

Desert **WARRIOR**



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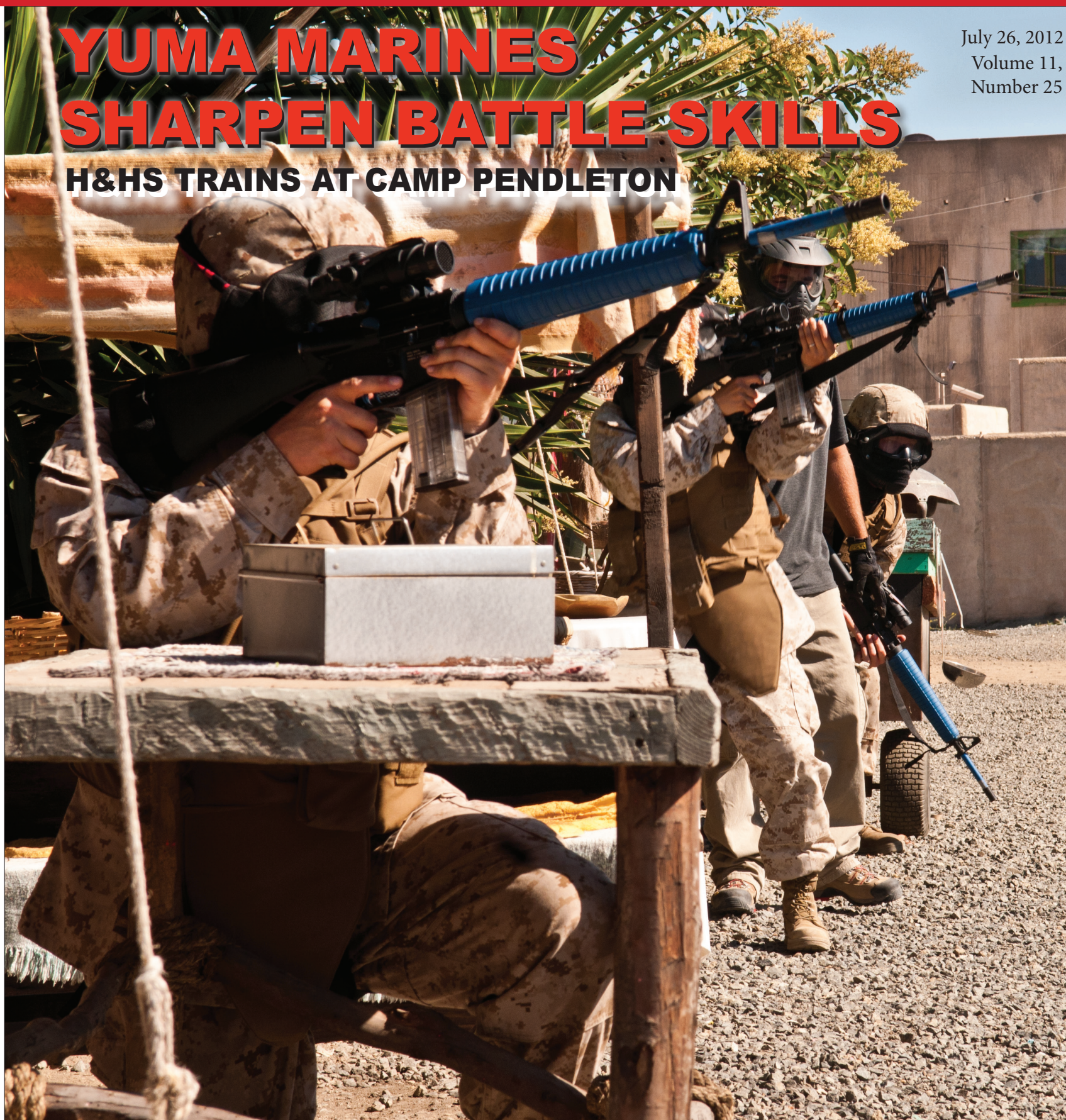
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YUMA MARINES SHARPEN BATTLE SKILLS H&HS TRAINS AT CAMP PENDLETON

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OPINION & EDITORIAL

Dont let outside opinions determine your situation

Cpl. Jolene Bopp
Desert Warrior Staff

If you have ever told someone you are stationed in Yuma, the common response might have been, “Oh wow, that stinks.” Or something along those lines. Most Marines would probably agree, but let me provide some food for thought.

As a daughter of a former master sergeant and airwinger, my dad always told me, “Every location is what you make of it. It is ultimately your choice to be miserable or not.” Yuma is actually filled with many things for many personalities. The station’s Marine Corps Community Services provide many events and activities for singles and families, these can be found in the Desert Warrior MCCA section or on the MCCA webpage.

I do not know how many times I have heard how boring or uneventful Yuma is. The fact is Yuma is only as boring as your imagination and desire for the unknown. Staying in the dark, uninviting barracks would drive anyone insane, even if introverted.

Luckily for you, I have taken the time to provide some options for outdoors types, craft-a-holics, artists, athletes and food enthusiasts.

Outdoors: Telegraph Pass and Picacho Peak are two Marine favorites whether going with your shop or friends and family. These hiking adventures will

not disappoint. There are also trails in the Wetlands Park. There is also a scuba diving class August 1- 29, ages 16 and up, on Prison Hill Road near Yuma Territorial Prison State Historic Park. For more information, contact City of Yuma Parks and Recreation at 928-373-5243. Looking to cool down? There is always Gateway Bridge over the Colorado River. Enjoy the river and maybe even barbeque with friends and fam-

“Every location is what you make of it.”

ily. Tubing is also an option.

Arts/Crafts: One location, great for family or just getting out on the town is Wild Imagination Pottery Studio located on Yuma Palms Parkway by JCPennys. Art festivals are also an annual occurrence in the cooler months. These festivals promote small businesses from across Arizona. You will find hand crafted jewelry, clothing, wood carving, crafted metal and even food.

Film: Yuma is hosting a Film Festival next April. The film submission deadline is April 1, 2013. Check

out www.yumafilmfestival.com for more information. If you’re not a film maker but enjoy watching movies, Yuma has three movie theaters that I know of: Harkins in Yuma Palms, Main Street Cinema located on Main Street in downtown Yuma (who would of thought), and the stations very own theater, which has 3D. Station theater movies and times can be found in the Desert Warrior for your convenience. Seeing a movie is a great way to beat the heat in the summer time.

Sports: The station has multiple sports groups, intramural and varsity. For more information, contact Semper Fit at 928-269-2383. City of Yuma Parks and Recreation also has team sports opportunities such as softball and volleyball.

Food: Yuma provides an assortment of dining options. Just try going out on 4th Avenue or around Main Street and you can find anything from mom and pop food joints to fine dining. A personal favorite is Lutes Casino on Main Street in downtown Yuma and Julieanna’s Patio Café on West 25th Street between Avenue B and 24th Street.

In the end, there is something for everyone in the local area if you are willing to look. If you can’t find it here, then it is only three hours to Phoenix or San Diego. Now get off the Internet or put down the paper after you’ve finished reading our other stories and go do something new and exciting.

Want your opinion heard? Here’s how!

Send your opinion or comment on previous articles to editor.deedub@gmail.com

The Desert Warrior reserves the right to choose content and edit as necessary.

Front Page Photo



Marines from Headquarters and Headquarters Squadron, Marine Corps Air Station Yuma, Ariz., train under fire in realistic conditions resembling Afghanistan at the Infantry Immersion Trainer, Camp Pendleton, Calif., July 19.

Photo by Lance Cpl. Bill Waterstreet

Desert *WARRIOR*

MCAS Yuma’s Official Newspaper

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News to Use

HARD ROAD CLOSURE

Access to Airport Loop between Avenue A and County 14th is CLOSED due to a sink hole until further notice. This includes access to emergency vehicles.

2012 HIRING OUR HEROES VETERANS EVENT

Please join us for a FREE one-of-a-kind hiring fair sponsored by Hero2Hired (H2H) for job seekers and employers, August 21, from 10 a.m. to 2 p.m. at Scottsdale Resort and Conference Center, 7700 E. McCormick Parkway, Scottsdale, AZ 85258. This hiring fair is for veterans, military members currently serving, and military/veteran spouses.

EXTENDED OUTSIDE ACTIVITY HOURS (GYM CLOSURE)

Due to the resurfacing project taking place at the station fitness center, a personal trainer has been added from 0500 - 0800 during PT hours behind the gym. The Conex Box will be open for equipment checkout. Gym is scheduled to reopen on Saturday 28 Jul at 0800. Basketball and racquetball courts will reopen on Wednesday 1 August at 0430. MCCS thanks you for your patience during this closure.

FAMILY CARE BRANCH RESOURCE FAIR

The MCAS Yuma Family Care Branch will host a Family Care Back to School Resource Fair on Wednesday, Aug. 1 at the Sonoran Pueblo from 5-7 p.m. The Resource Fair is an excellent opportunity for military families with school age children to learn about the various community and installation resources available to them to support their children throughout the school year. School supplies, door prizes and a hamburger dinner will be provided. For more information, parents can call Elena McShane at (928) 269-5373.

OPERATION HOMEFRONT AT YPG

The U.S. Army Yuma Proving Ground is scheduled to host Operation Homefront's Back-to-School Brigade at the Desert Breeze Travel Camp (Bldg. S6) on Saturday, Aug. 4, from 10 a.m. to 1 p.m. The event will provide free backpacks and school supplies for children of active duty service members ranks E1-E6, reducing some of the stress of the

new school year for military families. Online registration is mandatory, and one can do so at www.operationhomefront.net/arizona. Patrons are reminded they must present their military ID cards to participate. For more information, contact YPG's Army Community Service office at (928) 328-2513.

VOLUNTEER OPPORTUNITY

Cibola High School School registration
DATES: Friday, 27 July 1245 - 1600
Monday, 30 July 1130 - 1800
Tuesday, 31 Jul 1130 - 1800
Thursday, 2 Aug 0745 - 1400
Friday, 3 Aug 0745 - 1200

Clarification: This is not deemed a Community Relations event and therefore, all interested in volunteering must contact the school's POC directly; also military uniforms are not authorized. For more information, contact Shannon Garcia at (928) 502-5706 or at sgarcia@yumaed.org.

PARENT SURVEY

We encourage all MCAS Yuma military parents with school age children to complete the below survey by Aug. 3. We also encourage geo-bachelors with school age children to participate. Data from the survey will assist us in moving forward with continued educational progress and success for all military school age children attending schools in Yuma. Please contact the MCAS Yuma School Liaison, Elena McShane, for more information at (928) 269-5373.

Parent survey: <http://survey.constantcontact.com/survey/a07e64koelqh4fuskhz/start>.

MESS HALL HOURS

Monday-Friday:
Breakfast: 5:30-7:30 a.m.
Lunch: 11a.m. to 1 p.m.
Dinner: 4-6 p.m.
Midrats: 11 p.m. to 12:45 a.m.
SubMarine Bar: 7-9 p.m.
Weekend Schedule:
Brunch 9 a.m. to noon
Dinner: 3-5 p.m.

For full menu online, www.yuma.usmc.mil.

Fact or Fiction? Debunking Lance Corporal underground myths



Q: When do I have to use any extra accumulated leave by?

A: According to MARADMIN 390/12 all additional leave exceeding 60 days must be used by Sept. 30, 2013.

Submit your question to editor.deedub@gmail.com



5 Questions Station Ground Safety Manager

Sgt. Lydwin Grizzle

1. What is a ground safety manager?

A ground safety manager ensures the safety of all personnel in the workplace through training, safety stand downs, assigning collateral duty safety representatives in work places and annual work place inspections.

2. What are some common work place safety issues?

There are a variety of issues that can arise, depending on what type of work place you work in. Some common ones are electrical hazards with outlets, extension cords and overloaded surge protectors. There are also slips, trips and falls hazards that can be created by uneven walking surfaces or improper use of ladders. For office workers, repetitive motion injuries can occur from typing.

3. How can you reduce safety hazards in the work place?

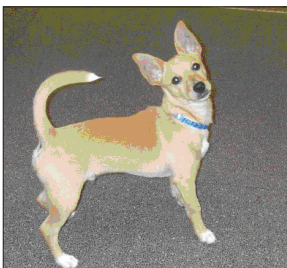
Be aware of your surroundings, keep an eye out for any unsafe conditions. Don't unnecessarily rush tasks to the point they are dangerous. Remember, "Slow is smooth, smooth is fast." If you regularly sit at a desk, take a 60 second vacation once an hour to move away from your desk and stretch. This will reduce the risk of repetitive motion injuries.

4. What should someone do if they notice a potential safety hazard?

Notify your chain of command immediately of the situation. Also, notify the station safety department, located in Building 460, or by calling 269-5699. The safety department can find the best way to mitigate the risk or fix the potential safety hazard.

5. What are some safety-oriented tips or training Marines should be aware of?

Hearing conservation is one of the Commandant's big focuses related to safety, and is required by Headquarters Marine Corps. Everyone needs to get their hearing checked at least once per year, and receive training on hearing conservation practices. Also, the "Never Leave a Marine Behind" suicide awareness training is a great training program that every Marine needs to take.



Tailspotter

Fox

Meet Fox, a 4-month-old puppy, male, tan and white Chihuahua Mix. Still young, Fox will need a little help in learning what is expected of him when going home. For more information about adopting, contact the Humane Society of Yuma at (928)782-1621.





Courtesy photo of the Veteran's Home

Brewer Applauds Official Federal Recognition of Tucson Vet Home

Press Release

Officer of Governor Brewer

PHOENIX – Governor Jan Brewer today announced that the U.S. Department of Veterans Affairs has

designated the Arizona State Veteran Home in Tucson an officially-sanctioned State Veteran Home.

With the federal recognition, the new facility will begin collecting from the VA about \$390 per resident in federal per diem, enabling the State to fill the remainder of the State Veteran Home's 120 beds. The federal funds are used to meet the needs of the facility's residents.

"This is a wonderful day for Arizona's veterans," said Governor Brewer. "The federal government's approval and recognition of the State Veteran Home will assist us in our ongoing mission to provide highquality care and services to our veterans in the twilight of their lives. These men and women served our country nobly and are most worthy of this fine facility."

The new, 130,000-square-foot Arizona State Veteran Home, located at the Tucson Veteran's Services Hospital, was dedicated by Governor Brewer and the Arizona Department of Veterans' Services (AZDVS) on Veterans Day 2011. The facility provides its occupants with high-level long-term care in a home-like environment. Specialized care will be available, including a wing for Veterans with Alzheimer's.

A seven-member team from the U.S. Department of Veterans Affairs spent three days this week inspecting everything from the State Veteran Home's engineering plant to resident care procedures and the overall facility environment in order to ensure it meets the high standards required to be officially sanctioned.

On Thursday, the VA informed the State of Arizona that the facility had passed the inspection.

"This is a long-awaited major step in providing support to our Southern Arizona veterans," said Joey Strickland, Director of the Arizona Department of Veterans' Services. "We are honored to serve those heroes who will make the State Veteran Home their home."

There are approximately 600,000 veterans living in Arizona, including more than 100,000 in Metro Tucson. The State Veteran Home in Tucson is the second such facility run by the State, joining an existing institution built in Phoenix in 1995.

Paint It Red



Photos by Lance Cpl. Sean Dennison

Above: Food service specialists Pfc. Justine Strickland, top left photo, a native of Dallas, and Lance Cpl. Jhon Betancurt, a native of Lauderdale, Fla., paint the interior of the station chow hall as part of a general renovation of the facility, July 24.

Solar generator to make Wing debut at next WTI

Cpl. Aaron Diamant

Desert Warrior Staff

As part of the Corps' push toward the expanded use of renewable energy, a solar generator system known as Greens will mark its first use with a non-ground-based unit in the upcoming fall Weapons and Tactics Instructor course.

"This is all program of record equipment like any other generator," said Maj. Anthony McNair, requirements and technology team officer in charge from the Marine Corps Expeditionary Energy Office. "This equipment is already in use in Afghanistan. This is the first time we've been able to use it in anything other than a ground units."

The system is designed to generate 300 watts of power for up to 24 hours. The Greens system already sees use in some of the small, remote forward operating bases in Afghanistan, where it is used to power the combat operations centers.

When set up for use, the entire system is approximately the size of two diesel generators currently in use throughout the Corps, but is much easier to transport since it break down into several smaller pieces. Two Marines can put the system together in roughly 20 minutes.

"This system is used to power critical systems in combat environments," said David Huff, a renewable energy field service representative. "It's designed to maximize the use of renewable energy."

The system is not designed to completely replace the diesel powered generators the Corps currently uses. However, the system can be used as a sole power plant for smaller COCs or as a backup in case a diesel generator fails.

It can also be used to supplement existing diesel generators in a hybrid configuration. Much like in the hybrid power systems found in cars, the system would reduce fuel consumption by drawing power from diesel generators only when needed.

"All of this technology is available right now," said McNair, "and it's not so complex that it can't be upgraded as newer battery and solar technologies emerge."

"This is just the first generation of this technology," added Mike Bissonnette, renewable energy team lead. "The system will get more and more capable in the future as we work to be able to link more of these solar systems together."

The team will return to work with the system during WTI, to educate more Marines on Greens as it continues to reduce the Corps' dependence on fossil fuels.

Mountain health and wellness group visits Marines



Photo by Cpl. Aaron Diamant

Capt. Michael Ford, Marine Attack Squadron 513 pilot, helps clients from Mountain Health and Wellness Center try on a pilot's helmet in the squadron's hangar, July 20. A group of clients and the staff toured 513's hangar and the station's Search and Rescue section as part of an activity coordinated through the station's public affairs office. Groups often request tours of the air station, which are often obliged as part of a community relations program to show the community what their Corps is doing.

H&HS Marines receive counter-IED training

Lance Cpl. Bill Waterstreet
Desert Warrior Staff

Marines from Headquarters and Headquarters Squadron conducted counter-IED training, July 16 – 17, at Camp Pendleton, Calif., as part of the week-long Deployment For Training exercise.

Nothing causes more casualties to deployed Marines today than improvised explosive devices, explained Ray Valdez, a team lead at the Counter-IED training site and a native of San Antonio, Texas., which is why 40 Marines from Marine Corps Air Station Yuma, Ariz., got the training they needed to help themselves and their comrades survive in a forward environment.

The training consisted of classroom instruction and hands-on, practical application on how to spot and confirm the presence of IEDs, the proper tactics, techniques and procedures for reacting to an IED and the enemy's mindset in their use of explosives. The training culminated with a simulated patrol in an area where IEDs were likely to be present.

"The point is to improve the Marines' safety and survivability when facing explosive obstacles and threats," said Valdez. "Just like 'every Marine is a rifleman', every Marine needs to be exposed to C-IED training."

C-IED training has become a mainstay for all Marines deploying to Afghanistan, as this type of warfare shows no signs of fading.

"I firmly believe that this is the kind of warfare we will see in the future," added Valdez. "It's cheap. It's easy to do. The insurgents in Afghanistan and Iraq have shown the world how effective these simple explosives can be with some tactics behind them."

"This training gave clarity and perspective on what dealing with IEDs is actually like," said Sgt. Johnathon Beaucar, an H&HS forecaster and a native of Laverne, Calif. "It's much harder to find the explosives than we could have ever thought. We had Marines out here for three hours and they didn't see anything until they were right on top of it."

The training also provided many opportunities most of the Marines had not experienced before.

"This training gave us patrol, radio, combat and leadership training," stated Beaucar. "I've never had to call in an IED re-



Photo by Lance Cpl. Bill Waterstreet

Sgt. Christopher Hernandez, the Headquarters and Headquarters Squadron personal property staff non-commissioned officer-in-charge, and Pfc. Jason C. Turner, a H&HS flight line mechanic, scout for Improvised Explosive Devices during a patrol at the Counter-IED training site at Camp Pendleton, Calif., July 17.

port, a ZMIST (a report detailing what treatments have been administered to the victim) or a casualty evacuation 9-line, but I learned how to out here. These are things we normally don't get to experience in Yuma. We all need to have this knowledge, so when we deploy, we will be more prepared."

"Now, I'm able to spot an IED in the field and keep my unit safe," added Lance Cpl. Zacharia Becker, an H&HS recovery specialist and a native of Hudson, Wis. "I made a lot of mistakes, but I feel much more comfortable going out on a patrol now."

Though the Marines participating in the training were not infantrymen, the importance of the knowledge being passed was not lost on them.

"This training is important for everyone," said Beaucar. "An IED can be anywhere and we, as Marines, need to be able to spot them and protect each other."

"This training is important because it keeps our combat mindset, and knowing these tactics makes us more confident in everything," added Becker.

The completion of the IED training marked the end of the second day of the five-day DFT.

Community bike patrol

"Bumblebees"



Photo by Cpl. Aaron Diamant

Sgt. Kristopher McGurgan, left, and Cpl. Daniel Haynes, station accident investigators, also perform duties as the bicycle patrol for the air station. Aimed at providing an increased community policing presence and added visibility, the pair can be spotted pedaling around the air station on most mornings. Bicycle patrols are often viewed as more approachable by the public, especially the children who are out of school for the summer.

MAWTS-1 gets own brand of water survival training

Lance Cpl. Sean Dennison
Desert Warrior Staff

Being the uniformed members of Marine Aviation Weapons and Tactics Squadron 1 are nondeployable, they're exempt from water survival training qualifications.

Seeking to remedy this, MAWTS-1 commissioned Arizona Adventures to help them do their own brand of water survival training at Lake Martinez, July 20.

Arizona Adventures, which falls under Marine Corps Community Services' Semper Fit program, provided MAWTS-1 with Jet Skis, inner tubes, boats, trampolines, paddle boats and more so the Marines could practice



Photos by Lance Cpl. Sean Dennison

A Marine Aviation Weapons and Tactics Squadron 1 Marine displays excitement during the squadron's water survival training at Lake Martinez, July 20.

water safety.

"We don't do anything cohesive like this due to our work schedule," explained Sgt. Maj. Michael Parks, the MAWTS-1 sergeant major and a native of El Paso, Texas. "We don't do water survival training, so this is to get everyone in the water and refresh their training."

"What we're hoping to do is boost the morale of the Marines so they'll want to come back," added Adrian Villalobos, the Semper Fit director. "It's all about providing healthy, recreational activities."

The Marines arrived at the lake early in the morning. MCCS owns a piece of the land that is used for military-only recreation.

Though MAWTS-1's overall work tempo rarely drops below that of presto, the Marines focused their usual high energy not on supporting training operations but on having as much fun as physically possible in the Lower Colorado River.

"It was boatloads of fun," said Sgt. James Gendron, a MAWTS-1 flight equipment mechanic and a native of Foley, Ala. "We're exempt from annual water survival training, so we need some experience in and around the water. Even if it is on Jet Skis or paddle boats."

The aquatic excursion also focused on camaraderie and Marines helping each other. Gendron explained that when the Marines were learning how to use the jet skis, the last Marine to learn would teach the oncoming Marine.

"It was great just being in the water," said Pfc. Brandon Ponyah, a MAWTS-1 videographer and a native of Flagstaff, Ariz. "I liked seeing the people I work with have fun, and to see their fun side."



Marine Aviation Weapons and Tactics Squadron 1 Marines oversee each others' safety during the squadron's water survival training at Lake Martinez, July 20. "We're exempt from annual water survival training, so we need some experience in and around the water," said Sgt. James Gendron, a MAWTS-1 flight equipment mechanic. "Even if it is on Jet Skis or paddle boats."

Indeed there was few, if any, frowning that day, and if there was it was just because someone had to wait to use a Jet Ski.

For more information about Arizona Adventures and how they can help organize a morale-boosting event, contact them at (928) 269-2848 or visit www.mccsyuma.com and look under the recreation tab.

Full Ads

Panetta Lifts F-22 Raptor Flight Restrictions

Jim Garamone

American Forces Press Service

WASHINGTON, July 24, 2012 – Defense Secretary Leon E. Panetta is satisfied the Air Force has identified the cause of hypoxia-like symptoms 12 F-22 pilots suffered, and restrictions he placed on use of the fifth-generation fighter will be lifted gradually.

Air Force Secretary Michael B. Donley, Air Force Chief of Staff Gen. Norton A. Schwartz and other Air Force leaders told Panetta on July 20 that they are confident the root cause of the symptoms is the supply of oxygen to pilots and not the quality of oxygen, Pentagon Press Secretary George Little said today at a news conference.

Reporters asked why these shortcomings weren't picked up earlier. "I can't go back in time and conduct technical archeology on this type of aircraft," Little said. "I would say the Air Force has taken very prudent measures ... over the past year and a half or so with respect to the F-22. And they have come to the conclusion as to what is causing these hypoxia events.

"With any aircraft -- be it the F-22 or the F-16, [or] with a helicopter or a ground vehicle -- we can never take the risk to zero," he said. "But we have an obligation to our troops and our airmen to make whatever equipment they are using as safe as possible, and that's what we think we're doing here."

In May, Panetta directed the Air Force to limit all F-22 flights to remain near potential landing locations to enable quick recovery and landing should a pilot encounter oxygen deprivation. The secretary also directed the Air Force to expedite the installation of an automatic backup oxygen

system in all of the planes, and he asked for monthly progress reports as the service continued the search for the root cause of the problem.

These actions were in addition to steps the Air Force already was taking to determine the root causes of the hypoxia-like symptoms pilots have experienced. Panetta made this decision, in part, due to the reluctance of some pilots to fly the aircraft, Little said at the time.



U.S. Air Force photo by Senior Airman Christopher L. Ingersoll

F-22A Raptor Demonstration Team aircraft maintainers prepare to launch out Maj. Paul "Max" Moga, the first F-22A Raptor demonstration team pilot, July 13.

The Air Force has made two changes that appear to have solved the hypoxia problem. The first was to order pilots not to wear the pressure garment vest during high-altitude missions. Pilots use the vest to combat G-forces generated

flying a high-performance aircraft. The vest inflates to stop blood from pooling, which would cause pilots to black out during high-speed turns.

The Air Force found that a faulty valve "caused the vest to inflate and remain inflated under conditions where it was not designed to inflate, thereby causing breathing problems for some pilots," Little said. "The garment has been suspended from flight since June."

Second, the Air Force removed a canister filter from the oxygen delivery system, and that has increased the volume of air flowing to pilots. The service also is looking at improving the oxygen delivery hose and its connections.

Following the Air Force briefing last week, Panetta decided to lift restrictions on the aircraft gradually. Beginning today, F-22s may resume long-duration flights for deployments, aircraft deliveries and repositioning of aircraft.

"Secretary Panetta has authorized deployment of a squadron of F-22 aircraft to Kadena Air Base, Japan," Little said. "The aircraft will fly to Japan under altitude restrictions using the northern Pacific transit route." Following completion of the flight to Japan, the Air Force likely will approve most long-duration flights, officials said.

Still, initial long-duration flight routes will be designed to pass near airfields. The Air Force also has imposed an altitude restriction on the aircraft so pilots will not need to wear the pressure vest.

Training sorties will remain near runways until completion of the Air Force Scientific Advisory Board-recommended corrective actions, expected summer's end.

The Air Force will notify Panetta when fixes are finished with the pressure vest and related cockpit life support components.

Station chefs savor culinary school lessons

**Story and photos by
Lance Cpl. Sean Dennison**
Desert Warrior Staff

It's commonplace for Marines to further their education within their primary military occupational specialties. What isn't common is when training is in New York alongside accomplished chefs.

Every year, the Culinary Institute of America, a highly accredited culinary college, accepts Marines and other service members into a consolidated cooking program meant to increase the chefs' abilities in the kitchen.

MCAS Yuma's two most recent attendees are food service specialists Cpl. Brandyn Drew, a native of Loxahatchee, Fla., and Lance Cpl. Dara Smith, a native of Sacramento, Calif.

Drew and Smith traveled to Hyde Park, N.Y., for five weeks to expand their cooking repertoire.

"The basic food service Marine needed a bit more tweaking," said Sgt. Garry Pounder, a food service specialist and a native of Memphis, Tenn.

Pounder explained that for a while, the Marine Corps was the only branch of service to not have a liaison with the Institute, though Marine general's aides would attend classes. Pounder himself attended classes in 2007, part of the

second class open to the Fleet Marine Force.

Marines who attend the Institute are selected based on Chef of the Quarter competitions. Typically, food service specialists adhere to a strict menu. During these competitions the individual cooks can really shine.

"We didn't place," said Drew, regarding the competition deciding who would go to the school. "But they said we did a good job and chose us to go to the CIA."

From there, Drew and Smith embarked on a five-week course where the Marines practiced knife skills, learned about soup stock and sauces ("There's a lot," said Smith with a laugh), learned different cooking principles, figured out how to put what side dishes and compliments to which meals and plate displays as well as how the food is presented.

The Marines started out cooking in groups, then teams and, finally, as individuals. The final meal involved three courses: a soup, a salad and an entrée, which had to include a starch, vegetable and main meat.

Drew and Smith developed their own nuanced techniques for how to best serve the judges, who were comprised of chefs teaching at the school.

For full story, visit

Yuma.usmc.mil



Cpl. Brandyn Drew, a food service specialist and a native of Loxahatchee, Fla., prepares a lunch item for hungry Marines at the station galley, July 24. Drew, with other service members, attended the Culinary Institute of America for a five-week cooking course meant to sharpen his skills in the kitchen.



Lance Cpl. Dara Smith, a food service specialist and a native of Sacramento, Calif., prepares a lunch item for hungry Marines at the station galley, July 24. Smith, with other service members, attended the Culinary Institute of America for a five-week cooking course meant to sharpen her skills in the kitchen.

1/2 Ads

Leader's Forum

Motivating Marine Corps Quotes

"THE UNITED STATES MARINE CORPS, WITH ITS FIERCELY PROUD TRADITION OF EXCELLENCE IN COMBAT, ITS HALLOWED RITUALS, AND ITS UNBENDING CODE OF HONOR, IS PART OF THE FABRIC OF AMERICAN MYTH. " (THOMAS E. RICKS; MAKING THE CORPS, 1997)

"BEING READY IS NOT WHAT MATTERS. WHAT MATTERS IS WINNING AFTER YOU GET THERE." (LT. GEN. VICTOR H. KRULAK, USMC, APRIL 1965.)

"YOU DON'T HURT 'EM IF YOU DON'T HIT 'EM." (LT. GEN. LEWIS B. PULLER, USMC, 1962.)

"RETREAT HELL! WE'RE JUST ATTACKING IN ANOTHER DIRECTION." (ATTRIBUTED TO MAJ. GEN. OLIVER P. SMITH, USMC, KOREA, DECEMBER 1950.)

"COME ON, YOU SONS OF BITCHES-DO YOU WANT TO LIVE FOREVER?" (ATTRIBUTED TO GUNNERY SGT. DAN DALY, USMC, BELLEAU WOOD, JUNE 1918.)

"ONCE A MARINE, ALWAYS A MARINE!" (MASTER SGT. PAUL WOYSHNER, A 40-YEAR-MARINE, IS CREDITED WITH ORIGINATING THIS EXPRESSION DURING A TAPROOM ARGUMENT WITH A DISCHARGED MARINE.)

MYSTERY & CONFUSION

Lt. Cmdr. Timothy Power
MAG-13 Chaplain

I recently visited the Grand Canyon's North Rim, and I saw mystery as I looked over the rim down into the immense, eroded and multicolored scenery before me. I am fond of the writings of John Muir, and when he described such places as the Grand Canyon he wrote that it is emotionally healthy to enjoy spending time in such wild mysterious places. But these places can also be places where people get strangely confused. Some examples of confusion at the Grand Canyon are to start hiking one of the trails and not be fully prepared with water, fitness, or knowledge about canyon weather and heat. Confusion like this could bring the park visitor negative outcomes.

How then can a person enjoy the healthy benefits of mystery without falling into the risky practices of confusion? I like thinking of the beauty of good relationships like I think of the Grand Canyon. I can't explain about the mystery that has linked my wife and me together in our marriage and family for over 25 years. But the mystery is real and I can enjoy walking in its effects when I am with my wife and even when deployed.

I experience pain though when I am confused in my relationship with my wife. When we struggle with lack of commitment, surface communication and intimacy, unwise problem solving, insecurity, and lack of faith and hope we need to work through these confusions and restore our healthy relationship. And those just starting relationships should have clear goals in mind for what high quality person they want to spend time with in order to avoid confusion from the start.

My prayer for Marines and Sailors and their relationships is that they will be able to experience healthy mystery. But it's important not to mistake complication and confusion for mystery. And when relationships encounter confusion may those involved in the confusion choose to change direction back to a clearer path of truthful healthy relationship basics. The Apostle Paul in his love chapter in his first letter to the Corinthians wrote about some of these relationship basics, "Love suffers long and is kind...does not behave rudely, does not seek its own."



Chapel Schedule

Catholic Mass

Sunday 9 a.m.

Protestant Service

Sunday 11 a.m.

Ladies Bible Study

Tuesday 9:15 a.m. to 11 a.m.

(Fellowship Hall)

Lunch Time Bible Study

Thursday 11:30 a.m. to 12:30 p.m.

(Fellowship Hall)

Marriage Prep Class

Call for appointment

1/2 Ads



Above: Capt. Shaheed Shabazz, the Headquarters and Headquarters Squadron pilot training officer and a native of Las Cruces, N.M., plans a patrol with Marines from H&HS, Marine Corps Air Station Yuma at the Infantry Immersion Trainer, Camp Pendleton, Calif., July 18.

Right: Cpl. Drew Moses, the Headquarters and Headquarters Squadron ammunitions chief and a native of Litchfield Park, Ariz., patrols in realistic conditions resembling Afghanistan at the Infantry Immersion Trainer, Camp Pendleton, Calif., July 19. This training was part of the Deployment for Training exercise, which brought Marines away from their normal jobs for a week of infantry skills training.



Sgt. Johnathon Beaucair, a Headquarters and Headquarters Squadron forecaster and a native of Laverne, Calif., leads Marines from H&HS, Marine Corps Air Station Yuma in a virtual convoy trainer at Camp Pendleton, Calif., July 17. The convoy training was only part of a training evolution that also involved Counter-IED operations, patrolling, squad and fire team tactics, infantry skills, force-on-force engagement and leadership.



Marines from Headquarters and Headquarters Squadron, Marine Corps Air Station Yuma, Ariz., train under fire in realistic conditions resembling Afghanistan at the Infantry Immersion Trainer, Camp Pendleton, Calif., July 19. Role-players, realistic architecture and city construction, smell generators, experienced adversaries and the summer heat all came together to make the IIT an experience as close to the real thing as possible.



Yuma Marines complete deployment-for-training

Story and photos by
Lance Cpl. Bill Waterstreet
Desert Warrior Staff

It's true that every Marine is a rifleman, but this applies at only the most basic level. Very few Marines get the consistent training and practice of infantry skills a true grunt requires. The rest of us learn only the foundations. However, this is a worthy goal to strive toward, becoming the competent rifleman, and it is the reason Marines from Marine Corps Air Station Yuma, Ariz., deployed for combat training.

More than 40 Marines from Headquarters and Headquarters Squadron spent July 15 – 20 at Camp Pendleton, Calif., learning and practicing skills used daily by Marines in Afghanistan. This Deployment For Training exercise aimed to create Marines who are more rounded and prepared for the challenges they may someday face.

“The DFT gave Marines the opportunity to re-familiarize themselves with their combat skills,” said Cpl. Drew Moses, the H&HS ammunitions chief and a native of Litchfield Park, Ariz. “We were able to learn some new stuff and to apply the old and new, hands-on. Marine Combat Training is a great foundation, but more than yearly rifle qualification is needed. This provided great reeducation on what we are supposed to be doing.”

The DFT occurs twice every year for H&HS Marines, honing their combat skills through a variety of training events. This evolution included tactics, techniques and procedures for combating the threat of IEDs, patrolling, convoy operations, small unit leadership, force-on-force urban operations and squad and fire team operations.

“This was a great opportunity for Marines to get away from their day-to-day lives and experience the essence of combat in a simulated environment,” said Sgt. Maj. Michael A. Montoya, the H&HS sgt. maj. and a native of San Miguel, N.M.

Combining all these areas of training was the Infantry Immersion course, which challenged Marines to respond to realistic scenarios enacted by role-players in an environment built to resemble Afghanistan.

“Actually experiencing being shot at and shooting back, going through the stress of how hard it is to handle the

situation first-hand, plus the lack of communication added a lot,” stated Moses.

“The training was very well rounded, covering many areas important for Marines,” said Capt. Shaheed Shabazz, the H&HS pilot training officer and a native of Las Cruces, N.M. “Some of the largest benefits were the gains in camaraderie and leadership.”

The DFT stresses leadership training, putting lance corporals and corporals in charge of fire teams and squads, teaching junior Marines how to lead and to be led properly.

“The training was important, but not only for the specific lesson,” stated Shabazz. “The leadership gains were tremendous. Sometimes that ability falls by the wayside, and training like this brings it back.”

“I was able to expand my knowledge and better myself as a corporal,” confirmed Moses. “I’ll be able to take this and pass it on to my junior Marines.”

The most unexpected gains during the DFT came in the form of perspective. Everyone came out with a new look on life in the Corps.

“This was a real eye-opener,” explained Pfc. Irving Sanchez, an H&HS airframes mechanic and a native of Chicago. “You have to have a lot of respect for our guys in Afghanistan. I know we go day by day thinking the Marine Corps is just a job, but the guys overseas are risking their lives doing the stuff we did today. We were lucky we had plastic rounds flying at us. We put the grunts’ shoes on and realized we were unprepared.”

“I haven’t had these experiences until today; I finally got the taste of what Marines deal with in Afghanistan,” added Lance Cpl. Kennedy Atuatasi, an H&HS administration clerk and a native of American Samoa.

The Marines who attended the DFT learned a great deal of new information, but more importantly, they were reminded on what it means to be a Marine.

“Every Marine is a rifleman, but we get away from that a lot,” stated Shabazz. “Things like this DFT remind us that these are things all of us are supposed to know how to do first and foremost and try to get us back to that.”

“After Marine Combat Training, Marines, us in the wing especially, lose track of what we came here to do,” said Moses. “We forget about the grunts doing all the tough work, and this reeducated us to our purpose.”



Above: Marines from Headquarters and Headquarters Squadron, Marine Corps Air Station Yuma, Ariz., train to spot, confirm and cope with IEDs in a realistic environment at the Counter-IED training site, Camp Pendleton, Calif., July 16. The IED training culminated in a simulated patrol through IED-laden territory.



Pfc. Irving Sanchez, a Headquarters and Headquarters Squadron airframes mechanic and a native of Chicago, keeps watch on the rear as his fire team of H&HS Marines move to assault the position of an enemy sniper at the Infantry Immersion Trainer, Camp Pendleton, Calif., July 19. This training was part of the Deployment for Training exercise, which brought Marines away from their normal jobs for a week of infantry skills training.

Below: Cpl. Ken Kalenkarian, the Headquarters and Headquarters Squadron photography chief and native of Simi Valley, Calif., leads H&HS Marines in a squad-vs.-squad physical training competition. The Deployment For Training exercise involved daily PT competitions between squads and platoons.



Full Ads



The Reel Deal

Station Movie

Theater Times

Thursday
Chernobyl Diaries
(R) 7 p.m.

Friday
Snow White and the Huntsman
(PG-13) 6 p.m.
Prometheus
(R) 9 p.m.

Saturday
Madagascar 3
(PG) 1 p.m.
Rock of Ages
(PG-13) 4 p.m.
That's My Boy
(R) 7 p.m.

Visit www.mccsyuma.org for up-
dated movie schedules. Or call,
(928) 269-2358.

Events Calendar

Don't forget to mention you saw this on the MCCS Events Calendar!

july 26

3 Part Babysitter Course

WHEN Thu, July 19, 9am to 6 pm

where Building 1085

This three day course provides training and referral services for pre-teen and teenagers for family members interested in babysitters living on and off installation. Cost is \$35.

Think Thursdays SNCO

WHEN Thu, July 19, 5pm – 7pm

where SNCO Club

Happy Hour from 4 to 6pm on this Third Thursday Take Over For more information call (928) 269-2711.

july 27



Toddler Crafts

WHEN Fri, July 20, 10am – 11pm

where Building 645

Weekly on Fridays, until Dec 28, 2012. Call (928) 269-2561 for more information.

Youth Center Summer Camp Family Luau

WHEN Fri, July 20, 11am – 2:30pm

where Youth Center

Families are invited to join us for a day of fun games, lunch and treats. For more info call (928) 269-5390.

july 28

Live DJ

WHEN Sat, July 21, 8pm – Sun, July 22, 1am

where Club Pulse

Every Friday and Saturday come out to Pulse the Nightclub to listen to the Live DJ. Call (928) 269-2711 for more information.



july 29

Session Two Swim Lessons

WHEN Sat, July 22, 12pm

where Oasis Pool

Classes held Monday through Thursday for two weeks. Classes start at 7am, 8am, 9am and 10am. Parent-tot, Pre-School, Level 1/2 and Level 3/4 available. Cost is \$40 for the entire session. For more info or to sign up call (928) 269-2914.

july 30

California Career School Visiting Education Center

WHEN Mon, July 23, 12pm

where Education Center

California Career School offers Commercial Truck Driver Training. A representative will be available to speak with you about their program on a walk-in basis or you may contact the school at (714) 720-7580 to schedule an appointment.

july 31

Play-based parenting

WHEN Tue, July 24, 10am – 11am

where Building 645

Playgroup/parenting class for parents and their children ages 1-4. Meets for 6 weeks.

aug 01

Financial Workshop

WHEN Wed July 25, 8am – 10am

where Building 598

In-depth information on investing in the Thrift Savings Plan.

Visit www.mccsyuma.org for more information

Full Ads

Always ready for the family, FROsho

Cpl. Aaron Diamant

Desert Warrior Staff

Family Readiness Officers could arguably be one of a Marine's greatest assets in the Corps. While many may see them as a unit party planner, their job includes so many facets it's hard to quantify what they do in one simple word or category.

While, on occasion, they do organize unit events, they are designed to help build unit cohesion and camaraderie.

The FROs act as an information liaison between Marines, their families and the command staff, said Angie Barber, Marine Attack Squadron 311 FRO.

"Our purpose is to be the face for the commander's vision for the family readiness program," said Amanda Robinson, Headquarters and Headquarters Squadron FRO. "My main purpose is to fulfill that vision for him. We serve as a single point of contact for Marines and their families who have questions about a variety of topics."

Of the many reasons to contact a unit FRO, many of the common and important reasons include; marriage, divorce, birth of a child, deployment support and money matters.

The FROs serve as a sort of 'one-stop shop' for resources and referrals to other services for Marines and their families.

"We advocate for the families and work with Marine Corps Family Team building to provide classes and activities," said Robinson. "The military is a different culture than anything else, so we help people new to it to better assimilate to military life."

One common misconception is FROs are only for married Marines and their families.

This is completely untrue, as FROs also organize barracks bashes and other activities for single Marines alongside the Single Marine Program, and also offer resources and helpful insight for all.

"Sometimes, I feel kind of like the 'momma' of the squadron," said Barber. "Marines feel comfortable talking to me about whatever is on their mind. It's about building a relationship with the Marines and their families."

The FROs job never ends. Even while they are on vacation, their phones are with them, ready to help their Marines in need.

"It's a privilege to be a FRO," said Janet Stewart, VMA- 214 FRO. "It makes me so happy to be here and be able to look into the eyes of these Marines," added the former Army officer.



Courtesy photo

Unit Family Readiness Officers:

MAG-13: Erica Ruiz, 269-3042

MALS-13: Larry Leaver, 269-2279

VMA-211: Kara Scarbrough, 269-5622

VMA-214: Janet Stewart, 269-3510

VMA-311: Angie Barber, 269-6137

VMA-513: Betty Pancake, 269-5276

MWSS-371: Steven Klauck, 269-3009

MACS-1: Michelle Seidler, 269-3980

H&HS: Amanda Robinson, 269-6377

MAWTS-1: Diarra Huggins, 269-6401

CLC-16: CWO-3 Todd Johhson, 269-5477

VMFT-401: Master Sgt. William Yerby, 269-5502

VMU-4: Amy Fischer, 269-5427

Dental Clinic: Petty Officer 2nd Class Cressie Mabins, 269-2353

Branch Medical Clinic: Petty Officer 1st Class Willie Harrington, 269-2765

1/2 Ads

WHERE IN THE WORLD

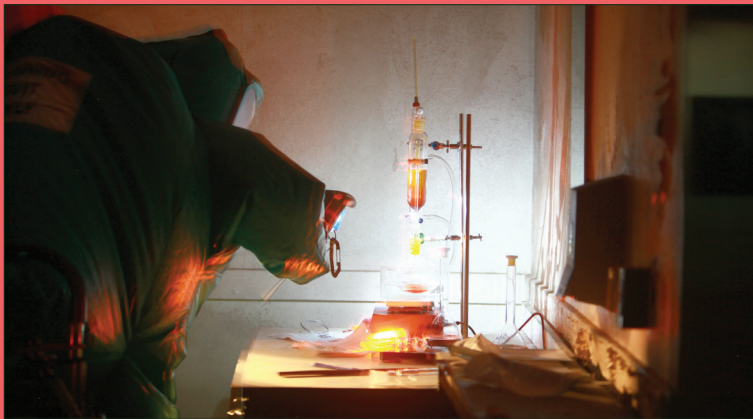


Photo by Pfc. Franklin Mercado

Cpl. Tyler Jones, a chemical, biological, radiological and nuclear defense specialist with Combat Logistics Regiment 27, 2nd Marine Logistics Group, marks evidence found in a classroom during Exercise Joint Force Denial in Camp Lejeune, N.C., July 18, 2012. During the training, Marines joined forces with the 42nd Civil Support Team, the Army's equivalent to a CBRN section, to search and control a simulated contamination inside an abandoned grade school.



U.S. service members dig a trench in order to plant a live fence for a local farmer here, July 17. The volunteer project was part of a civil affairs humanitarian outreach into the community during Exercise Western Accord 2012. U.S. service members, primarily Reservists from the Marines, Army, Navy, and Air Force are taking part in WA-12 -- a multi-lateral exercise with Senegalese and several Western African nations. The training exercise runs from June 26 - July 24 and involves Armed Forces of Senegal, Burkina Faso, Guinea, Gambia and France.

Photo by Lance Cpl. Jessica DeRose



Photo by Cpl. Mark Stroud

Cpl. Danielle N. Colwell, supply administration clerk, Headquarters and Service Company, Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward), completes a workout station during the final day of the Martial Arts Instructor Course here, July 14. The Marines graduated in a small ceremony following the workout session.

Around town, reviews on Yuma dining and attractions!

Chipotle

Lance Cpl. Sean Dennison

Desert Warrior Staff

Author's note: The opinion written down here is expressly that of Lance Cpl. Sean Dennison and does not reflect the views of The Desert Warrior or the Marine Corps as a whole. In fact, Cpl. Jolene Bopp, a fellow staff writer, of the Desert Warrior and a Marine at that, positively adores Chipotle.

I feel Chipotle is unfulfilling. They try, bless them, they try. It just feels like the ingredients don't mesh well.

The building itself, located at the Yuma Palms, the hub of commerce for Yuma, the building comfortable seats dozens of people.

They have a nifty drink selection though, I'll give them that. The usual soda fare is present, along with fruit drinks and juice.

The staff is professional and polite. I did not experience any difficulty in placing my order. None whatsoever.

The food is where I draw my biggest gripe.



Like I said, I feel, and this is my opinion, the food doesn't taste that good.

The proportions are large, granted, but I would not sacrifice quality for quantity.

I suppose Chipotle is worth trying once, just to keep your options open. I personally feel no need to ever come back here again.

To read the unedited version, visit yuma.usmc.mil.

DO YOU KNOW THE BEST SPOTS IN TOWN? OR READ A GREAT BOOK RECENTLY? WE WANT TO KNOW! SHARE REVIEWS OF YOUR FAVORITE HANG OUTS, BOOKS, MOVIES, GAMES AND MUSIC! SEND THEM TO EDITOR.DEEDUB@GMAIL.COM

Entertainment Review

The Rantouls- "In The Village of Rantoul"

Lance Cpl. Sean Dennison

Desert Warrior Staff

The Rantouls are a saccharine trio from San Jose, Calif., and make way better music than your favorite 60s pop group ever did.

The band first surfaced through San Francisco's Chocolate Covered records after releasing some singles, the most notable being the ridiculously catchy, irresistibly dancey "Little Green Hat." Since then, Gavin Will and Lauren have turned into a musical whirlwind, channeling everyone from 1910 Indian Fruitgum Company to early Kinks.

Village of Rantoul, the band's first full-length, is an excellent album to put on while relaxing with friends, or driving to a party, or if the situation was funny enough, running from the cops.

The songs are in pretty standard 4/4 time signature and three-chord progression, but it's the wanton energy the band display, from Gavin's hyperactive yelping to the the weird twangy rubber band sound of

the rhythm section.

This is music for my high school prom that never was.

Anyway, I would not feel uncomfortable wearing a T-shirt of the band in a social forum.



Courtesy photo

Make a Splash With Water Fitness Now

Ace Fitness

Editor's note: The air conditioned station gym is closed for a few days, but no need to fret! Why not hop in the pool to escape the heat AND get a workout in? Water Fitness, though probably the last type of workout one thinks of in Yuma, is quite an effective way to stay in shape. And with Yuma's record temperatures, is there any other environment you would want to be in other than a cool body of water?

Here are the facts: the buoyancy of water reduces the "weight" of a person by about 90 percent, which means the stress on weightbearing joints, bones and muscles is similarly reduced. Thus, it is unlikely a water workout will result in injury or sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise.

But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Works Your Heart

Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping and even dancing—too jarring or painful.

Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.

Water Adds Resistance

The resistance of water is perfect for a strength-training workout; instead of weights, the

water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

The Flexible Benefits of Water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land.

Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

Aquatics 101

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level.

A good class should include a good warm-up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool-down. The cool-down should include plenty of flexibility exercises for the entire body.

If you have a preference for music, find a class that suits your taste. Don't be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, you may feel surprisingly calm, yet energetic, following an aquatic exercise class. So,

even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.



Courtesy photo

1/2 Ads

