

# OKINAWA MARINE

February 16, 2007

www.okinawa.usmc.mil

## Navy-Marine Corps Relief Society seeks volunteers

Lance Cpl. Bryan A. Peterson  
OKINAWA MARINE STAFF

CAMP FOSTER — This summer, twenty-five percent of Okinawa's Navy-Marine Corps Relief Society volunteers will move to new duty locations, potentially leaving the society shorthanded, society officials said.

In hopes of attracting new volunteers wanting to help fellow service members, the Navy-Marine Corps Relief Society will host an open house luncheon at noon March 26 at their office complex in Building 5674, located behind the Foster gas station.

SEE **VOLUNTEER** PG 6

## 1st Stinger Battery makes first deployment in support of OIF

Lance Cpl. Terence L. Yancey  
OKINAWA MARINE STAFF

KADENA AIR BASE — More than 130 Marines and sailors from 1st Stinger Battery, Marine Air Control Group 18, 1st Marine Aircraft Wing, left Kadena Air Base Feb. 9 for a seven month deployment in support of Operation Iraqi Freedom.

This is the first combat deployment for the battery since the start of the Global War on Terrorism and the first combat deployment ever for most of the Marines and

SEE **BATTERY** PG 6



Marines from 1st Stinger Battery board an airliner from Kadena Air Base Jan. 9 on their way to Iraq. Photo by Lance Cpl. Terence L. Yancey



A member of the 31st Marine Expeditionary Unit's Maritime Strike Force secures a rope from a CH-46E Sea Knight helicopter during fast-rope drills on Camp Hansen Jan. 31. Photo by Lance Cpl. Eric D. Arndt

## 31st MEU's Maritime Strike Force synchronizes full spectrum of tactics

Lance Cpl. Eric D. Arndt  
31ST MARINE EXPEDITIONARY UNIT

CAMP HANSEN — In order to be ready for any contingency in the Asia-Pacific region, it is critical that the 31st Marine Expeditionary Unit maintains maritime capabilities to execute diverse missions at a moment's notice.

As a means to that end, the Marines and sailors of the MEU's Maritime Strike Force received interoperability training on Camp Hansen and the Central Training Area Jan. 30-Feb. 6.

The training was conducted by the III Marine Expeditionary Force's Special Operations Training Group to bring

together the three elements that make up the MSF and "get them on the same sheet of music," said Master Sgt. Deryck Dervin, SOTG's chief instructor.

The MSF represents the surgical strike capability of the MEU. This means the team is responsible to execute missions, such as a hostage rescue, where a large-scale assault would cause unnecessary collateral damage or compromise the mission by giving away the Marines' position prior to reaching the objective.

The MSF is comprised of three elements: the Deep Reconnaissance Platoon, the Amphibious Reconnaissance

Platoon, both comprised of Marines and sailors from 3rd Reconnaissance Bn., and the security element made up of members of 3rd Plt., Company G, Battalion Landing Team 2nd Battalion, 1st Marine Regiment.

Each unit serves a different function in the strike force. The Amphibious Reconnaissance Platoon provides reconnaissance and surveillance for an operation, the Deep Reconnaissance Platoon executes raids and close-quarters battle and the security platoon provides security during the mission.

During the training, the MSF members received

SEE **STRIKE** PG 6

**INSIDE**

### ACT OF COURAGE

Cpl. Mina Salama receives the Navy and Marine Corps Medal for rescuing an Iraqi man from the rubble of a collapsed building in Husaybah.

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### TRICKS OF THE TRADE

Combat Assault Battalion Marines share training tactics with soldiers from the Japan Ground Self Defense Force during Exercise Forest Light.

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### CHEMICAL REACTION

Marines with CLB-31 prepare for nuclear, biological and chemical attacks during a situational exercise on Camp Courtney.

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**AR RAMADI, Iraq** Lance Cpl. Morgan L. Cooper, a radio operator for C Company, 1st Battalion, 6th Marine Regiment, monitors radios from an observation post outside the Qatana Security Station Jan. 7. Photo by Cpl. Paul Robbins Jr.



# Around the Corps

For more Marine Corps stories and photos, visit <http://www.marines.mil>



**ABOARD USS BATAAN** | Lance Cpl. John W. Boyce, a machine gunner with Weapons Co., Battalion Landing Team 2nd Bn., 2nd Marine Regiment, mans his MK-19 machine gun from the flight deck of USS Bataan as the 26th MEU transits the Suez Canal Jan. 30 en route to the Central Command area of responsibility. Photo by Cpl. Jeremy Ross

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** | Lt. Col. Marshal Denney III, commanding officer of Marine Tactical Electronic Warfare Squadron 3, holds his youngest daughter Jan. 23 after returning home from a nearly seven-month deployment in support of Operation Iraqi Freedom. Photo by Cpl. Curt Keester



**FORWARD OPERATING BASE LEGION, Iraq** | A Marine pays respects during a memorial service for Lance Cpl. Luis J. Castillo Feb. 1. Castillo, who was assigned to 1st Battalion, 24th Marine Regiment, died Jan. 20 from wounds received while conducting operations in Anbar province. Photo by Lance Cpl. Joseph A. Lambach

# Washington a man to be honored, emulated

In 1968, Congress made the third Monday of February a federal holiday in honor of George Washington's birthday. Many now refer to it as Presidents Day, in honor of both Abraham Lincoln and George Washington, whose birthdays – Feb. 12 and Feb. 22 respectively – fall just before and after the federal holiday. But the federal holiday remains an official observance of Washington's birthday. So like Americans have been doing since Washington's lifetime, I will celebrate the life of our first president Feb. 19 because he set the bar by which all Americans and their generations should be judged.

Washington was a man of Christian faith. At age 16, he laboriously hand-copied the book *Rules of Civility and Decent Behavior*, authored by French priests. Examples of its 110 maxims include "Use no reproachful language against anyone neither curse nor revile," and "When you speak of God or his attributes, let it be seriously and with reverence. Honor and obey your natural parents although they be poor."

Washington diligently kept these maxims throughout his life. Set against the armed might of the greatest empire on Earth, Washington issued an order on July 9, 1776, commanding his army of boys and farmers to seek to please God, who alone could make the patriot cause prevail.

"The blessing and protection of Heaven are at all times necessary but especially so in times of public distress and danger," he wrote. "The general hopes and trusts that every officer and man will endeavor so to live and act as becomes a Christian soldier defending the dearest rights and liberties of his country."

Though there are many testimonies to his

## 2nd Lt. Judd A. Wilson



faith and character, I prefer historian Abiel Holmes' succinct statement: "If we cannot aspire at his talents as a general, a president, or a statesman, we may imitate his virtues as a man, a citizen, and a Christian."

Washington was a man who loved his home. Born between the Potomac and Rappahannock Rivers in Westmoreland County, Va., Washington had a love for the land – a quintessentially Virginian quality – that bloomed in his late teens when he surveyed the Shenandoah Valley. It grew further from 1752 when, at the age of 20, his late, older brother Lawrence left him the Mount Vernon plantation.

During the course of his military and political careers, Washington expressed a profound desire to return to his beloved Mount Vernon in letters home to his wife and friends. He wrote extensive instructions to his wife and employees regarding how to run the family farm and asked about how improvements to the property were coming along. In 1792, Washington designed and had built an innovative 16-sided barn used to tread wheat. The barn still stands at Mount Vernon today, along with the farmland, forests, gardens, orchards, hedges and the many architectural improvements Washington made to his home.

Finally, Washington was a man who loved his countrymen. After he chose to not seek a third term in the presidency, his concern for his fellow citizens caused him to give them guidance as they began their national life without him.

In his Farewell Address of 1796 (actually not a speech, but a letter published in the newspapers of his day), Washington instructed us that, "Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. In vain would that man claim the tribute of patriotism, who should labor to subvert these great pillars of human happiness, these firmest props of the duties of men and citizens. The mere politician, equally with the pious man, ought to respect and to cherish them." What would Washington think of us in our present condition?

He warned the American people that "the common and continual mischief of the spirit of party are sufficient to make it the interest and duty of a wise people to discourage and restrain it." Had he seen the partisanship and animosity amongst Republicans, Democrats and other political groups we see today, he surely would have been roused to anger.

Common wisdom holds that no man is indispensable. But I think biographer James T. Flexner had it right when he labeled Washington "the indispensable man." Without Washington's example and wisdom, America could not have begun so gloriously, if at all. And as long as America endures, we must measure ourselves by his standards.

*Wilson is the press officer for the Okinawa Marine newspaper.*

## MARINE CORPS FACT CHECK

### RIFLE EXPERT BADGE

**Q:** Am I authorized to wear a "second award" device on my rifle expert badge if my expert rifle requalification scores did not occur in consecutive years?

**A:** Yes. According to a clarification recently posted on the Marine Corps Uniform Board Web site, the year you re-qualify as an expert, your badge should reflect the total amount of times you've qualified as an expert throughout your career. This issue will be specifically addressed in the update to the Marksmanship Manual due out later this year.

## Sempertoons

Created by Gunnery Sgt. Charles Wolf



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Camp Foster, DSN 645-7422

## BRIEFS

### 911 EMERGENCY SERVICES

Marine Corps Base Camp Butler has established a new off-base access number for reaching the on-base Marine Corps 911 emergency system. The new 911 emergency access number from off base is (098) 911-1911. If you are on base, or in government housing, continue to dial 911. If you are off base and need to contact Japanese emergency services, dial 119. For more information, call the MCB help desk at 114.

### CITIZENSHIP CEREMONY

The Department of Homeland Security Immigration Services will conduct a citizenship ceremony for pre-selected candidates March 2. The last day for accepting naturalization packages will be Feb. 20. Submissions must be sent to Mr. James Biggins at the Installation Personnel Administration Center, via e-mail at bigginsjr@mcbbutler.usmc.mil. For more information, call 645-2114.

### TRANSFER OF RECYCLING PROGRAM

The Marine Corps Base Camp Butler recycling program has been transferred from Marine Corps Community Services to MCB Butler's Environmental Branch. The MCB Environmental Branch will continue to serve all military installations on Okinawa with the exception of Kadena Air Base. For more information, call 645-3139 or 634-2600/0448.

### NEW GUNNERS FITNESS CENTER HOURS

Beginning Feb. 19, Gunnery Fitness Center on Camp Foster will open at 4:30 a.m. Monday through Friday. Closing time will remain 10 p.m.

### TRAFFIC ADVISORY

The Okinawa Marathon will be held Feb. 25. Motorists should expect congestion and traffic delays at the following locations:

#### Camp Courtney

Gate 1, McTureous Gate 1: expect delays from 9:55 a.m. to 12:05 p.m.

#### Kadena Air Base

Gates 2 and 5: expect delays from 10:30 a.m. to 1:30 p.m.

#### Camp Foster

Gate 2 (PX gate), Gate 8 (Plaza Housing gate), Gate 2C (Kishaba Housing), Gate 1, and Gate 6 (Legion Gate): expect delays from 10:50 a.m. to 2:20 p.m.

### MARTIAL ARTS CENTER OF EXCELLENCE

The Martial Arts Center of Excellence is conducting a Martial Arts Instructor Trainer Course Feb. 12–March 30. For more information, Marines should contact their unit's training section S-3 or Gunnery Sgt. Friend at DSN 378-6471.

### ACADEMIES FOR HOMESCHOOLERS

WorldWide Independent Distance Education Academy, an accredited educational institution, is offering enrollment in two academies serving military or civilian families who homeschool their children. For more information, visit <http://www.worldwide-idea.org>.

### TO SUBMIT A BRIEF, send an e-mail to

[okinawamarine.mccb.fct@usmc.mil](mailto:okinawamarine.mccb.fct@usmc.mil) or fax your request to DSN 645-3803. The Okinawa Marine accepts briefs from nonprofit organizations only. The deadline for submitting a brief is noon every Friday. The Okinawa Marine reserves the right to edit all submitted material.

### STRIKE FROM PG 1

several hours of classroom instruction and conducted many practical application sessions. The Marines and sailors covered subjects such as urban movement, fast-roping



A member of the strike force fast-ropes from a CH-46E Sea Knight helicopter. Photo by Lance Cpl. Eric D. Arndt

and helicopter landing-zone extractions – all critical activities that allow the team to move quickly during missions where seconds can mean the difference between success and failure.

To stress the importance of timeliness, the leaders of each individual element discussed tactics and standing operating procedures to ensure their members knew how to communicate with each other and operate as a cohesive unit.

“Everyone needs to walk away from this training with a good knowledge of their mission and the tasks required of the different elements of this strike force,” said Capt. James H. Peace, the MSF commander. “I want to be able to go into (our future training missions) and our other sea-based missions being able to execute the full spectrum of tasks we’re required to handle.”

### VOLUNTEER FROM PG 1

Andrea R. Tatayon, the Navy-Marine Corps Relief Society chairman of volunteers, said it is important to find new volunteers early so they can gain some experience before the current volunteers leave.

“Currently, we have twenty-five volunteers with seven scheduled to leave this summer,” said Tatayon. “Although they are not gone yet, we need to train new people to fill their spots now. We hope to increase our manpower by forty-five percent.”

Society volunteers help out in a variety of ways including working as receptionists, assisting service members with budgeting and briefing Navy and Marine Corps units about the services the society offers.

Tatayon said one of the greatest benefits of working as a Navy-Marine Corps Relief Soci-

ety volunteer is it can open doors to new professions for those looking to move on to paying careers.

“Volunteers can build a resume and we provide the necessities for them to do that,” she said. “Whether they have no resume or one reflecting little experience, they can come here and build on it making them more qualified for the paying jobs.”

Volunteers with children also receive reimbursement for child care expenses, Tatayon added.

“We understand the sacrifices parents make when they are gone for the whole day,” she said. “When they take their children to daycare, we foot the bill.”

Mileage costs are also reimbursed, she said.

For all these tangible benefits however, Tatayon said the most rewarding aspect of volunteering is the satisfaction one gets

from contributing to the well being of the Navy and Marine Corps community.

“This is a great opportunity to do something great for Marines, sailors and their families,” she said. “We need to have a full staff to execute our mission in a timely manner. If we run short (on personnel), things will get really tough here so we really need volunteers to step up and help the Navy and Marine Corps community out.”

The Navy-Marine Corps Relief Society is a Department of the Navy sponsored organization, founded in 1904, that provides financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and their survivors.

For more information about the luncheon or to volunteer, contact the Navy-Marine Corps Relief Society at 645-7808.

### BATTERY FROM PG 1

sailors of the unit, though they will likely spend little time while deployed performing their primary occupational specialty, said Capt. Christopher Taylor, the battery executive officer.

“Stinger Battery’s mission is to provide air defense, but since there isn’t much of an air threat in Iraq, we have a new secondary mission of providing air base security,” he said.

The battery was notified of the deployment in mid-October, and many of its Marines have been anticipating their departure ever since.

“I’m kind of anxious to get over there,” said Cpl. Thomas Gadbois, a field radio operator with the unit who is deploying to Iraq for the first time. “There are a lot of people who have been out there multiple times; hopefully we can give someone else a break.”

When they got the word, the Marine Corps Air Station Futenma-based Marines and sailors began taking care of family business in preparation for the impending training cycle and deployment.

“At first it was hard when I had to tell my family I wouldn’t be home for Christmas because of our training,” said Lance Cpl. Jeremy Womack, a low

altitude air defense gunner who is in Okinawa on an unaccompanied tour. “It was a blow to them at first, but they’re proud of me and I’m proud to be able to take part in the war on terror.”

The unit began pre-deployment training in November at Camp Hansen and Combat Town. They also took part in Exercise Desert Talon in December, a training evolution that takes place annually in Yuma, Ariz.

The training the battery received did more than prepare them for their mission.

“As we’ve prepared for the deployment we’ve gotten a lot closer,” Carter said as the battery waited to depart Kadena. “The unit cohesion is very strong.”

Families of the service members have also pulled together to support each other and their deployed spouses.

“I know my wife will get along with the other families while I’m gone,” said Sgt. Robert Valdez, a low altitude air defense gunner whose wife and Okinawan in-laws have been very supportive of him. “The families are already planning to put together care packages to send out to all the Marines. We have all become a big family.”

# 212 Lancers go live on Okinawa ranges

Lance Cpl. Terence L. Yancey

OKINAWA MARINE STAFF

KADENA AIR BASE — An array of ranges on Okinawa offer military units a wide variety of training opportunities, and the Lancers of Marine Fighter Attack Squadron 212 took full advantage of them during a month-long training evolution that concluded Feb. 15.

A detachment of Marines with the unit, based at Marine Corps Air Station Iwakuni, trained and operated out of Kadena Air Base. While here, they dropped more than 200,000 pounds of explosive ordnance on ranges located on uninhabited islands 50 miles west and 200 miles south of Okinawa.

Because of the unavailability of live-fire ranges at Iwakuni, Okinawa is an ideal training location for them.

“This is a chance to keep all the pilots current on their training by dropping multiple types of ordnance, including laser and (Global Positioning System) guided weapons,” said Lancer pilot Capt. John H. Helm, Jr. “We do the training in Okinawa because the air-to-ground ranges here allow us to drop live ordnance we can’t drop back at Iwakuni.”

The squadron’s aviation ordnance Marines also benefited from the unique live fire experience.

“Out here we can get into what the job really is,” said Staff Sgt. Nickolas Battaglia, an aircraft ordnance technician with the squadron. “The Marines can get hot and heavy with hands



VMFA-212 ordnance Marines load an inert bomb onto a weapons station of a F/A-18C Hornet on the Kadena Air Base flightline Feb. 1. Photo by Lance Cpl. Terence L. Yancey

on training out here.”

Despite the long hours, the Marines worked during the training evolution, many appreciated the opportunity to put their skills to the test.

“We’ve been starting early in the morning and putting in 14-15 hour days,” said Sgt. Tom Williamson, an aviation ordnance technician with VMFA-212. “It’s great training for the

pilots, but we also get a lot out of it, especially our new guys who learn about different types of ordnance and how to load it.”

The squadron also trained with local units at Camp Hansen. Together they conducted urban close air support drills at the Central and Northern Training Areas.

The squadron comes to Okinawa to train about three times a year.

## 2/1 Marine receives heroism medal for life-saving actions

Cpl. Kamran Sadaghiani

31ST MARINE EXPEDITIONARY UNIT

CAMP HANSEN — For two days, an Iraqi civilian lay helplessly buried beneath the rubble and debris of a toppled building. He had been left for dead and his fate was looking grim.

Hope took a turn for the better when his life fell into the hands of Cpl. Mina Salama.

Salama, a supply noncommissioned officer now serving with Battalion Landing Team 2nd Battalion, 1st Marine Regiment, was reminded of his actions that day when Lt. Col. Francis Donovan, the BLT commanding officer, presented him the Navy and Marine Corps Medal Jan. 26 during an award ceremony at the Camp Hansen House of Pain South Gymnasium.

On Nov. 8, 2005, Salama was on a re-supply convoy serving as an Arabic translator with 2/1 in Husaybah, Iraq, when he heard from the F Company commander that Iraqi civilians were trapped under a collapsed house. When the convoy arrived at the scene, they soon realized the situation was truly life threatening.

Salama immediately started talking to civilians and gained an idea of where the trapped man might be. Without hesitation, he crawled

through the rubble of the collapsed building toward the man who turned out to be the last survivor beneath the debris.

“When I first went in, I heard a noise coming from somewhere within,” Salama said. “I didn’t know who it was, but I knew I had to get him out. It was that voice I kept hearing calling out to me that kept me going. For the first couple of hours, I was using my hands to move rubble out of my way. Later, civilians brought hammers and shovels because I had to literally break away rocks to free him.”

After removing a dead body and debris, his only option to reach the lone survivor was to remove the debris that was supporting the remaining structure over his head. In a risky move, he successfully cleared a path to the man and then emerged from the rubble with the survivor.

The 2/1 logistics officer, Capt. Thomas Parmiter, who was the senior officer at the scene, described what he saw.

“There are no words to explain what the building looked like, you just had to see the rubble,” Parmiter said. “It only took me about ten seconds to turn my back and task other Marines to provide support. By the time I looked back, Salama had already taken his gear off and handed



Cpl. Mina Salama is awarded the Navy and Marine Corps Medal by Lt. Col. Francis Donovan during an award ceremony at the Camp Hansen House of Pain South Gymnasium Jan. 26. Photo by Cpl. Kamran Sadaghiani

his rifle over (and was) crawling through a small opening nearly a foot-and-a-half square. I grabbed him by the collar and wanted to pull him out, and he said, ‘Sir, someone is dying in there,’ so I let him go.”

Salama, a 22-year-old native of Jersey City, New Jersey, never quit. With some assistance from two other Marines at the scene, he pulled out five dead bodies in all before reach-

ing the survivor. The space he had to work in was so cramped that he was only able to advance while lying on his stomach in constant contact with the remains of the other victims.

Following the exhaustive rescue, he began talking with other locals to determine if any more aid was needed. He quickly learned of a young girl in a nearby building who was severely injured and he helped coordinate a medical evacuation for her.

At Salama’s award ceremony, Donovan stated that there are incredible acts of great courage that happen every day that resemble different degrees of heroism. But what Salama did exemplified the epitome of a true hero.

“In today’s society it’s used quite a bit, and sometimes too frequently: the word hero. The Marine Corps always speaks of honor, courage and commitment, but here is a great example,” Donovan said.

The Navy and Marine Corps Medal may be awarded to service members who, while serving in any capacity with the Navy or Marine Corps, distinguish themselves by heroism not involving actual conflict with an enemy. Typically, it is awarded for actions involving the risk of one’s own life.

# 9th ESB Marines plan for anything, everything

Battalion Marines prepare for demolition missions prior to Iraq deployment

Lance Cpl. Richard Blumenstein

OKINAWA MARINE STAFF

CENTRAL TRAINING AREA — When 9th Engineer Support Battalion Marines deployed to Iraq last year, they expected to carry out typical construction and force protection missions. But soon after arriving, they were met with an additional task of assisting Explosive Ordnance Disposal units with demolitions and route clearing.

In fact, the ESB Marines spent so much time assisting EOD during the deployment that the company has now incorporated into its training schedule basic and advanced demolitions tactics that mirror typical missions in Iraq.

Before the last deployment, the unit's Marines did not specifically train for demolition missions and were forced to adapt using their basic knowledge of explosives, said Staff Sgt. Jonathan McClary, a platoon sergeant with A Company during a recent training exercise.

"Your mission can change at any time, even when you're already deployed," McClary said. "We're making sure these Marines have all the necessary skills they need prior to a deployment so they can act on instinct and know what to do. We're training on everything to be prepared for anything."

During the training, the Marines broke into fire teams and assembled a number of field expedient demolitions, such as Bangalores and



(From left to right) Pfc. David S. Anderson, Pfc. Kyle Rodrick and Lance Cpl. Martin N. Cole assemble an expedient shape charge Feb. 7 at the Central Training Area. Photo by Lance Cpl. Richard Blumenstein

shape charges, using engineer spikes, glass bottles, detonation wire and C-4 explosives. The expedient demolition devices, used when other explosives are not readily available, are capable of blasting through concrete, steel and wood structures.

1st Lt. Orlando M. Chaparro, the operations officer for A Co., said not all structures are the same and they require different types of explosives to be breached.

"There's a lot of creativity and forethought that goes into demolition," Chaparro said. "These Marines have to know the 'brilliance of

the basics,' because every obstacle has different aspects, whether it's blowing up a bridge, gate or building."

The Marines also trained on defensive perimeter concepts using claymore mines and worked with anti-personnel obstacle breaching systems, used for disabling mines and multi-strand wire obstacles.

"This training will make them more comfortable with demolitions and give them a basic knowledge of it," Chaparro said. "It will allow them to apply the fundamentals to various situations (during a deployment)."

## Hospital offers programs to help smokers kick the habit

Lance Cpl. Daniel R. Todd

OKINAWA MARINE STAFF

CAMP FOSTER — Tobacco is the second most common cause of death in the world today and is responsible for the death of one in ten adults worldwide. This figure translates to roughly 5 million deaths per year, according to The World Health Organization Web site.

Personnel at U.S. Naval Hospital Okinawa are combating this statistic with several programs and classes to help tobacco users stationed on Okinawa stop smoking.

"These classes help smokers understand they are not only hurting themselves but also others around them, ultimately hindering the mission of the military," said Andrea Deen Hampton, a health promotion specialist with the hospital. "We want to provide all the help we can for smokers trying to quit because it is a hard struggle and being in a class is always helpful."

The hospital provides three

programs to assist smokers in their quest for a smoke-free life: one-on-one counseling, a nicotine-free support group and a four-week cessation class. Each program offers a different approach to quitting.

In the one-on-one session, the smoker speaks with a health promotions specialist and together they work out a plan based on the smoker's preference. They talk about what can trigger the urge to smoke and how to eliminate the urges. Smokers also learn to set reasonable goals.

The nicotine-free support group gives smokers and ex-smokers a chance to come together and give each other support by sharing encouragement and their experiences.

"Support from others can really help those who are going through a hard time on their way to quitting," said Deen Hampton. "When they see others are having trouble and other people who have quit are still coming to the group, I think

it really boosts their motivation to quit."

During the four-week cessation class, smokers are informed of the health risks of tobacco use. They also receive information on different methods of quitting and prescription drugs that may be used to help ease cravings.

Medications such as nicotine patches, nicotine gum and prescription pills help smokers wean themselves from nicotine, making quitting easier by relieving withdrawal symptoms and decreasing the urge to smoke.

Many smokers believe they can't quit because of previously failed attempts, Deen Hampton said. But failure is not uncommon among smokers trying to quit, and many smokers fail several times before quitting successfully.

Deen Hampton said people tend to have a hard time quitting because nicotine causes a physical and mental dependence within the smoker's body. When nicotine

is suddenly removed, physiological functions in the brain and body are disturbed, and it takes time for the body to readjust to functioning without nicotine. During the readjusting period, smokers may experience nicotine withdrawals.

Some common withdrawal symptoms are trouble sleeping and concentrating, dizziness, extreme hunger, depression and irritability, she said.

Addiction is hard to overcome but not impossible. A strong desire to quit and willingness to reach out for help are key to conquering addiction.

"Addicted does not mean that you cannot stop, only that it is likely to be difficult," Deen Hampton said. "Anyone can succeed if he or she goes about it in the right way and the programs we have can certainly help."

For more information on the programs offered by the hospital contact the Health Promotions Office at 643-7906 or 645-2620.

# Class helps parents learn how to calm their baby

**Lance Cpl. Daniel R. Todd**  
OKINAWA MARINE STAFF

The first cry of a newborn baby is a wonderful sound to the parents' ears—it is a sign of a healthy child. But after a few weeks, if the baby's powerful wail continues, it could be the last thing parents want to hear.

The Happiest Baby on the Block class, a course at the U.S. Naval Hospital on Camp Lester, has been helping parents on Okinawa learn a methodical approach to calming their crying baby since the course began in January.

The class was developed by Dr. Harvey Karp, a nationally renowned pediatrician and child development specialist. It teaches parents how calming even the most temperamental infant can be easy if you view the world from a baby's point of view.

In a video used during the class, Karp explains that when inside the womb, babies are continually fed, shushed, jiggled and cuddled. After birth, they are no longer nurtured constantly, and such a sudden change makes it very difficult for them to adjust. He explains that by recreating the sounds, rhythmic motion and cozy feel of the womb, using techniques such as swaddling and swinging, parents can trigger a calming reflex,



**Candice Edwards (front), with her four-week old baby, Elijah, and Roxanne Aguilera, with her four-week old baby, Vicente, practice techniques learned in The Happiest Baby on the Block class.** Photo by Lance Cpl. Daniel R. Todd

otherwise known as the "automatic off-switch," for crying babies.

Navy Lt. Karly Gomez, division officer for obstetrics and gynecology, said a major motivation for starting this class was to help counteract the problem of shaken baby syndrome, which is often the result of parents just not knowing what to do with a seemingly inconsolable baby.

"Coping with a baby's non-stop crying is very frustrating, but shaking the baby will not stop the crying; it will only harm the baby," Gomez said. "By using Dr. Karp's methods, the crying will stop and the baby and parents will be happier."

One couple in a recent class was there because they had seen the methods put into work and were amazed at how quickly the mother was able to calm down her baby.

"We were in another class called Bundles for Babies and saw a mother use the techniques and her baby stopped crying immediately," said Nicholas Graham.

The class also teaches that being able to calm a baby can help prevent harmful consequences of prolonged crying including exhaustion, breast feeding failure and, for the parents, marital stress.

"The benefits the parents receive from the class are tremendous," said Kelly Phillips, a prenatal nurse educator at the hospital. "The parents who have taken the class have been very pleased and have told us it has made a huge difference in both their baby's life as well as theirs."

Kathleen Rayfield, a mother who took the first class taught at the hospital, said that the methods are very successful and have improved her life so much she believes every parent, new and experienced, should take the class.

The free class is taught every third Saturday of the month and every other Wednesday. Interested parents should call the OB/GYN clinic at 643-7267 to sign up for the class.



**Lance Cpl. Daniel G. Stoll uses visual aids to teach children how to say parts of the body in English at Iha Elementary School in Uruma City Jan. 31.** Photo by Lance Cpl. Richard Blumenstein

# Simon says, 'Learn English'

## 9th ESB Marines use games, smiles to teach elementary school students

**Lance Cpl. Richard Blumenstein**  
OKINAWA MARINE STAFF

As the Marines walked into the classroom at Iha Elementary School Jan. 31, they couldn't help but feel welcomed as the children shouted with overwhelming enthusiasm and smiling faces, "Let's start English!"

The Marines were with a group from 9th Engineer Support Battalion, 3rd Marine Logistics Group, who volunteered to teach the children as part of the Marine Corps' English Language Teaching Program.

The program helps break down cultural barriers by providing Okinawan children the opportunity to learn English while interacting with the Marines teaching the classes.

"They really enjoy learning English," said Michiko Shingaki, an Iha Elementary School teacher. "They try really hard to learn English so they can have conversations with the Marines."

The Marines with 9th ESB volunteer for the program twice a month.

"The 9th ESB Marines are always supporting the school," said Chinen Harumi, the elementary school's principal. "We're really grateful they come out and teach the children English so often."

To begin the day, pupils escorted Marines by hand to their assigned classrooms where the Marines

started the class by introducing themselves in English.

"They look up to us when we teach the classes," said Lance Cpl. Daniel G. Stoll, a bulk-fuel specialist with Bulk Fuel Company. "I volunteer for this every chance I get. It's a great opportunity to learn their culture and teach them ours."

Stoll, who has been volunteering for the program for more than a year now, said the children always seem excited when he and other Marines arrive.

"I think they really love us," Stoll said. "They're very interested in our language and it makes you feel so wanted when you see their faces light up."

The Marines used visual aids to teach the children how to say the days of the week and human body parts in English. Then, they played games with the children such as "Simon Says" that incorporated what they taught them earlier in the class.

"They really enjoy the games," Shingaki said. "Each time the Marines arrive they play different games and do different things. The children really enjoy that."

The only disappointment of the visit came at the final bell.

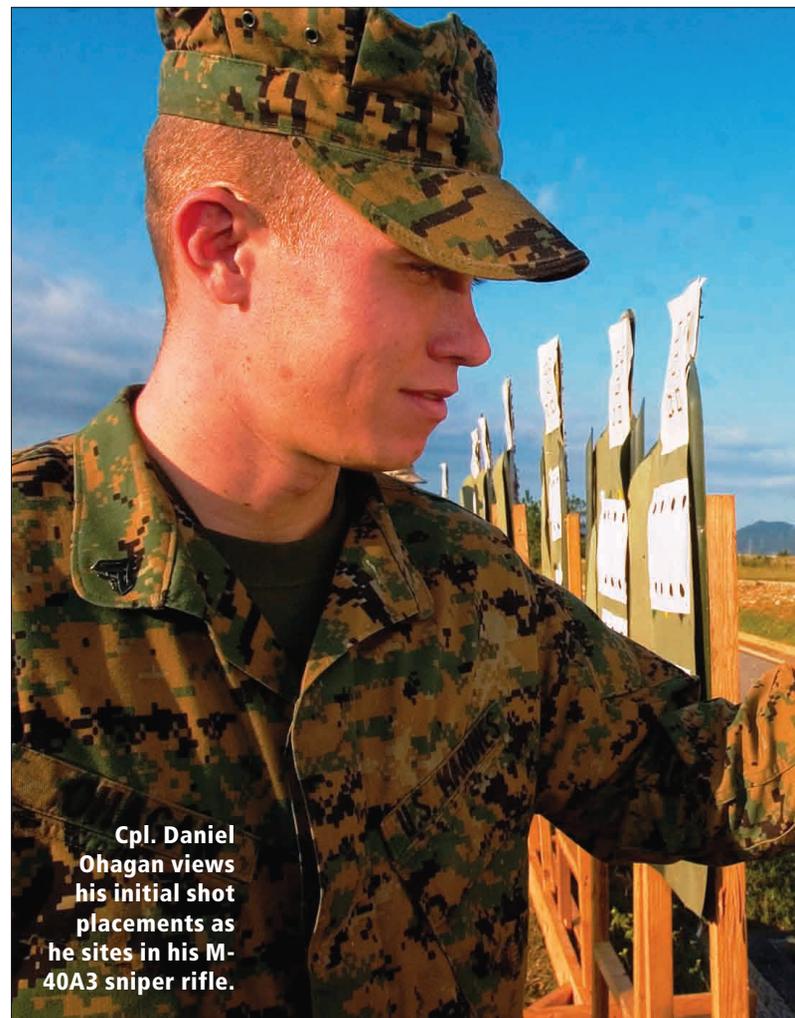
"The students are always anxiously watching the clock on the days they know the Marines are coming," Shingaki said. "Some of the students don't want the Marines to leave when it's time for them to go."



**Cpl. Michael Tolliver, a sniper with Battalion Landing Team 2nd Battalion, 1st Marine Regiment, engages multiple targets with his M-4 carbine rifle from a UH-60 Blackhawk helicopter Jan. 25. Photos by Cpl. Kamran Sadaghiani**



**Cpl. Carter Fields fires an M-40A3 sniper rifle as Cpl. Michael Tolliver spots his shot placements during the Urban Sniper Course which prepared the Marines to join the 31st MEU's Maritime Strike Force.**



**Cpl. Daniel Ohagan views his initial shot placements as he sites in his M-40A3 sniper rifle.**



A Marine sniper reloads an M40A3 sniper rifle.

# 2/1 snipers zero in on urban combat training

**Cpl. Kamran Sadaghiani**  
31ST MARINE EXPEDITIONARY UNIT

**W**ith today's threats in hostile urban environments, and in a world where terrorists hit and run from inside city buildings and busy streets, conventional sniper techniques of lying prone while stalking enemies in the open are not enough.

To reinforce their urban warfare skills, Marine snipers with Battalion Landing Team 2nd Battalion, 1st Marine Regiment, participated in the III Marine Expeditionary Force's Special Operations Training Group Urban Sniper Course on Camp Hansen Jan. 15-26.

Through the 11-day course, snipers applied their skills in high-risk urban scenarios to prepare for their mission of supporting the 31st Marine Expeditionary Unit's Maritime Strike Force, said Staff Sgt. David Jarvis, the course's senior instructor.

With the knowledge gained through this course, the snipers will be flexible, comfortable, and ultimately be able to use their skills to assess and control a broad spectrum of combat environments, he said.

Because the Maritime Strike Force is organized to provide the enhanced operational capability to perform selected maritime missions and enable conventional operations, these snipers must be fully trained to rapidly adapt to specific missions the strike force may face, he said.

The course covers material including using support structures in urban environments, conducting sniper-initiated assaults, urban movement procedures, counter-sniper operations and observation and reporting procedures, said Staff Sgt. Marc Kastille, a course instructor.

The course included extensive classroom instruction and numerous hours at various live-firing ranges which included night live-fire engagement and multiple-

target engagement from a moving helicopter.

"Essentially, we take the basic fundamentals the snipers are taught in scout sniper school and improve upon them," Kastille said.

As members of the Maritime Strike Force, the Marines could be involved in various operations ranging from direct-action raids to identifying threats during a non-combatant evacuation.

The snipers must possess strengths unique to the MEU's operational capabilities prior to joining the strike force, Kastille said.

With the course behind them, the snipers accomplished just that as they left the course capable of establishing highly mobile, self-sustainable, clandestine support, Kastille said.



Lance Cpl. Damon Young makes adjustments to zero the scope on his M40A3 sniper rifle.

# Speaking the same language

## U.S., Japanese service members showcase latest CPR techniques

**Lance Cpl. Warren Peace**

OKINAWA MARINE STAFF

CAMP ITAMI, Japan — Japanese and U.S. service members broke the language barrier during a demonstration of universal life saving procedures at the Post Exchange here Feb. 1.

The demonstration was just one activity Japanese and American service members participated in to build a cooperative spirit during Yama Sakura 51, one of several military exercises conducted regularly by Japanese and U.S. forces to promote security in the region.

During the demonstration, the service members worked in unison with minimal verbal communication as they performed the

latest techniques of cardiopulmonary resuscitation on dummies before an audience of U.S. and Japanese personnel.

The reason both forces were able to work so well together, according to Sgt. 1st Class Christina J. Perry, a licensed practical nurse from the 302nd Medical Detachment, U.S. Army Pacific, is the fact they use the same standards set by the American Heart Association.

"The guidelines set at the American Heart Association's convention in 2005 have become the standard and were implemented



**Japanese and U.S. service members treat a simulated casualty during a demonstration of the newest cardiopulmonary resuscitation techniques at the Post Exchange on Camp Itami, Japan Feb 1.** Photos by Lance Cpl. Warren Peace

by the global community in 2006," Perry said.

The exhibition highlighted the fact that saving lives is a priority for members of all military organizations.

"It is great to see there is so



**Teams used a dummy to simulate a casualty during the demonstration.**

much unity," Perry said. "We all want to save lives."

This unity was not so apparent at first for some of the participants who were worried the language barrier might create problems during the exhibition.

But once medical personnel began treating the simulated casualties, the anxiety lifted, said Japan Ground Self-Defense Force Sgt. 1st Class Shintaro Uemura, an emergency medical technician with the Middle Army, he said. Both forces did everything identically.

"It's about saving lives, and as a result of today's demonstration, lives will be saved," Perry said.

## Division Marines teach English at Japanese school

**Lance Cpl. Juan D. Alfonso**

OKINAWA MARINE STAFF

KUMAMOTO CITY, KYUSHU, Japan — A busy training schedule didn't stop leather-necks from 3rd Marine Division from helping out in the Japanese community here during Exercise Forest Light 2007.

Lance Cpls. Michael H. Johns, John M. Redfield and Cpl. William M. Skinner, with Combat Assault Battalion, volunteered to help teach English to Japanese students Feb. 2 at Shokei High School in Kumamoto City.

The Marines agreed the reason they volunteered was because they enjoy interacting with members of the Japanese community.

"They are just so nice to a complete stranger," Skinner said. "They show you respect as long as you show it to them."

This wasn't the first time for some of the Marines to teach English.

"I help teach English to Japanese adults near Camp Courtney," said Redfield. "Part of the reason I do it is I want to learn Japanese; and by hearing them speak, I'm learning as well."

Johns expressed the importance of Marines giving back to the community that has treated them so well during the exercise.

"This is a great way to show that Marines aren't just warriors, we're people too," he said. "I think we should always take advantage of any opportunity we have to build friendships."

Kenji Maeda, the school's vice principle, expressed his thanks to the Marines for taking time out of their training to help teach his students.

"It was very nice of them to come," he said. "We look forward to another opportunity to learn and communicate with Americans."

Exercise Forest Light is a bilateral, semi-annual exercise designed to increase the readiness and interoperability of the Japan Ground Self Defense Force and the U.S. Marine Corps.

## U.S. forces brush up on ancient art form

**Lance Cpl. Warren Peace**

OKINAWA MARINE STAFF

CAMP ITAMI, Japan — About 1,300 years ago, shodo, the art of calligraphy, was introduced into the Japanese culture by the Chinese. Recently, Japanese

service members introduced this ancient art to U.S.

service members here during Yama Sakura 51.

Soldiers from Japan Ground Self-Defense Force's Middle Army hosted six classes for U.S. service members Feb. 1 at the Post Exchange here.

The classes were just one way in which U.S. and Japanese service members strengthened relationships during the training exercise designed to build the cooperative ability of the United States and Japan to promote peace in the region.

"We see a lot of differences in our cultures, but we learn from each other," said Leading Pvt. Shoji Onishi, an interpreter with the Middle Army. "Americans seem to use (sheer strength) and body power in a lot of things they do. Japanese use more balance and finesse, and it shows in our fighting styles and calligraphy. Calligraphy

displays the true aspect of our culture."

Many of the Americans who participated were glad for the opportunity.

"Here, we are immersed in the (Japanese) culture," said Sgt. Nicole M. Shimp, an intelligence specialist with 3rd Intelligence Battalion, III Marine Expeditionary Force. "I am very interested in the culture and love being around the Japanese. I was originally stationed in Okinawa for two years, but I have extended an extra year three times."

Throughout the classes, American soldiers, Marines, sailors and

airmen learned how to properly write Japanese kanji in the square style of writing known as kaisho. Kaisho requires penmen to draw each stroke independently in the correct order. This differs from writing Roman letters, which can be drawn in one continuous stroke.

"It was a little hard at first," said Spc. Krystle S. Williams, an Army medic who attended the class. "(The Japanese service members) really make it easier. I think I have the hang of it now."

Once the students finished their "works of art," they hung some of them in the class room for others to see.



**Staff Sgt. Daniel R. White provides security for his platoon Feb. 2 at the Oyanohara Maneuver Area, Kyushu, Japan, while conducting Military Operations in Urban Terrain training. The training is part of Exercise Forest Light 2007, a bilateral exercise conducted with the Japan Ground Self Defense Force.** Photos by Lance Cpl. Juan D. Alfonso

# TRADING TACTICS

## CAB Marines team with Japanese soldiers during field exercise

**Lance Cpl. Juan D. Alfonso**  
OKINAWA MARINE STAFF

OYANOHARA MANEUVER AREA, KYUSHU, Japan — Military Operations in Urban Terrain and night assaults are considered to be some of the most complex military missions, according to 1st Lt. Travis C. Rape, the company commander for Combat Engineer Company.

That is why his Marines from Combat Assault Battalion, 3rd Marine Division, and Japan Ground Self Defense Force soldiers from Camp Naha shared their training, tactics and procedures Feb. 3-4 during Exercise Forest Light 2007 as they prepared for an integrated field exercise between the two groups at the conclusion of the exercise.

The units began with the MOUT demonstrations and then conducted close-quarters marksmanship training. Both exercises reinforced the importance of quick and accurate shooting when engaging the enemy in an urban environment, Rape said.



**Marines prepare to clear out a building while conducting Military Operations in Urban Terrain training with the Japan Ground Self Defense Force soldiers.**

The Japanese soldiers and Marines engaged targets at distances of 15 and 25 meters. Some of the Marines were taken aback by the JGSDF soldier's proficiency, Rape said.

"I was very impressed by their strict evaluations," he said. "They demonstrated excellent use of their moving targets and were

very accurate."

On the next night, the Marines and soldiers conducted night operations against an opposing force from within their units.

"I really didn't know what to expect since this was my first night attack," said Pfc. Terry A. Tucker, a combat engineer. "Everything went off without a hitch.

We breached the enemy (perimeter) quietly, just as we'd planned. Almost a half hour went by before (our opposing forces) knew we were in their territory."

The soldiers gave an excellent demonstration of how to perform a night attack by using flanking techniques, Rape said.

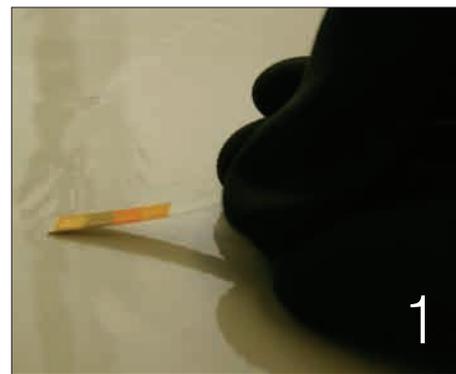
"These Japanese soldiers have demonstrated remarkable discipline," said Capt. Robert G. Daniels, the officer in charge of the demonstration exercise. "They are a well trained and confident fighting force. I look forward to continue working with them."

The integrated exercise concluded Feb. 9 and the Marines and soldiers arrived back on Okinawa this week.

Forest Light is a biannual field exercise designed to increase the effectiveness U.S. and Japanese forces operating in a joint environment. This year's exercise marks the first time the Okinawa-based soldiers from 1st Combined Brigade, Western Army, have participated in the exercise.



Members of the 31st Marine Expeditionary Unit's Enhanced, Chemical, Biological, Radiological and Nuclear team check articles of clothing for chemicals at the Camp Courtney Theater Jan. 31 during a simulated chemical attack. Photos by Lance Cpl. Bryan A. Peterson



1  
A Marine uses litmus paper to take a sample of a potentially hazardous liquid.



2  
The team member compares the litmus paper to a pH indicator card to determine if the chemical is harmful.

## MEU Marines put to test in final response drill

### Enhanced Chemical, Biological, Radiological and Nuclear team wraps up three-week course

Lance Cpl. Bryan A. Peterson  
OKINAWA MARINE STAFF

In a recent training scenario at the Camp Courtney theater, terrorists raided the building, took hostages and released chemical agents. Responding forces arrived at the scene, but because they lacked the necessary equipment and skills to handle a chemical threat, the 31st Marine Expeditionary Unit's Enhanced Chemical, Biological, Radiological and Nuclear team was put to action.

The team, made up of 12 Marines with Combat Logistics Battalion 31, the 31st MEU's combat service support element, was responsible for rescuing the hostages, detecting toxins and taking samples during the situational exercise Jan. 31.

The exercise concluded a three-week course qualifying the Marines to deploy to an unknown area on short notice during a nuclear, biological or chemical attack, said Staff Sgt. Claudio G. Casanova, the 31st MEU's command element CBRN chief.

He said the Enhanced CBRN team's primary mission is to conduct hazard assessment by sampling and identifying suspected chemical and biological agents, radiation and toxic industrial materials.

"If we are out conducting operations and a situation arises involving any kind of hazardous chemical attacks, the MEU (commanding officer) will call the Enhanced CBRN team and rapidly deploy them to the area of concern," Casanova said.

He said the team is chosen and trained at the beginning of each cycle and consists of

Marines from various elements within CLB-31. Most team members had little chemical training or experience before being chosen, Casanova explained.

"These Marines are not from the NBC (military occupational specialty)," he said. "They are from various (Military Occupational Specialties), such as motor transportation and landing support, within CLB-31 who are picked to do the training and to become part of the team."

The course began Jan. 11 and covered gear maintenance, detecting and sampling chemicals and conducting the CBRN situational exercise. Marines from Chemical, Biological Incident Response Force, II Marine Expeditionary Force and Marine Corps Systems Command monitored the team's training.

Cpl. Gary L. Hoffman, a member of the Identification and Detection Platoon with II MEF's incident response force, said the training is primarily focused on detecting hazardous materials terrorists are now using that are easily accessible at most convenience stores.

"The Marine Corps is aware that terrorists are using toxic industrial chemicals to hurt our forces," Hoffman said. "By coming here, we can teach these guys and better prepare them for any type of these attacks."

Pfc. Timothy B. Pritchett, a CLB-31 refrigeration mechanic who is now a member of the team, said the first two weeks were intense and the exercise was a great way to test the skills he learned.

"I never thought I would be doing anything like this," said Pritchett. "A training exercise like this puts real-world situations



Lance Cpl. Extus P. Justin puts on protective gear before responding to a simulated chemical attack.

into perspective. We were all able to apply what we have learned the past few weeks with minimal problems."

Pritchett said wearing his full-protective gear, such as the self-contained breathing apparatuses, steel-toed boots, protective suits and rubber gloves, made him realize how extremely difficult and uncomfortable it is to operate in a contaminated environment.

"When you put these suits on, you're a different person," he said. "Your mobility is lowered, your mask gets really foggy, and it's really hot. But the training makes us appreciate how we quickly (prepare) ourselves to accomplish anything to support the (mission)."

# Something to cheer about

## Kubasaki, Okinawan cheerleaders share spotlight in halftime show

**Lance Cpl. Daniel R. Todd**

OKINAWA MARINE STAFF

Loud cheers and applause filled the Kubasaki High School Gym Feb. 9 as a pyramid of cheerleaders from Okinawa City and Kubasaki High School smiled brightly from center court.

The pyramid was the climax of a halftime routine during a basketball game between Kubasaki and Gushikawa High School.

The joint squad had worked on the routine over the three previous weekends. For the Okinawan girls from the Okinawa City Exchange Cheerleading Salon Workshop, it was their first time in the cheerleading spotlight.

The Okinawan girls, ranging in age from 13-30 teamed up with the Kubasaki High School cheerleaders every Saturday at Kariyushi-en, Chibana, Okinawa City, to learn the routine performance in the hopes of getting a taste of what cheerleading is all about.

Kubasaki cheerleaders provided the instruction showing the Okinawan team clean, efficient cheerleading moves while ensuring they knew how to do the moves properly to avoid injury, said Patti Ornauder, a captain for the Kubasaki cheerleading squad.

"Instructing and working with the Okinawan girls was amazing," Ornauder said. "They worked very hard and were always excited to learn more about cheerleading. And when it came time to per-

form, they did an excellent job."

Many members of the audience were surprised when they found out the squad had only practiced together a few times saying it looked like they had been doing the routine for months.

"The performance was excellent, especially since they only worked on the routine together three times and cheerleading was entirely new to the Okinawan girls," said Eiko Irei, coordinator of international relations with the Okinawa City Hall.

Coming together for cheerleading proved to be a learning experience for both the Okinawans and the Kubasaki cheerleaders.

"Not only was this a learning experience for the (Okinawan participants) but also for us because many of us have never instructed before and this gave us an idea of what it is like to teach others," Ornauder said.

This was a lot different than anything the Kubasaki cheerleaders do all year and it was a great program that turned out much better than anyone expected, said Emily Lachney, the coach of the Kubasaki High School cheerleading squad.

"I thought the program was going to be very formal, but we ended up just having a great time doing what we love, bonding with the Okinawans and making friendships we didn't expect," Lachney said. "I think this was one of the best memories for me and the cheerleaders this year, and I am looking forward to doing it in the future."



**Cheerleaders from Okinawa City and Kubasaki High School form pyramids for the final portion of their combined routine at the Kubasaki High School gym Feb. 9.** Photo by Lance Cpl. Daniel R. Todd

## Runners focus on teamwork during Tin Man Shuffle

**Lance Cpl. David Rogers**

OKINAWA MARINE STAFF

A small group of Marines displayed the meaning of esprit de corps as they joined hands while crossing the finish line of the seven-mile Tin Man Shuffle Feb. 2 on Marine Corps Air Station Futenma.

More than 120 Marines and sailors with Marine Air Control Squadron 4 and Marine Air Support Squadron 2, and eight members of the Japan Air Self Defense Force participated in the run to promote teamwork and build camaraderie.

The name of the event is derived from the Ironman Triathlon, a well-known competition

where competitors swim, bike and run a total of 140.6 miles. The less intense shuffle can be accomplished by a single runner or a two-man relay team.

Cpl. Olen Cook, an aviation radio technician with MACS-4 and one of the finishers in the group, said they started out small but grew larger during the second half of the run as they picked up fellow Marines that were slowing down.

The group finished the shuffle with a time of one hour and four minutes and it was one of the slowest finishing times that day, but it was more fun than many of the Marines expected, according to Lance Cpl. Kenneth



**Marine Air Control Squadron 4 Marines share a moment of esprit de corps as they cross the finish line of the seven-mile Tin Man Shuffle Feb. 2.** Photo by Lance Cpl. David Rogers

Parent, an Air Control Electronics Operator with MACS-4.

The decision to join hands was made when the group couldn't decide

who should cross the finish line first, Cook said.

"We didn't have straws to draw from so I asked, 'Why don't we just cross together?'" he said.

Members of the JASDF were some of the faster runners at the event. They were invited as part of a continuing effort to include them in more training events with the units.

Staff Sgt. Tatsuya Shimobayashi, a member of the JASDF, said he used the event as practice for the upcoming Tokyo and Okinawa marathons.

Awards were given to the fastest male and female solo runners and the fastest male and female relay teams.

The fastest runner of the event was Pfc. Michael Morales, a motor vehicle operator with MACS-4. He ran on his own in 42 minutes and five seconds.

# IN THEATERS FEB. 16-22

Start times are subject to change without notice.  
Call in advance to confirm show times.

## KADENA 634-4422

**FRIDAY** Catch and Release (PG-13), 6 p.m.; The Good Shepherd (R), 9 p.m.

**SATURDAY** Catch and Release (PG-13), 11 a.m., 2 p.m.; The Good Shepherd (R), 5 p.m.; Apocalypto (R), 9 p.m.

**SUNDAY** Catch and Release (PG-13), 11 a.m., 2 p.m.; The Good Shepherd (R), 5 p.m.; Apocalypto (R), 9 p.m.

**MONDAY** Catch and Release (PG-13), noon; The Good Shepherd (R), 3 p.m.; Apocalypto (R), 7 p.m.

**TUESDAY** Apocalypto (R), 7 p.m.

**WEDNESDAY** The Good Shepherd (R), 7 p.m.

**THURSDAY** The Messengers (PG-13), 7 p.m.

## FUTENMA 636-3890

**FRIDAY** Rocky Balboa (PG), 7 p.m.

**SATURDAY** Eragon (PG), 1:30 p.m.; Rocky Balboa (PG), 6 p.m.

**SUNDAY** Norbit (R), 1:30 p.m., 6 p.m.

**MONDAY** Rocky Balboa (PG), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** The Messengers (PG-13), 7 p.m.

**THURSDAY** Closed

## KINSER 637-2177

**FRIDAY** The Good Shepherd (R), 7 p.m.

**SATURDAY** Unaccompanied Minors (PG), 3 p.m.; Apocalypto (R), 7 p.m.

**SUNDAY** The Good Shepherd (R), 6 p.m.

**MONDAY** Closed

**TUESDAY** Catch and Release (PG-13), 7 p.m.

**WEDNESDAY** Norbit (R), 7 p.m.

**THURSDAY** The Pursuit of Happiness (PG-13), 7 p.m.

## HANSEN 623-4564

Closed for renovation until August

## FOSTER 645-3465

**FRIDAY** The Messengers (PG-13), 7 p.m.; The Good Shepherd (R), 10 p.m.

**SATURDAY** Charlotte's Web (G), 1 p.m.; Happy Feet (PG), 4 p.m.; The Messengers (PG-13), 7 p.m.; Apocalypto (R), 10 p.m.

**SUNDAY** Everyone's Hero (G), 1 p.m.; Eragon (PG), 4 p.m.; The Messengers (PG-13), 7 p.m.

**MONDAY** Unaccompanied Minors (PG), 1 p.m.; Rocky Balboa (PG), 4 p.m.; The Messengers (PG-13), 7 p.m.

**TUESDAY** The Good Shepherd (R), 7 p.m.

**WEDNESDAY** Apocalypto (R), 7 p.m.

**THURSDAY** Norbit (R), 7 p.m.

## SCHWAB 625-2333

**FRIDAY** Casino Royale (PG-13), 7 p.m.

**SATURDAY** Apocalypto (R), 7 p.m.

**SUNDAY** The Good Shepherd (R), 7 p.m.

**MONDAY** Norbit (R), 7 p.m.

**TUESDAY** The Messengers (PG-13), 7 p.m.

**WEDNESDAY** Closed

**THURSDAY** Closed

## COURTNEY 622-9616

**FRIDAY** Norbit (R), 6:30 p.m., 9:30 p.m.

**SATURDAY** Rocky Balboa (PG), 2 p.m.; Norbit (R), 6 p.m., 9 p.m.

**SUNDAY** Eragon (PG), 7 p.m.

**MONDAY** Unaccompanied Minors (PG), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** Blood Diamond (R), 7 p.m.

**THURSDAY** Closed

# SINGLE MARINE PROGRAM SCHEDULE

## Ai No Mura Retirement Home Visit

Feb. 23  
(Sign Up by Feb. 21)  
Departure time:  
MCAS Futenma, 2 p.m.

## Nakagusuku Beach Cleanup

Feb. 24  
(Sign Up by Feb. 21)  
Departure times:  
Camp Kinser, 9:30 a.m.  
MCAS Futenma, 10 a.m.

Camp Foster, 10:30 a.m.  
\*Bring yen, drinking water and gloves.

## Whale Watching Tour

Feb. 24  
(Sign up by Feb. 16)  
Departure times:  
Camp Schwab, 11:45 a.m.  
Camp Hansen, 12:15 p.m.  
Camp Courtney, 1 p.m.

\*Cost: \$30  
\*Bring snacks and a camera.

## Hiji Falls Hiking Trip

March 10  
(Sign Up by March 7)  
Departure times:  
Camp Courtney, 9:30 a.m.  
Camp Hansen, 10:15 a.m.  
Camp Schwab, 10:45 a.m.

\*Cost: ¥200  
\*Bring a camera, a hat, sunscreen, a towel and lunch.  
Wear loose-fitting clothing with athletic or climbing shoes.

Contact the Single Marine Program Office at 645-3681 for more information.

All pick-up points will be at Semper Fit gyms or the Foster Field House.

# CHAPEL SCHEDULE

## Camp Foster 645-7486/7487

Protestant: Sun., 8:30 a.m.  
Eastern Orthodox: Sun., 9:30 a.m.  
Gospel: Sun., 11:30 a.m.  
Latter-day Saints: Sun., 2 p.m.  
Hindu Services: Sun. (Hindu Room), noon  
Catholic: Mon.-Fri., 11:45 a.m.; Sat., 5 p.m.; Sun., 10 a.m.  
Jewish: Fri., 6:30 p.m.  
Muslim: Friday prayer at 12:45 p.m.

## Camp Lester 643-7248

Catholic: Sun., 8 a.m.  
Protestant: Sun., 10 a.m.  
Gospel: Sun., noon

## Camp Hansen 623-4694

Catholic: Sun. (East Chapel), 10 a.m.; Mon.-Fri. (East Chapel), 11:30 a.m.  
Protestant: Sun. (West Chapel), 11 a.m.

## MCAS Futenma 636-3058

Contemporary: Sun., 9 a.m.

Catholic: Sun., noon

## Camp Schwab 625-2644/2866

Catholic: Sun., 8:30 a.m.  
Episcopal: Sun., 9:30 a.m.  
Protestant: Sun., 11 a.m.

## Camp McTureous 622-7505

Catholic: Sat., 5:00 p.m.  
Lutheran: Sun. 9:45 a.m.  
Gospel: Sun., 12:30 p.m.

## Camp Courtney 622-9350

Protestant: Sun., 9:30 a.m.; 6 p.m.  
Catholic: Mon., Tues., Thurs., Fri., 7 a.m.; First Fri., 4:30 p.m.; Sun., 8 and 11 a.m.

## Kadena Air Base 634-1288

Catholic Masses  
Daily Mass (Mon.-Fri.), noon, Chapel 2  
Saturday Reconciliation, upon request  
Blessed Sacrament Chapel, 3:30 p.m., Chapel 2;  
Mass, 5 p.m., Chapel 2

Sunday Masses  
Mass, 8:45 a.m., Chapel 3;  
Mass, 12:30 p.m., Chapel 1;  
Life Teen Mass, 5 p.m., Chapel 1

Holy Day of Obligation Masses  
Mass, noon, Chapel 2;  
Mass, 6 p.m., Chapel 3

Protestant  
Inspirational, 8:30 a.m., Chapel 2; Evangelical, 9 a.m., Chapel 1;  
Traditional, 10:30 a.m., Chapel 2; Gospel, 10:30 a.m., Chapel 3;  
Emmaus Communion Liturgical), 6:30 p.m., Chapel 3; Project 196 (Contemporary), 6:30 p.m., high school

## Camp Kinser 637-1148

Protestant: Sun. (Chapel 1), 9:30 a.m.  
Catholic: Sun. (Chapel 1), 11 a.m.; Mon.-Thurs. (Chapel 2), noon  
Gospel: Sun. (Chapel 1), 8 a.m.

# CLASSIFIED ADS

## AUTOMOBILES

**'92 TOYOTA SOARER**  
JCI July 07, \$2,000 OBO. 646-5942  
**'95 TOYOTA CURREN**  
JCI Dec. 07, \$1,000 OBO. 623-4481  
**'96 TOYOTA CURREN**  
JCI June 07, \$2,450 OBO. (090) 1770-7891  
**'95 NISSAN SKYLINE**  
JCI April 08, \$2,500 OBO. 646-6560  
**'92 MAZDA MIATA ROADSTER**  
JCI May 08, \$3,800 OBO. (080) 3202-7395  
**'94 HONDA PRELUDE**  
JCI May 07, \$2,000 OBO. 623-4997  
**'93 MITSUBISHI RVR**  
JCI Feb. 08, \$2,000 OBO. (090) 9809-0282  
**'92 TOYOTA MASTER**  
ACE JCI Sept. 07, \$1,000 OBO. 633-1086  
**'94 MITSUBISHI RVR**  
JCI May 08, \$2,000 OBO. 634-0223  
**'94 TOYOTA EXIV JCI**  
Dec. 07, \$1,700 OBO. 646-4148  
**'94 TOYOTA ESTIMA**  
JCI Sept. 07, \$2,500. 633-1669  
**'92 TOYOTA CROWN**  
JCI Jan. 09, \$2,000. 646-4048  
**'92 TOYOTA MASTER**  
ACE JCI Sept. 07, \$1,800. 633-1086  
**'95 TOYOTA VISTA**  
JCI April 08, \$1,600 OBO. 633-1086  
**'94 TOYOTA SUPRA**  
JCI Nov. 08, \$4,500. (090) 6864-6862  
**'96 TOYOTA CELICA**  
JCI Nov. 07, \$1,000.

## MOTORCYCLES

**'91 TOYOTA SURF**  
JCI April 08, \$1,500. 637-2079  
**'95 TOYOTA CELICA**  
JCI May 08, \$2,000. (090) 9405-6699  
**'90 TOYOTA TOWN**  
ACE JCI Oct. 08, \$800. 623-4320  
**'92 HONDA CBR 400 CC**  
JCI June 08, \$2,000 OBO. (090) 9783-0867  
**'99 SUZUKI SKYWAVE 400 CC**  
JCI July 07, \$2,500 OBO. (090) 9780-2180  
**'04 HARLEY-DAVIDSON SPORTSTER**  
JCI July 07, \$6,400 OBO. 632-3198

## MISCELLANEOUS

— Teak wagon wheel putter, \$30, 634-0223.  
— JVC 32-inch TV, \$150. 646-4448.  
— English bulldog, 637-2079.  
— Dell computer monitor, \$10. 637-2079  
— Canon Power Shot A610, 5 megapixels, \$100. 645-7424  
— X-Box games, \$20 each. (090) 5388-0198  
— King-sized pillow top mattress, \$550 OBO. 622-8140  
— Bunk beds, free. 933-0644  
— Computer desk, \$60; entertainment center, \$75; Ping

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