, hop Oxy, O.C., killer vike, Watson-387	injected, swallowed injected, smoked, snorted injected, smoked, snorted injected, swallowed, smoked swallowed, smoked swallowed, snorted, injected swallowed	pain relief, euphoria, drowsiness / nausea, constipation, confusion, sedation, respiratory depression and arrest, tolerance, addiction, unconsciousness, coma, death
Stimulants Amphetamine Cocaine MDMA Methamphetamine Methylphenidate Nicotine	uppers, black beauty, LA turnaround, speed, truck drivers blow, C, candy, Charlie, coke, crack, flake, rock, snow Adam, clarity, ecstasy, Eve, lover's speed, peace, XTC chalk, crank, crystal, fire, glass, go fast, ice, meth, speed JIF, MPH, R-ball, skippy, the smart drug, vitamin R cigarettes, cigars, smokeless tobacco, snuff, spit, chew	injected, swallowed, smoked, snorted injected, smoked, snorted swallowed injected, swallowed, smoked, snorted injected, swallowed, snorted smoked, snorted, spit tobacco	increased heart rate, blood pressure, metabolism; feelings of exhilaration, energy, increased mental alertness / rapid or irregular heart beat; reduced appetite, weight loss, heart failure, nervousness, insomnia
Other Compounds Anabolic steroids Dextromethorphan Inhalants	roids, juice robotripping, robo, triple C laughing gas, poppers, snappers, whippets	injected, swallowed swallowed inhaled	*Note: The effects/potential health consequences listed are common of the substance category, but certain substances may have additional effects/potential health consequences not listed.

THE IWAKUNI APPROACH LOCAL RESTAURANT GUIDE

Tease your tastebuds with foreign flavors in Japan

STORY AND PHOTOS BY
LANCE CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Have you ever walked through the streets of Japan hungry and craving the taste of some flavor other than Japanese sushi or tempura?

After a few months or maybe even years stationed here, have you ever began to crave the mouth-watering flavors of that amazing burger from back home or started to dream about that downtown Italian restaurant known for its creamy fettuccine alfredo?

If you have, then you've prob-

ably gone looking for it and have probably been disappointed in your search, but here are two restaurants that won't let you down.

With each choice making its own name in either New York dining or Italian flavors, these two restaurants will bring you back for more.

If you've been having cravings for Italian flavors and Italian treats, Fracasso is your answer.

To calm your yearnings for an American-tasting meal with New York surroundings, look no further than Upper Café Diner New York, New York.

Whatever your preference is, neither will disappoint.



Fracasso is located in Iwakuni near You Me town at 1-15-45 Minami-Iwakuni Cho, Iwakuni Shi. Although the atmosphere resembles that of a family diner, the tastes they offer are Italian. Its menu has a full range of flavorful steaks, pastas, pizzas, sandwiches and deserts. Its savory pastas and personal-sized pizzas will catch you off guard as your tongue encounters the full flavors their seasons and spices have. The restaurant offers large portions at a cheap price. Prices range from approximately ¥500 to ¥1,000 per dish. Well lit and with non-smoking and smoking seating, it's the perfect place for a family meal or a gathering with friends.



The pizza and pasta at Fracasso in Iwakuni. The restaurant offers an assortment of pizzas and pastas, each with a unique flavor and cheaply priced; each plate is approximately ¥550.



Upper Café Diner New York, New York

You can find the Upper Café Diner New York, New York within the Hiroshima Namiki-dori shopping streets at 7-2 Fukuromachi Naka-Ku. Anyone who's been to New York will feel the city's vibe within this small open-spaced café. Although their bilingual menu changes from time to time, it's filled with a variety of salads, appetizers, pastas, meats, pizzas and desserts. You can also count on finding that full-flavored American gourmet burger you've been looking for. The American-like flavors and lively music beats in the background will take you back to New York City. With good-sized portions, the prices are on par with the taste and friendly service staff. Prices range from approximately ¥1,000 to ¥1,500 per dish. There is no non-smoking area.



The bacon cheeseburger at Upper Café Diner New York, New York in Hiroshima. With a simple presentation, it surprises the senses with a savory taste you'll think about well after you finish.



LANCE CPL. JENNIFER PIRANTE

Matthew C. Perry Elementary and Kawashimo Elementary School students, among other participants including the mayor of Iwakuni, pose for a group photo after decorating kites at the U.S.-Japan Friendship Exchange at the IronWorks Gym here Feb. 27. The event was organized by the Chugoku-Shikoku Defense Bureau and co-sponsored by Marine Corps Air Station Iwakuni and Iwakuni city.

2010 Friendship Exchange: Children, families come together in friendship



LANCE CPL. JENNIFER PIRANTE

Takumi Yonemura and Naoki Yonemura team up against an opposing team during a game of dodgeball at the U.S.-Japan Friendship Exchange at the IronWorks Gym here Feb. 27.

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

There are many ways to play a sport, many ways to cook a recipe, and diversity among these activities can be highlighted through different cultures in the world. Through interaction and play, human beings can find a common ground.

More than 300 Matthew C. Perry Elementary School and Kawashimo Elementary School students and their families came together to participate in the U.S.-Japan Friendship Exchange at the IronWorks Gym here Feb. 27.

The event was organized by the Chugoku-Shikoku Defense Bureau and sponsored by Marine Corps Air Station Iwakuni and Iwakuni city, all of whom have been directly involved with friendship exchange events in the past.

The exchange kicked off with a ten-minute opening ceremony with greetings from Col. Michael A. O'Halloran, station commanding officer; Yoshihiko Fukuda, mayor of Iwakuni; and Noriaki Nakamura, the director general of CSDB.

A series of scheduled activities had been organized for the kids to do so that they could interact and understand the differences between their cultures.

Throughout the day, the parents were also given a chance to interact by engaging in cooking lessons.

The fathers learned how to cook hot dogs while the mothers learned how to cook meatloaf and Japanese doughnuts, which were handed out to all who attended.

From 9:10 to 9:50 a.m., American and Japanese children sat down at tables staged in

the middle of the basketball courts to make and decorate kites they would get to fly later on in the day.

The children were given markers and other art supplies to draw characters or anything they wanted. Some drew their native flags and others drew cartoon characters.

From 9:50 to 10:30 a.m., American and Japanese children competed with and against each other in various games such as bun-biting races and tug-of-war.

The children also participated in various sports such as kickball, dodgeball and basketball. Instruction was provided by American volunteers.

"Their games are a little bit different from our games," said Lance Cpl. Shanaya E. Payne, volunteer. "Dodgeball is the same way, but their rules are different from our rules. They keep playing while we play three strikes, you're out."

There were also various alternative activities available. Bounce houses and inflatable basketball hoops were staged inside the gym for the children to play.

At the end of the day, all the children and their parents went outside to fly the kites they had made earlier.

According to Mayor Fukuda, the event attracted a good turn out.

"We're not just stationed in Japan," added O'Halloran.

"We live here, so it's important to get along and know our neighbors."

At the end of the event, all the children and staff involved in the event posed for a group photo, displaying some of the decorated kites that had been made and the new friendship they had formed.



LANCE CPL. JENNIFER PIRANTE



LANCE CPL. JENNIFER PIRANTE

Above — Ayaka Yamakawa (left), Cameron Olicas (center) and Reina Yamamoto (right) team up in an effort to pull the opposing team across the line in a game of tug-of-war during the U.S.-Japan Friendship Exchange at the IronWorks Gym here Feb. 27. Left — Yoshihiko Fukuda, mayor of Iwakuni, admires the kites made and designed by Chloe Lawson (left), Millie Lawson (center) and Alaina Lawson (right) during the U.S.-Japan Friendship Exchange at the IronWorks Gym here Feb. 27.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



SGT. DORIAN GARDNER

CAMP DELARAM II, Afghanistan – Petty Officer 3rd Class Ryan Thorbon, Naval Mobile Construction Battalion 4, cuts wood beams to construct exterior wall stands for air conditioning units. Camp Delaram II is one of the newest bases to be established in Helmand province.

RCT-2 puts boots on ground in Afghanistan

SGT. DORIAN GARDNER
II MARINE EXPEDITIONARY
BRIGADE

CAMP DELARAM II, Afghanistan — While gentle winds blew through the rotors of a CH-53 D helicopter, the final group of Regimental Combat Team 2 Marines and sailors disembarked, completing the unit's transition into Camp Delaram II, Feb. 27.

Marines with RCT-2 deployed to Afghanistan in support of the troop-surge in Helmand province, working by, with and through the Afghans and Afghan national security forces to rid outlying areas of insurgent groups and Taliban presence.

Though a large threat lies outside the rows of concertina wire and dirt barriers that surround Camp Delaram II, regimental personnel are prepared to dig in, and begin their year-long deployment. While 12 long months lie ahead, RCT-2 has big plans for the province.

"The RCT exists to provide operational guidance and logistical support to the subordinate units so they can fight the enemy," said Capt. Larry R. Iverson Jr., Headquarters Company commanding officer, RCT-2.

The regiment can support an infantry battalion in many ways, from providing food and water, to ammunition and fuel for their vehicles.

Within the unit, it is the job of the Headquarters Company to ensure Marines within the RCT are receiving the support they need so they can conduct their daily operations to support other units, according to Iverson.

At the moment, Marines are focused on finishing construction and connectivity, ensuring Marines can communicate through the phone lines, radio equipment and emails.

Pfc. Christopher Tillett, a 24-year-old field radio operator, is one of the many Marines who ensure other units as well as Headquarters Company, have those capabilities.

Fairly new to the Fleet Marine Force, Tillett is happy to deploy as quick as he did.

"I've always thought of combat deployments to be a good learning experience," said Tillett.

"A lot of Marines don't deploy straight out of school. It's good to learn in the states, but you learn more in a deployed environment," he added.

The communications section



SGT. DORIAN GARDNER

CAMP DELARAM II, Afghanistan — As the last Marine departs the CH-53 D, Regimental Combat Team 2 begins its 12-month deployment in Helmand province. The RCT provides support to its subordinate battalions, enabling them to fight the enemy with every advantage.

not only wires the base for phone lines and computer connectivity, but ensures infantry battalions and artillery batteries have the same capabilities, according to Tillett.

"We keep [communication] up and get it done as fast as possible," said Tillett.

Nearly settled in, RCT-2 is working hard to ensure upcoming units will have what they need in order to continue the fight.

With a full staff ready to assist Marines throughout the province, RCT-2 looks forward to the upcoming year with high expectations of success.

COMMUNITY BRIEFS

Club Beyond Game Day

Club Beyond is scheduled to have a Game Day 4 p.m. Saturday. Game Day will include music, food, fun and board games. Everything is FREE! No RSVP required. For more information, call the Marine Memorial Chapel at 253-3317.

UMUC Spring Session II

Register for Spring Session II classes with the University of Maryland University College, Building 411, room 110. Registration is open until March 22 and sessions will run March 22 – May 16. For more information, contact your local field representative at 253-3392.

Christian Holy Week Schedule – Roman Catholic

• March 27, 5:30 p.m. – Vigil Mass for Palm

Sunday

• March 28, 8:30 a.m. – Palm Sunday Mass
• April 1, 6 p.m. – Holy Thursday: Mass of the Last Supper
• April 2, 6 p.m. – Good Friday: Good Friday Service
• April 3, 7 p.m. – Holy Saturday: Easter Vigil Mass
• April 4, 8:30 a.m. – Easter Sunday: Easter Sunday Mass

Jewish Passover Service

March 30 – April 1 (Seder/Service) Time is to be determined. For more information, call the Marine Memorial Chapel at 253-3371.

Christian Holy Week Schedule – Protestant

• April 2, 7:30 p.m. – Good Friday: Good Friday Service
• April 4, 5:54 a.m. – Easter Sunday: Sunrise

Service, Penny Lake Pavillion. In case of foul weather, service will be held at the Marine Memorial Chapel.
• April 4, 10:30 a.m. – Protestant Easter Service

OSC Offering Academic Scholarships

The MCAS Iwakuni Officers' and Spouses' Club is now accepting applications for academic scholarships. Graduating high school seniors and dependent spouses are eligible to apply. Seniors at M.C. Perry may pick up an application package at the high school's counselor's office. Dependent spouses may pick up an application package at the Education Office in Building 411. All applications are due by April 15. For more information, e-mail iwakunisolarship@hotmail.com.

The Biggest Saver Coupon Contest

The contest will run until April 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 that saves the

most money will win an hour long massage. If you have any questions, call 253-6250.

Hornet's Nest Renovations

The Hornet's Nest is currently undergoing renovations scheduled to be completed June 2010. The gym area is closed until June 1. The Cyber Café 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 to prevent active duty service members from falling prey to predatory lenders. These loans are 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.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. Visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and Marine Corps Community Services 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.

To submit an event, automobile, item or job ad request, please send an e-mail to iwakuni.pao@usmc.mil. Please include a contact name, at least one phone number and the information you would like published. Alternatively, you may submit in person at the Public Affairs Office, Building 1, room 216.
• The deadline for submissions is 4:30 p.m. Fridays and published the following Friday.
• Requests are effective for one week. If you want to extend a previously submitted ad for an additional week, notify the Public Affairs Office at 253-5551.

Chapel Services

Roman Catholic

Saturday 4:30-5:15 p.m. Confession
5:30 p.m. Mass
Sunday 8:30 a.m. Mass
9:45 a.m. Religious Education
Tues. – Fri. 11:30 a.m. Weekday Mass
Wednesday 6 p.m. Inquiry Class for adults

Protestant

Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
Wednesday 6 p.m. Awana (Bldg. 1104)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

Church of Christ

Sunday 9:30 a.m. Bible Study (small chapel)
10:30 a.m. Worship Service

Latter Day Saints

Weekdays 6:30 a.m. Youth 12-17 Activities

Teen Programs

• High School Meetings (Club – grades 9-12)
• Junior High Meetings (Club JV – grades 7-8)
• HS&JR Bible Studies

• Retreats
• Service Projects
• Missions Trip
• Special Events Volunteer Training & Mentoring
• Parent Support Group
Call at 080-4177-2060 or jletaw@ClubBeyond.org

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



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

SAKURA THEATER

Friday, March 12, 2010

7 p.m. The Lovely Bones (PG-13)
Premiere
10 p.m. Daybreakers (R)
Premiere

Saturday, March 13, 2010

1 p.m. Percy Jackson and the Olympians: The Lightning Thief (PG)
4 p.m. The Spy Next Door (PG)
Premiere
7 p.m. Up in the Air (R)
10 p.m. Youth in Revolt (R)

Sunday, March 14, 2010

1 p.m. The Spy Next Door (PG)
4 p.m. The Lovely Bones (PG-13)
7 p.m. Daybreakers (R)

Monday, March 15, 2010

7 p.m. The Wolfman (R)

Tuesday, March 16, 2010

7 p.m. The Lovely Bones (PG-13)

Wednesday, March 17, 2010

7 p.m. Youth in Revolt (R)

Thursday, March 18, 2010

7 p.m. Up in the Air (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.

CLASSIFIEDS

Miscellaneous

PSP GO For Sale

Brand new, box never opened. \$200. Call 253-3827 or 080-4073-3746 after hours.

Ashley Sofa For Sale

Beige suede sofa with pillowtop arms. 9

Don't forget! The seasonal uniform changeover will occur March 15.

Mess Hall Menu

Monday

Cream of mushroom soup, Creole soup, steak ranchero, sweet and sour pork, mashed potatoes, steamed rice, succotash, carrots, dinner rolls, brown gravy, potato salad, mixed fruit salad, standard salad bar, congo bars, marble cake double layer, butter cream frosting, blueberry crunch.
Specialty Bar: Pasta

Tuesday

Cream of potato soup, chicken noodle soup, Cajun meatloaf, baked salmon fillet, potatoes au gratin, steamed rice, french fried cauliflower, mixed vegetables, dinner rolls, macaroni salad, deviled potato salad, standard salad bar, chocolate chip cookies, spice cake, butter cream frosting, lemon meringue pie.
Specialty Bar: Taco

Wednesday

Cream of broccoli soup, vegetable soup, turkey pot pie, oven roast, noodles Jefferson, steamed rice, brussels sprouts, broccoli combo, biscuits, brown gravy, potato salad, country style tomato salad, standard salad bar, peanut butter cookies, double layer devil's food cake, cheese cake.
Specialty Bar: Barbeque

Thursday

Cream of chicken soup, minestrone soup, Swiss steak with mushroom gravy, honey glazed rock cornish hen, parsley buttered potatoes, buttered pasta, green beans southern style, vegetable stir fry, mushroom gravy, dinner rolls, macaroni salad, German tomato salad, standard salad bar, sugar cookies, strawberry shortcake, whipped topping, vanilla creamed pie.
Specialty Bar: Deli sandwich

Friday

Tortilla soup, minestrone soup, beef/chicken fajitas, chili con carne, fish tacos, refried beans, beef burritos, mexican corn, salsa, jalapeno corn bread, potato salad, spinach salad, standard salad bar, banana bread, shortbread cookies, Dutch apple pie.
Specialty Bar: Mongolian

months old. Asking \$300 OBO. For more information, call 080-3369-6031.

Jobs

NMCRS Volunteer Opportunities

Be that friendly person who lets those in need know they've come to the right place.

Japanese Language Course 2010

The Yamaguchi International Exchange Association is sponsoring a Japanese language course for foreigners at the Iwakuni Shimin Kaikan (Civic Hall) Training Room April 13 - July 6.

Each course of instruction is divided into two 3-month terms. Five hundred yen per person is charged for enrollment.

All station personnel are encouraged to participate. Students in the 6th grade and under must be accompanied by an adult.

Classes are available for beginners and more advanced levels. Attendance

Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply, call 253-5311.

Youth Sports Basketball Season Needs Coaches

Looking for 10 coaches to teach children ages 3 - 10. For more information, contact Naomi Higashi at 253-5777.

Job Fair

Marine Corps Community Services Human Resources will be having a job fair 11 a.m. to 1 p.m. March 9 at the Crossroads Mall, Building 410. For more information, call 253-3532.

is required on the first day of class in order to complete a placement test. Otherwise, your registration will be cancelled automatically.

If you can't attend the first class, you may still participate under the following conditions: You must inform in advance that you can't attend, and you must attend the second class.

Only 40 seats are available on a first-come, first-served basis.

For more information, call the Public Affairs Office at 253-5551 or stop by Building 1, room 216.

Deploying with TRICARE

MAURICIO GUEVARA
TRICARE PACIFIC MARKETING REPRESENTATIVE

If there's one universal rule in the military, it's that pre-deployment days can be hectic.

With so much going on, it can be easy for service members to overlook their TRICARE benefits; however, ensuring dependents have proper healthcare coverage is an important item to add to a pre-deployment checklist.

To secure proper healthcare for dependents, pre-deploying members must make sure their spouse or family has access to all necessary medical records, including a copy of the service member's deployment orders.

Service members should also review their records and each of their dependents' records, ensuring they are current in the Defense Enrollment Eligibility Reporting System.

It's also a good idea to show families how to make changes in the DEERS at a nearby identification card-issuing office.

You can do this by phone at 1-800-538-9552 or online at www.tricare.mil/DEERS.

After completing these steps, service members should also check their de-

pendents' identification cards.

If any are due to expire during the deployment, replace them beforehand.

This will secure future access to health care as ID is required for initial admittance.

Finally, service members should confirm that their dependents know the basics of their TRICARE coverage by encouraging their spouse or child's guardian to attend a Pre-Deployment and Family Readiness Group briefing.

It is also highly encouraged to come to the TRICARE office prior to making any decisions to travel home while the spouse is deployed.

Deploying personnel should also make a list of contact numbers, including their primary care manager or family physician, a nearby emergency room, a beneficiary counseling and assistance coordinator, and their TRICARE Area Office. The TAO website for the Pacific is located at www.tricare.mil/pacific.

For more pre-deployment tips covering everything from automobile storage to legal resources, visit the Force Health Protection and Readiness Pre-Deployment page at <http://fhp.osd.mil/preDeployment.jsp> or call your local TRICARE office at 253-3072.

Red Cross Month Special Events

Saturday, March 13
9 a.m. to 6 p.m. CPR Saturday Half Price CPR Class
\$20 Full certification
\$10 Compression only Red Cross Ready

Saturday March 20
9 a.m. to 4 p.m. Protect the Pet Dog and Cat First Aid/CPR Class
\$40 per person
\$55 per couple

Sunday, March 28
2 to 6 p.m. Save a Life Sunday half price first aid Class
\$20 Full Certification

Every Wednesday and Friday
4 to 7 p.m. Raid Cross Thrift Store Shopping

Call the local American Red Cross for details or course registration at 253-4525.

One Best Ball of Two Ball Golf Tournament

Die-hard golfers play in pairs to get best score possible



LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Jamie Valentine, a competitor in the One Best Ball of Two Ball Golf Tournament, prepares to putt the ball on the green at the Torii Pines Golf Course here Feb. 27. During the tournament, teams of two golfed all 18 holes together, taking the best score of the two players for each hole and contributing it to their final score.

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

On a chilly, overcast day, competitors trekked through the sludgy, water-filled golf course from one hole to the next during the One Best Ball of Two Ball Golf Tournament at the Torii Pines Golf Course here Feb. 27, counting on each other for the best score possible.

First place for the lowest net score in the Best One Ball of Two Ball Golf Tournament and Bryan Ruppel with a score of 67.

Teams of two golfed all 18 holes together, taking the best score of the two players for each hole and contributing it to their final score.

"That way if one person sucks during one hole, they still have a chance of doing well in the tournament," said Paul Hahn, the golf course manager at the Torii Pines Golf Course.

Each team also had its handicap factored in to its score to make the playing field more even.

Service members, civilians, males and females all participated in the event.

As each golfer strategically placed themselves behind the golf ball before swinging their club, team members and bystanders cheered them on.

"Come on, Mami!" said Wayne Gilmore as he cheered on his wife, Mami Fujimoto, who was on an opposing team.

She focused, swung back her club, struck the white, dimpled ball and watched it fly across the swamp-like course.

Fellow competitors clapped for the well-executed shot and continued on through the course.

As participants finished up the 18th hole, they rounded up to tally up their scores. Some showed up looking confident, while others showed up looking a little disappointed, but once they all gathered together, the jokes, laughter and conversation began.

"This is what it's all about," said Hahn.

"They all come out, have a good time and talk a bunch of trash to each other."

Most of the participants are regular golfers and compete in the monthly golf tournaments.

"These guys are die-hard golfers," said Hahn.

Once the scores were tallied, the winners were announced.

Only one point behind first place, Geno and Kenta Johnston took second place with a score of 68.

Mami Fujimoto and Tomoko Harrell were not far behind in third place with a score of 70.

Jerry Woods and Wayne Magrisi were able to manage the lowest gross score, the score without their handicap factored in, with a score of 71.

There are more tournaments and events to come, including clinics for beginner golfers.

For more information, call the Torii Pines Golf Course at 253-3402.

Schedule of upcoming golf events

March 27 7:30 a.m.	MCCS Two Person Alternate Shot	Get a friend you can trust with your golf score for this tournament. You hit a shot and then your friend will hit the next one, alternating each shot until you and your friend have holed out.	Torii Pines Golf Course
April 10 7 a.m. - 12 p.m.	Match Play Championship	Full United States Golf Association handicap tournament.	Torii Pines Golf Course
April 13 9 a.m. - 12 p.m.	Junior Golf Camp	Eight to 12-year-old golf camp. \$39 per child. Includes a free T-shirt. Limited to 36 on first come, first-served basis.	Torii Pines Golf Course
May 11 4 p.m. - 6 p.m.	Free Ladies Golf Clinic	Just show up at the driving range. Free to all adult ladies.	Torii Pines Golf Course
May 15 7 a.m. - 12 p.m.	Best 15 Holes	Throw out the worst three holes.	Torii Pines Golf Course
June 19 6 a.m. - 6 p.m.	Summer Solstice Golf Tournament	54 holes of golf in one day. Sign up at the pro shop.	Torii Pines Golf Course



LANCE CPL. SALVADOR MORENO

A class moves in sync to the beats of the music during the Zumba class held at the IronWorks Gym here March 3. Zumba is an aerobic fitness program with music based on salsa, meringue, cumbia, reggaeton, calypso, samba, African, cha cha, hip hop and other music.

ZUMBA! Ditch the workout, join the party!

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Community members swung their hips and moved their feet to the tunes of upbeat Latin music in the weekly Zumba class at the IronWorks Gym here March 3.

Zumba is an aerobic fitness program with music based on salsa, merengue, cumbia, reggaeton, calypso, samba, African, cha cha, hip hop and other music.

It was created in Columbia during the 1990s by celebrity fitness trainer Beto Perez.

"Zumba is basically a workout class you dance in," said Katrina Alexander, certified group fitness and Zumba instructor.

The Zumba class offered by Marine Corps Community Services has been around for about a year and seems to grow as time progresses.

"They probably average about 15 to 20 people per class," said Darci Kruse, health promotions assistant director here.

The Zumba class is open to anyone who is allowed on base at any skill level; just wear appropriate exercise attire.

"It's supposed to be fun while you incorporate exercise into your lifestyle," said Alexander. "One of the mottos is ditch your workout and join the party."

The class held March 3 had approximately 10 participants swinging their hips and moving their feet to the latest and greatest of Latin music.

"Zumba is held pretty often," said Alexander. "I teach it on Wednesdays, but there is a Zumba class on Friday afternoons and also on Saturdays."

MCCS has four instructors trained to teach Zumba classes, so the classes are more

available for patrons looking to get in shape and have fun doing it.

"It basically is a workout to make you think that you're dancing and having a party, so to speak," said Alexander.

"It's tricking you into a workout. At the same time, you're burning calories and fat while toning your body."

Zumba is not just a class for individuals, but it can also be a unit physical training session if a unit is interested.

To sign up for a unit class, call MCCS Semper Fit division at 253-5225 to reserve a date and time.

"I would love for more people to come out," said Alexander. "I guarantee they will get a good workout as well as have a good time."

For more information on Zumba or any other classes, call the MCCS Semper Fit Division.



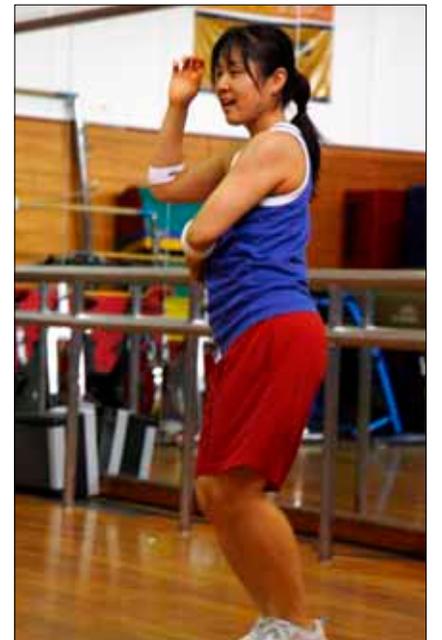
LANCE CPL. SALVADOR MORENO

Katrina Alexander, certified group fitness and Zumba instructor, leads the Zumba class in dance and aerobic fitness at the IronWorks Gym here March 3. The Zumba class is open to anyone who is allowed on base.



LANCE CPL. SALVADOR MORENO

Sayaka Takabayashi (front left) moves in sync with the rest of the Zumba class held at the IronWorks Gym here March 3. Takabayashi is also a certified Zumba instructor and took the lead of the class for a few songs toward the end of the workout.



LANCE CPL. SALVADOR MORENO

Sayaka Takabayashi, a certified Zumba instructor, took the lead of the class for a few songs toward the end of the workout during the Zumba class held at the IronWorks Gym here March 3. The Zumba class is one of many classes offered by Marine Corps Community Services.