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Hawaii Marine

Follow the leader



Cpl. Colby Brown | Regimental Combat Team 5

Lance Cpl. Ryan Meyer momentarily halts during a security patrol, Sept. 30. Meyer, from Stafford, Va., is a rifleman with 3rd Squad, 4th Platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment. A point man leads each of these partnered Afghan National Police and Marine patrols. The point man plays a critical role in daily operations for coalition forces in southern Helmand. Read more on page A-6.

Cutter says 'aloha' to CPRW-2

Ramsden takes helm as new commodore

Pfc. James A. Sauter
Combat Correspondent

Navy Capt. Christopher P. Ramsden relieved Capt. David C. Cutter as commanding officer of Patrol and Reconnaissance Wing 2 at Hangar 104 on Marine Corps Air Station Kaneohe Bay Thursday.

Ramsden was "welcomed aboard" the same way a new skipper would take command of a ship at sea, but with a special Hawaiian style greeting accompanied by traditional flower leis.

"I'll greatly miss being a part of the dynamic sailor and Marine team at Marine Corps Base Hawaii," Cutter said. "Their dedication and professionalism has enabled our aircrews to achieve unprecedented mission success across the globe."

Sailors stood at attention as Ramsden recited his orders and took command. His wife then presented him the highly respected Command at Sea badge, held by commanding officers lower than a one-star admiral. The sailors were able to shake hands with their new commodore as Ramsden greeted them.

See CPRW-2, A-7



Lance Cpl. Jacob D. Barber | Hawaii Marine

Navy Capt. David C. Cutter, outgoing commanding officer, Patrol and Reconnaissance Wing 2, salutes sailors as he makes his way up to the stage for the change of command ceremony Thursday in Hangar 104. Capt. Christopher P. Ramsden relieved Cutter as commanding officer of the wing. Cutter will move on to U.S. Pacific Command at Camp H.M. Smith as director of the Commander's Action Group. "I'll greatly miss being a part of the dynamic sailor and Marine team at Marine Corps Base Hawaii," Cutter said. "Their dedication and professionalism has enabled our aircrews to achieve unprecedented mission success across the globe."

Combined Federal Campaign Hawaii underway

Lance Cpl. Jacob D. Barber
Combat Correspondent

Celebrating 50 years of fundraising and giving back to the community, the Combined Federal Campaign is aiming to raise more than $6.5 million from Hawaii and other Pacific territories between Oct. 3 and Nov. 18.

The Combined Federal Campaign is the world's largest federal fundraising campaign established by presidential executive order under John F. Kennedy. The campaign's mission is to support and promote philanthropy through federal employee and service member volunteer programs.

"Our people are making a lasting impression on people's lives each and every day," Air Force Maj. Gen. Peter Pawling, mobilization assistant, U.S. Pacific Command, said. "Through this fundraiser, we can continue to make a difference helping others."

Units aboard Marine Corps Base Hawaii will host their own informational briefings with a CFC representative to discuss the charities and non-profit organizations service members can contribute to, and learn how their donations are collected and distributed.

"When I first went to the installation personal administration center session, I found a charity for autism in the CFC booklet," Lance Cpl. Nicole M. Hull, administrative clerk, Headquarters Battalion, said. "My brother has autism and I wanted to help, not only my family, but other families as well."

Popular charities like St. Jude's Children Research Hospital, American Cancer Society and the American Red Cross are on the campaign's approved listof more than 2,500 charities to choose from.

"As these charities rely more on donations for funding, it's important for us to understand how important giving is to the nation and the community," said Warrant Officer Levi M. Muniz, CFC representative, Headquarters Bn. "As fewer people are enrolling in the program, we have to continue to raise awareness."

See CFC, A-7



Kristen Wong | Hawaii Marine

Sterling Cale, a former sailor and retired Army sergeant major, addresses an audience of Marines and sailors at Hangar 105, Oct. 7. Cale, 89, was stationed at Pearl Harbor when it was attacked on Dec. 7, 1941.

One if by land, 236 if by sea

MCAS celebrates Navy's 236th birthday

Kristen Wong
Photojournalist

Marines and sailors of Marine Corps Air Station Kaneohe Bay celebrated the Navy's 236th birthday at Hangar 105, Oct. 7.

Petty Officer 1st Class Devaye Kelley, air traffic controller, MCAS, kicked off the party by sharing a brief history of the Navy with the unit. The Marines and sailors, accompanied by the U.S. Marine Corps Forces, Pacific Band, then sang "Anchors Aweigh."

Lt. Col. Jeffrey Pellegrino, commanding officer, MCAS, credited the nation's freedom to the efforts of the Continental Navy, Marines and Army serving during the revolutionary war. He described the modern day Navy as having "total and complete dominance in the sea and the air above the sea."

"It's because of the Navy that Marines are allowed to be expeditionary. There's no way that the Marine Corps can do its mission without a strong Navy," he said.

After reading a special Navy birthday message from Gen. James Amos, commandant of the Marine Corps, Pellegrino introduced guest speaker Sterling Cale, a former sailor and retired Army sergeant major.

Born in Macomb, Ill., Cale, 89, enlisted in the Navy and became a hospital pharmacist's mate. He was assigned to the U.S. Naval Hospital at "C" Landing at, then, Naval Station Pearl Harbor, and later transferred to the shipyard dispensary.

On the morning of Dec. 7, 1941, Cale had just finished his night shift at the shipyard dispensary and was signing out when the Japanese attacked. He broke into the armory to get weapons, and was later given a court martial for doing so.

"Fortunately the next day President Roosevelt declared war on Japan so they called me back in [and] I got an award for breaking into the armory and a carton of cigarettes," Cale said with a smile.

For six weeks, Cale was at the site where USS Arizona sank, retrieving more than 100

See NAVY, A-7



Renegades' revenge
Bandits outperformed in second half.
See **B-4**



Operation Makeover
CLB-3 Marine wins salon makeover.
See **C-3**

Saturday
High — 85
Low — 76

Sunday
High — 85
Low — 77

NEWS BRIEFS

Malama Ka 'Aina starts Oct. 24

Malama Ka 'Aina is a Hawaiian expression which means "Caring for the Land." It is based on the way Hawaiians traditionally viewed interactions among their people and the environment.

As tenants of MCB Hawaii, we pride ourselves similarly in cultural stewardship and sustainability, and continue to make the installation the epitome of paradise by conducting a semi-annual clean up of the installation.

With the assistance of our base directorates, residing commands, civilian volunteers, and neighboring communities, "Malama Ka 'Aina Week" begins in the morning on Oct. 24 and will conclude in the afternoon on Oct. 28.

Malama Ka 'Aina is a major project that coincides with "Make a Difference Day," which is nationally celebrated to increase awareness of our environment. Participants take smaller areas of responsibility, which facilitates better coordination and success covering more than 2,000 acres of land.

One planet — one community — one team. Can you make a difference? Contact the Base Inspector's Office at 257-8861 to volunteer.

2012 Tuition Assistance

The Education Center is now accepting 2012 tuition assistance applications for courses starting in October. Stop by the Education Center located on the first floor of Building 220 or call 257-2158 for details.

Dress blue uniform mandatory possession

As of Oct. 1, all active and reserve Marines are required to possess the dress blue uniform coat. Marines who joined after October 2008 received the coat in their initial seabag issue. All other Marines were given an additional uniform allowance over four years to purchase the coat, per MARADMIN 504/07 and the results of MCUB No. 209.

Maile Point, Coconut Island Closed to Public

Due to health and safety issues, Maile Point (on Coconut Island) at the Hawaii Institute of Marine Biology is closed to the public effective immediately and will remain closed until further notice.

CCME Scholarship Deadline Update

For the military community and spouses pursuing off duty education, the Council of Colleges and Military Educators has 10 scholarships of $1,000 to award.

They will be awarded to five active duty service members (Army, Navy, Air Force, Marine and Coast Guard officer and enlisted, reservists and National Guard) and five military spouses.

The new deadline for scholarship applications is Nov. 1. For eligibility requirements and links to the applications visit http://www.ccmeonline.org/scholarships.aspx or contact Jason C. Szot at jason.szot@navy.mil or (850) 452-7268.

Hilltop Pool closure

The Hilltop Pool at The Officer's Club is closed for pump room repairs through Nov. 7. Call 254-7655.

Important phone numbers

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

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Boy scouts hold annual camp on base

Lance Cpl. Jacob D. Barber
Combat Correspondent



Lance Cpl. Jacob D. Barber | Hawaii Marine

Lt. Col. Carolyn D. Bird, commanding officer of Headquarters Battalion, and her son wait to judge a dish Saturday at the Boondocker training area.

More than 100 Boy Scouts from Kailua, North Shore, and Marine Corps Base Hawaii camped at the Boondocker training area on base, Oct. 7 to 9 for their Koolau Camp-O-Ree.

During their two days spent here, Boy Scouts of America ran through the obstacle course, dirtied themselves in a martial arts sparring ring, held a cooking competition, and shared stories under the night sky. They also were able to spend the two days with a handful of Marine volunteers from Headquarters Battalion who participated in some of the activities with them.

"I really like it," Michael Compton, 15, guide for Kailua Troop 311, said. "It's a nice camp site and we are able to be here for free. This Camp-O-Ree would have been a lot harder to actually put together if the Marines didn't help us out with the site."

After an evening of setting up tents the competitions started Saturday morning after Marines demonstrated to the Scouts how to negotiate the obstacle course correctly.

The Scouts were then able to show their speed and strength to their peers as they executed each obstacle as swiftly as possible while in competition with each other.

Following the obstacle course, the scouts continued their competition into the Warriors Pit, a sparring area filled with rubber pieces used for martial arts training, where they had to go through a series of smaller obstacles.

"It's a great experience for all of us," Conner Chew, 11, Troop 117, said. "I think everybody likes the obstacles but it's also really cool to just be out here with Marines and doing the competitions."

These activities brought laughter and smiles, however, the Scouts were here for much more than a chance to climb a rope obstacle.

Air Force Brig. Gen. Michael Compton, organizer and supporter for the Boy Scouts in Hawaii, said his favorite part in everything was watching the growth of the young men into leaders.

"I've been a member of the Boy Scouts since 1967," Compton said. "It gave me great experiences as a boy and a lot of fun as a young man. It's a great organization that has shaped my life to this day and when I look at this [Camp-O-Ree] I love to see the patrol leaders taking their patrol through the competitions and developing themselves as leaders."

Like the Marine Corps, the Boy Scouts have three core values they follow — duty to God, duty to country, and duty to self. Troop leaders try to instill these three rules into their Scouts every time they meet in hopes of creating a foundation for a successful life.

Saturday ended with a cook-off challenge where each troop had to prepare a dish for the guest judge, Lt. Col. Carolyn Bird, commanding officer, Headquarters Battalion. The smell of homemade chili, spaghetti, sloppy joes, and barbecue beef sandwiches filled the air as Scouts waited in their designated cooking areas for their chance to treat the judge. Some troops set out a table and served Bird as if she was dining in a nice restaurant, while others played music and sang to her while she ate.

Chew, was one of many who was confident in his troop's food and had this to say about experience, "I know our food was really good, but before we served her it was sitting for awhile so it might have been cold. We don't know," Chew says with a smile on his face.

The two-day event ended with an awards ceremony in addition to the Scouts performing skits for their leaders and peers on Saturday evening. The crowd was filled with smiles and laughs as all the troops united and participated in the one last activity before wrapping up their event by singing Scout songs together.

Honoring Hispanic Heritage



Sgt. Maj. Rene Salinas, squadron sergeant major, Marine Heavy Helicopter Squadron 463, speaks about role models during the Hispanic Heritage Month Luncheon Oct. 10. Salinas was the luncheon's guest speaker at Anderson Hall Dinning Facility. His unit recently returned from a deployment to Afghanistan earlier this year.

Christine Cabalo | Hawaii Marine

EDITORIAL: OMG! What texting does to Marines

Lance Cpl. Matthew A. Callahan
Contributing Writer

There are a few things people do while using cell phones that have been irritating me recently. This is not just since I've been wearing a uniform and had extra rules to concern myself with, but for the majority of the time I've ever owned a cell phone.

The problem is how the lazy way of communicating in text message shorthand has become its own perverted form of "texted" words. Along with the short-handed versions of spoken words comes the lack of punctuation, too much sarcasm and not enough seriousness.

There are also perils to owning a smart phone, such as using them at inappropriate times in uniform. This can have an effect on Marines of any grade if used out of regulation. Once upon a time in the Old Corps, carrying a cellphone in uniform was against regulation all together, probably due to their brick-like design.

Marines are now faced with a different set of standards to follow in regard to good order and discipline. There has been a paradigm shift in the way people communicate, and Marines are pinned between technology and tradition. Some don't know. Some don't care. However, the situation is clearly getting worse.

Has modern technology revolutionized the cell phone? Not really. Now we're completely wireless and mobile — from messaging, mail, global positioning systems, and application after application after application. Marines get caught up in their daily app habits and rely so much on their phones that they forget they are walking in uniform when using them. This often leads to a zombie-like shuffle where Marines fail to address a those of higher rank passing by. This happens all around the Corps, not just on our small island. Too often I've seen junior Marines and even noncommissioned officers getting "devil-dogged" to death for having a smart phone to their face and losing situational awareness.

My biggest concern is how the "evolution" of the smart phone could be the degeneration of the English language. Marines are as guilty as our fellow civilians in using cell phone shorthand and lazily spelling out the messages in their texts. The brewing sea of horribly morphed "sentences" extends far beyond the overuse of abbreviations and acronyms to shorten a text message.

Some would argue, however, that this reoccurring trend is simply a shift in the way language is communicated, and that people have been changing language for thousands of years. I can partially agree with that. But never have we seen changes as drastic as what's happening now with poor cell phone language etiquette. No excuses.

People have been abusing English in electronic communication long before the smart phone. The difference between then and now is that these new phones make it almost impossible to sound illiterate with automatic spell checking and automatic punctuation. The only conclusion I can draw is that people, particularly young Marines, are doing it on purpose.

So for those of us who can never understand a damn word anyone is texting to us, please extend us a courtesy — stop checking your phones constantly. Don't be on them walking around in uniform, and for goodness sake, make an effort to send messages with correct grammar and a clear message. It speaks volumes. GTG?

AROUND THE CORPS

Marines arrive in San Francisco for Fleet Week 2011

Sgt. Heidi Agostini
1st Marine Division

SAN FRANCISCO — Marines and sailors with I Marine Expeditionary Force arrived in San Francisco today to showcase the Corps' capabilities during Fleet Week.

Camp Pendleton's I MEF partnered with the San Francisco Fleet Week Association and 3rd Fleet to execute the event. This opportunity allows service members of the Navy-Marine Corps team to connect with citizens of the Bay Area.

"We're absolutely excited about the opportunity to get north and get into the bay," said Maj. Gen. Melvin Spiese, commanding general of 1st Marine Expeditionary Brigade. "We are pouring ourselves into this, both from the training perspective of what we think we can get out of it, but far more importantly, the opportunity to put on display to the people of San Francisco and the Bay Area what the Marine Corps is and what their Marine Corps means to them."

The command element of 1st MEB, and elements of 1st Marine Logistics Group, 1st Marine Division and 3rd Marine Aircraft Wing will embark and offload personnel and equipment to showcase the Marine Corps' unique capabilities in humanitarian assistance and disaster response.

Marine units will demonstrate assets available for the Bay Area in response to a sudden crisis. The intent is to showcase amphibious nature, readiness and the ability to respond to disasters and to highlight the role the Navy-Marine Corps team can play in assisting disaster victims in medical surge capabilities.



Cpl. Salvador R. Moreno | 1st Marine Division

Marines and sailors with I Marine Expeditionary Force and USS Bonhomme Richard enjoy the view as they man the rails passing under the San Francisco-Oakland Bay Bridge for Fleet Week, Oct. 5.

"San Francisco is offering us an opportunity to interact with civilian authorities in ways we typically don't, but could in the event of a significant natural disaster," Spiese said. "We see this as an opportunity to do some training on things that do come across our way from time to time, but in particular in a mission that would be very challenging and one I suspect we would be tasked with in the event it were to occur."

Since 1990, the Marine Corps has conducted more than 100 amphibious operations around the world. The missions ranged from humanitarian aid and disaster response in such places as New Orleans and Haiti to crisis response in Lebanon. When, not if, a catastrophic earthquake hits San Francisco, I MEF will be trained to swiftly cooperate with civil authorities for humanitarian assistance efforts. In the event of an earthquake, the Marine Corps can quickly provide fresh water, establish aid stations, communicate with authorities and the public and evacuate victims.

Navy medical officers are scheduled to highlight medical capabilities on Marina Green to include surgical companies and shock trauma platoons. I MEF is also partnering with area medical professionals to exchange ideas and procedures in the event of a natural disaster.

Marine Corps and Navy aviation demonstrations, community outreach events, senior leader seminars and military equipment displays and band concerts are scheduled for the Bay Area during Fleet Week.

"To see the positive interaction between our military and our citizens, I'm not sure we understand how unique that may be around the world," Spiese said. "For me it's reinforcement of all that comes out of the Constitution that builds the armed forces. San Francisco offers that."

Critically wounded Virginia Marine dies three times, returns to the fight

Sgt. Earnest J. Barnes
2nd Marine Division (Forward)

MARJAH DISTRICT, Helmand province, Afghanistan — Lance Cpl. Matthew T. Earle, an assaultman with India Company, 3rd Battalion, 6th Marine Regiment, was critically wounded while conducting counterinsurgency operations in 2010. Now, the Manassas, Va., native is back in Marjah, inspiring his Marines.

Earle's squad stopped at a local mosque to speak to an elder, when two men drove up on motorcycles and warned that insurgents were planning to ambush the Marines from multiple directions as soon as they left the mosque. The Marines heeded the warning and waited till dusk to leave.

Earle's squad stepped off to head back to the patrol base nearby when insurgents opened fire from two directions, shooting rifles and machine guns.

Earle said he was running toward the side of the road and reaching for his rocket system, when he was shot with a 7.62 caliber round.

Earle said if he wasn't reaching back at that moment, the round would have struck him in the arm, but instead the round punctured his right lung, collapsed his left lung, and chipped a vertebra before exiting through his back.

"Last thing I remember was a big firefight," Earle said. "There is a six-day window I cannot remember except for bits and pieces."

The Marines and sailors on scene remember more.

Petty Officer 3rd Class Matthew A. Dishmon, a corpsman with 3/6, who was directly in front of Earle on the patrol, said he was the only one to see Earle go down.

"Doc" Dishmon, as he is known by his fellow service members, said he yelled, "Earle's hit!" None of the other members of the squad could hear him over the machine gun fire, and it was at that instant he made the decision to go back into the line of fire to rescue his friend.



Earle

"I ran to get him out of the middle of the road," said Dishmon, as he recalled the scene. "I grabbed him, pulled him off to the side, and began working on him."

Dishmon asked Earle where he was shot; Earle was only able to mumble one word, "back." Dishmon took off the wounded Marine's personal protective-equipment and tended to his wounds.

The corpsman said he placed an occlusive dressing over the entrance and exit holes the bullet made to stop Earle's sucking chest wound. Unaware that both of Earle's lungs were damaged, Dishmon quickly realized the situation was much worse than he originally assessed.

"I noticed his chest was unequal. I gave him a needle thoracentesis, (also known as needle decompression)," said Dishmon, referring to a procedure to relieve the pressure building in Earle's chest. "He had two punctured lungs; that is why it filled up so fast."

The battle stopped as the sun edged over the horizon, but for Earle, the fight for his life was far from over. The Marines assisting Dishmon requested a helicopter for a medical evacuation.

"From what I've gathered, I (died) twice on the ground and once in the air," explained Earle. "At one time I guess my status was changed from 'urgent' to 'routine killed in action.'" Once they got Earle to the hospital, the doctors were able to stabilize him and address his injuries. Earle attributes his survival to the quick actions of Dishmon and believes one wrong decision made by Dishmon could have meant Earle's death.

"They said I had about a minute 30 left (to live) by their estimation when I got to (the hospital)," Earle said. "That minute and 30 seconds could have been Doc deciding what to do or waiting for a break in the fire."

Earle was released for full duty shortly before his current deployment, but he said it was important to him to come back to Marjah. Now serving as a squad leader with the same company, Earle said he realized he could use his near-death experience to teach the young Marines under his charge. He said he ultimately came back to Marjah for his Marines and to show them one person can make a difference.

"A lot of people say one person can't make a difference, but especially in the infantry, one person can literally mean the life or death of people," Earle said. "Dishmon is a testament to that. If he hadn't gone out on that patrol, I wouldn't be here."

1/12 artillery battery supports units, trains Afghans in Helmand

Cpl. Tommy Bellegarde
2nd Marine Division (Forward)

FIRE BASE FIDDLERS GREEN, Helmand province, Afghanistan — Screams of, "Mission, we've got a mission!" rifle through the Fire Direction Center. Marines in the tent stop what they are doing and begin compiling data at a furious rate. Outside, Marines in full body armor race toward M777A2 howitzers and rip protective netting away from the guns.

A unit in the area has spotted an insurgent emplacing an improvised explosive device in the ground and has called upon the Marines of 1st Platoon, Charlie Battery, 1st Battalion, 12th Marine Regiment, for artillery support.

The FDC calls down to the gun line with coordinates, and the Marines frantically shift the direction of the howitzer.

"Get me a shovel!" yells Denver native Sgt. Todd J. Galbaugh, Gun 3's section chief.

He finds one and joins another Marine who has already started tearing through the earth to support the gun's new position. They stop to take deep breaths of fresh air, waiting for the command to fire.

This scenario is common for the Marines of Charlie Battery, though not every mission ends with the Marines firing rounds, as units' requirements sometimes change rapidly and they ultimately decide not to use artillery support.

"We get called out to the guns at least every couple of days, sometimes multiple times a day," said Galbaugh. "We only shoot maybe 10 percent of the time, but we've got to be ready to support whoever needs it. We're fast, we're accurate and we're always there to support."

Always ready, the battery's mission is to provide timely and accurate artillery fires for units supported by 1/12 and train Afghan National Army soldiers to help them become more proficient in artillery, according to Mills River, N.C., native 1st Lt. Jacob D. Hudson, Charlie Battery's executive officer.

The battery has many unique capabilities it utilizes to support local units.

"We can light up the sky if needed, we can provide friendly forces with a way to back off without being seen, and we can take out the enemy pretty effectively," said Galbaugh.

Most of the missions have been for illumination support to prevent insurgents from planting IEDs at night.

"The main purpose of the illumination round out here is to deny the enemy the freedom of movement." Galbaugh said. "There are nights where we will shoot a lot of (illumination) rounds, just light up the sky all night, letting the enemy know that we're looking for them — they're not going to be running around if there is a big (illumination) round in the sky."

The platoon is set up in to two primary sections: the gun line, which is made up of the Marines who physically shoot the howitzers, and the Fire Direction Center, which receives the calls for fire and gives instructions for the Marines on the gun line after it has calculated the distance to and location of the target.

"We take (the information) the infantry will give us, and we change that into data the gun line can use and easily apply to their guns," said Pensacola, Fla., native Cpl. Joshua Shores, a field artillery fire control man in the FDC. "That data is going to put the round on target."

The Charlie Battery Marines have also been training the Afghan soldiers partnered with 1/12 to become more proficient in artillery. The ANA has made much progress and is slated to do a test fire later this month.



Cpl. Tommy Bellegarde | 2nd Marine Division (Forward)

Marines with 1st Platoon, Charlie Battery, prepare an M777 A2 howitzer after receiving a call for artillery fire.

"They're pretty new to artillery. They had some training up in Kabul before they came down here; however, it's a new experience for a lot of them," said Hudson. "We really try to focus on the non commissioned officers, specifically the howitzer section chiefs. Their gun line has progressed quite a bit. They're at the point where they can set up and be ready to shoot."

The Marines have been very successful supporting missions and training the ANA during their deployment and now look forward to finishing on a strong note.

"Everyone has pulled their own weight," said Hudson. "The Marines have done an outstanding job of maintaining local security while providing fire support and conducting partnering operations with the ANA here at Fiddlers Green."

Afghan National Army rocks desert in first artillery shoot



A section chief with 4th Kandak, 1st Brigade, 215th Corps, helps prepare his section's 122 mm howitzer D-30 artillery cannon. The soldiers spent the first day organizing the weapon system and fired several rounds on target as the sun dipped below the horizon.



Cpl. Alonso Arviso (left), an assistant section chief with Charlie Battery, 1st Battalion, 12th Marine Regiment, observes an Afghan National Army soldier with 4th Kandak, 1st Brigade, 215th Corps, as he fires rounds down range. The Afghan soldiers spent three days in the desert working with the 122 mm howitzer D-30 artillery cannons to increase the soldiers' confidence with the weapon system.



An Afghan National Army soldier with 4th Kandak, 1st Brigade, 215th Corps, looks through the sights of a 122 mm howitzer D-30 artillery cannon. The Afghan soldiers worked diligently to improve their skills with their artillery cannons. "Artillery allows the ANA to provide that long-range fire when one of their friendly units comes under attack," said Fairborn, Ohio, native Capt. Mitchell Moore, the commanding officer for Charlie Battery, 1st Battalion, 12th Marine Regiment. "When the Unites States reduces [its] presence here, [the ANA] need to have that capability so when they operate outside the wire, they have that comfort umbrella of knowing wherever they are they have an ANA brother who can provide fire support."

Story and photos by
Cpl. Jeff Drew
2nd Marine Division (Forward)

HELMAND PROVINCE, Afghanistan — Temperatures rose in the desert as Afghan National Army soldiers with 4th Kandak, 1st Brigade, 215th Corps, recently fired their first artillery rounds in Helmand province since their unit was formed in May.

The soldiers began their artillery training at the Kabul Military Training Center and, upon graduating, fell under the mentorship of Marines with the Combat Support Advisory Team attached to 1st Battalion, 12th Marine Regiment, and select Marines with Charlie Battery, 1/12.

The CSAT has worked side-by-side with the Afghan artillerymen since May to get the soldiers ready for their live-fire shoot. The ANA knew how to process a fire mission when the two military forces first met, but the Marines offered to increase their proficiency and skill. One of the biggest improvements made was in the Fire Direction Center, where Marines compute a target's range, direction and precise target location when a request for fire support comes in.

"In terms of the FDC we wanted to bring their mission processing time down," said St. Louis native 2nd Lt. Bradley Naert, an advisor with the CSAT. "It was taking them roughly 10-15 minutes to process a mission and have the data ready after receiving a call for fire; now they are down to six minutes, so that is a big success."

The Marine advisors often had no translators to instruct the ANA soldiers and had to learn Dari in order to teach them. When translators were available, the mentors found it best to teach them in order to better describe it to the ANA members. The Afghan soldiers seemed excited and motivated to learn a new skill, whether taught by Marines or through translators.

"When we trained the ANA, they were excited and paid attention to the training," said Lawrenceville, Ga., native Staff Sgt. Mitchell H. Hamilton, an advisor with the CSAT. "They learned and caught on very quickly. Even with the lack of interpreters at times, it was amazing to see how fast they caught on."

The soldiers put their new skills to the test during their first shoot in the Afghan desert. The first day the ANA and Marines arrived at the training area and began setting up the four Soviet-made 122 mm howitzer D-30 artillery cannons. Before long, the sun began to dip down below the horizon, and the soldiers sent their first volley of high explosive dual purpose artillery rounds down range.

Excitement erupted from the soldiers as they saw all of their training pay off. The day ended on a high note, leading to more anticipation and shooting for the second day.

"I was happy when we shot because we put in practice and it shows we understand what we have learned," said Afghan Sgt. Mowladad Wafa, a recorder with one of the gun sections. "I was happy to hit the target — so far we've had a successful shoot."

The second day of firing began early. The ANA soldiers gathered around the gun line, polishing their drill movements in anticipation for the arrival of the kandak commander and brigade general. They spent the afternoon and evening sending rounds down range, increasing their proficiency and becoming more confident with the weapon system.

"Artillery allows the ANA to provide that long-range fire when one of their friendly units comes under attack," said Fairborn, Ohio, native Capt. Mitchell Moore, the commanding officer for Charlie Battery, 1/12. "When the Unites States reduces (its) presence here, (the ANA) need to have that capability so when they operate outside the wire, they have that comfort umbrella of knowing wherever they are they have an ANA brother who can provide fire support."

The ANA soldiers' confidence began to show as they became more comfortable using the howitzers at the end of the second day of firing. Enthusiasm kept spirits high, and the Afghan soldiers showed they were capable and ready to perform for their leadership.

The final day of firing arrived and when the kandak commander and brigade general arrived, the Afghan soldiers snapped to attention, ready to demonstrate the full capabilities of the weapon system.

The soldiers manned the gun line waiting for a fire mission from the forward observers, ANA soldiers placed down range who call in targets. The Afghan soldiers executed properly when the call for fire came and, after being verified by their Marine mentors, the soldiers sent another volley of rounds into the air, eagerly seeking their targets.

The leadership was pleased with the demonstration, and the Marines said the training evolution was a success.

"The ANA are out here self supporting," said Moore. "We are offering advice and support; however, this is an Afghan-led training evolution. That is a real success from where we started when they weren't sure of themselves and lacked confidence. Out here you see that confidence growing and the capability that goes with that."



Staff Sgt. Mitchell H. Hamilton, an advisor with the Combat Support Advisory Team attached to 1/12, shows an Afghan National Army soldier with 4th Kandak, 1st Brigade, 215th Corps, how to use a compass to mark the position of artillery cannons. Hamilton has advised the ANA unit since its formation in May.

Follow the leader: the role of a point man

Cpl. Colby Brown
Regimental Combat Team 5



Cpl. Colby Brown | Regimental Combat Team 5

Lance Cpl. Ryan Meyer momentarily halts during a security patrol, Sept. 30. Meyer, a native of Stafford, Va., is a rifleman with 3rd Squad, 4th Platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment. A point man leads each of these partnered Afghan National Police and Marine patrols. The point man plays a critical role in daily operations for coalition forces in southern Helmand.

GARMSIR DISTRICT, Helmand province, Afghanistan — Someone always has to go first.

In Afghanistan, the Marine who goes first is the point man. He is the first to jump across a canal, enter a farm field and tread ground potentially laced with improvised explosive devices.

"Our squad's area has good security," said Lance Cpl. Tyler Wilson, a point man with 3rd Squad, 4th Platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment. "Knowing that there hasn't been very much IED activity in our area is a good feeling. But when you come across something you need to check out or looks like an IED … it's definitely an 'oh shit' situation."

The few responsibilities of a point man are of high importance.

His first responsibility is sweeping the patrol route for IEDs. Like a metronome, the point man's arm sways back and forth with a combat metal detector attached. The constant, weighted motion causes most point men to build more muscle in their sweeping arm, making them lopsided.

"During the first couple of weeks my arm was numb from sweeping everyday," said Wilson, from Virginia Beach, Va. "But you get used to that pretty quickly."

There is a certain tone that every Marine dreads. It alerts the CMD user to a metallic presence in his immediate vicinity. Unlike the metal detector people at the beach use searching for loose change, this sound means danger is likely buried nearby.

"You have to make sure you know how to operate the [CMD,]" Wilson added. "This beep means there is metal below you and this beep means the batteries are about to die. You need to know how to get a good sweep, every time."

The point man's second task is to find a route. During the first weeks in Afghanistan, a point man must study his area of operation and make mental notes of natural landmarks.

As his deployment progresses, the point man will become more comfortable with his surroundings and more knowledgeable on every piece of his AO. When his squad leader holds a patrol brief, the point man will eventually no longer needs a map. Carrying a global positioning device for backup, the point man sets the pace and route to the villages his squad will visit on a given patrol.

"You have to know your area and be just as knowledgeable about your area as the squad leader," Wilson said. "My squad has a pretty big area, but [the squad leader] could give me a place to go and I would know how to get there, anywhere in the [area of operation.]"

The task of finding a safe patrol route is complicated by insurgent IED operations. A point man must think like an insurgent, remaining cognizant of IEDs placed at choke points in trails or regularly trafficked areas.

While the point man may be in front of the patrol, in the back of his mind lingers the worry of missing an IED.

"Always knowing that there's a possibility that I could miss an IED and be hit by it stays in my head," Wilson said.

The variety of IEDs found in southern Helmand makes catching everything laid by insurgent force a nearly impossible task. Despite this reality, point men still hold themselves responsible for every missed IED and, more importantly, for the safety of their fellow Marines.

"I miss something and one of the guys in my squad gets hit," said Wilson. "That's definitely a thought that stays in my head — that I could miss something and someone could get hurt."

Marines on patrol frequently play a high stakes version of follow the leader. It is important for members of a squad to follow exactly where their point man goes while on patrol. If you stray from the point man's path, you put yourself in unnecessary danger of stepping on an IED.

For Wilson, being a point man came naturally.

"Not everybody is knowledgeable of their [area of operations] or can sweep for hours at a time," said Wilson. "I take pride in my job."

As the battalion nears the end of its deployment, Wilson remains in front of his fellow Marines, diligently clearing a path for them over the rugged Afghan terrain.

Island Warriors trade gifts, thanks with French marines



Pfc. James A. Sauter | Hawaii Marine

Capt. Chris Richardella, Fox company commander, 2nd Battalion, 3rd Marine Regiment, presents French Capt. Laurent Delaval, 8th Parachutist Infantry Regiment, a Hawaiian shark-tooth spearhead as a gift celebrating the end of the successful joint training exercise AMERICAL-2011 at Hale Koa Beach Oct. 7. "We are two great nations and two great militaries," he said. "We appreciate you coming here and hoped you learned from us." A platoon from Fox company will return Monday after completing their training in French New Caledonia. The exchange of U.S. and French marines helped strengthen military relations through learning from one another.



Kristen Wong | Hawaii Marine

Marines and sailors gathered together for celebratory food at Hangar 105, Oct. 7. Right, Petty Officer 2nd Class Timothy Willis, air traffic controller, Marine Corps Air Station Kaneohe Bay, got some food during the Navy's Birthday celebration. Willis is the youngest sailor in the unit. Both he and Cmdr. Eric Barkdull, MCAS executive officer, the oldest sailor in the unit, cut the ceremonial cake. The Marines and sailors of MCAS celebrated the 236th birthday of the Navy in Hangar 105 with a guest speaker, food, cake cutting ceremony and performances by the U.S. Marine Corps Forces, Pacific Band. Under the Continental Congress, the Continental Navy was born on Oct. 13, 1775, and in 1798, the Department of the Navy was established. Every year, sailors observe Oct. 13 as its annual birthday and celebrate with a birthday ball.

See NAVY A-7

bodies of the dead service members from the wreck. It wasn't until 1974 when he returned to the memorial that he realized there were more than 900 men still in the fallen battleship.

"Now I go down and pay my respects to the men I left on the Arizona," Cale said.

Cmdr. Eric Barkdull, executive officer, and Petty Officer 2nd Class Timothy Willis, a MCAS air traffic controller, cut the corner of a blue and white Navy birthday cake. Barkdull, 49, is the oldest sailor in the unit, and Willis, 23, is the youngest.

"We're fortunate to be part of the most powerful Navy where we can project power anywhere in the world," Barkdull said. "We're the envy of every nation as far as that goes, so appreciate that, appreciate what it took to get here … we appreciate Mr. Sterling and his sacrifice and those of his day establishing that fact in launching us into being the most powerful Navy in the world."

Willis, of Palmdale, Calif., enlisted in the Navy in 2007 to serve his country and travel. During his career so far, he has traveled to places like Thailand, Jordan and Dubai. He recently reenlisted for six more years and plans to retire as a chief petty officer or an officer. He finds being a sailor most rewarding when people see him in uniform, offer respect and thank him for his service.

"There's no greater force out there than a Marine air-ground task force in battle," Pellegrino said. "There's no way we can get to that battle without support from the Navy. We enjoy a great relationship with the Navy and that's what makes us a strong force … a lot of these battles, at least in recent history, were fought right here in the Pacific, in the Hawaiian Islands.

There were sailors deployed on ships who were probably younger than even the young Marines and sailors sitting here today. They went out in harm's way and they did great things. It's because of them that we're able to stand here today ... and we're able to gather today to celebrate the 236th anniversary. We honor them by doing this, we also honor you for taking a stand for your country as well."

See CFC, A-7

To bridge the awareness gap, CFC has opened a new Facebook account for donators to track the status of the campaign with pictures and news of donations, charities and non-profit organizations. Statistics on the CFC-Hawaii website have shown that while fewer people are donating, the monetary amount of each donation has increased over the past few years.

"I think the salary [service members'] receive is pretty good and we should spend some of that money on other people and not just ourselves," Hull said. "It's really great to help others that don't have a lot."

For more information about charities and donations, visit http://www.cfc-hawaii.com or contact your unit's CFC representative.

CPRW-2, from A-1

"It's always a good feeling to join a command that's operating at such a high level," Ramsden said. "I'm looking forward to working with CPRW-2's military and civilian team."

CPRW-2 provides training, standardization and administrative control for three operational maritime patrol and reconnaissance squadrons and one special projects squadron here. These units operate the P-3C Orion maritime patrol and reconnaissance aircraft for offensive and defensive missions, such as anti-submarine warfare and homeland defense patrols for enemy activity around Hawaii. The aircraft can act as part of or independently from carrier battle groups and other surface action groups.

"During the War on Terror, the Orion's mission support shifted from a mostly nonorganic sea role to a mostly organic overland role," Cutter said. "Then, as we shifted to more overseas contingency operations, we saw more of a balance between these roles."

In addition to the Orion's primary mission, CPRW-2's squadrons have been called into service for multi-mission, command and control, surface search and surveillance, overland reconnaissance and anti-surface warfare missions over the decades.

CPRW-2 also dispatched units for humanitarian missions. Under Cutter's charge, Patrol Squadron 4 deployed in support of Operation Tomodachi after an earthquake caused a tsunnami that devastated Japan March 10.

"We'll continue to maintain our primary focus of manning, training and equipping our squadrons to execute, missions around the world," Ramsden said. "During this time period, we're laying the foundation for the future of the maritime Patrol and Reconnaissance Force by preparing for the arrival of the new P-8s."

The squadrons of CPRW-2 will receive new P-8 Poseidons in 2015 to replace their aging P-3C Orion aircrafts.

Cutter's new assignment will be at U.S. Pacific Command aboard Camp H.M. Smith as the director of the Commander's Action Group.

Ramsden was previously the deputy director for battle space awareness for the Joint Staff at the Pentagon.



Kristen Wong | Hawaii Marine

236 Years of honor

Cpl. Marc Hendon, food service specialist, Anderson Hall Dining Facility, cuts the cake during lunch on Thursday. The Navy celebrated its 236th birthday on Thursday, with a special meal at Anderson Hall, including turkey, prime rib, crab legs, and shrimp cocktails.

Hawaii Marine

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Pfc. James A. Sauter | Hawaii Marine

Carmen Hatton, Marine War Dogs running back, races for a touchdown to win the game against the Army Her-icanes, 25-20, Saturday at Pop Warner Field. The War Dogs played the Her-icanes at Pop Warner Field again Thursday and will play the Air Force at Joint Base Pearl Harbor-Hickam Oct. 28.

War Dogs tame Her-icanes in final quarter

Pfc. James A. Sauter
Combat Correspondent

The fight between fierce inter-service rivals became a battle in the final quarter of a women's flag football game as the Marine War Dogs and Army Her-icanes battled to the last grinding minute at Pop Warner Field here Saturday.

The War Dogs defeated the Her-icanes, 25-20, after holding the Her-icanes' offense in the final minute of the fourth quarter. Both teams came out hard in the first half but the game was filled with turnovers that could have made the game go either way.

"We came out hard and we wanted to score early," Lyn Aldana, Her-icanes quarterback, said. "Our offense was doing well when we won the toss."

After the Her-icanes won the toss, their running game plowed through the War Dogs' defense that resulted in a touchdown within the first few minutes of the half. The War Dogs struggled to keep up, scoring a touchdown of their own, but were immediately countered with another Her-icane touchdown. As they kept marching down field, Stephan Lane, War Dogs coach, yelled at his defense to stop their running game.

"You have to get hungry for [their offense]," Lane shouted at his defense. He wanted the defense to push the Her-icanes offense off the line to prevent any more runs.

By the end of the first half, Her-icanes led the War Dogs, 20-12. Both teams saw that while they could keep running the ball, stopping their opponents' progress would be the main focus of the second half.

"We definitely need to work on our defense," Carmen Hatton, War Dogs offensive running back and defensive tight end, said. To help take back the second half, Hatton helped raise the intensity to collapse the Her-icanes' offense.

Hatton showed the Her-icanes that she was going carry the War Dogs' offense all the way after she scored a touchdown narrowing the score gap to 20-18.

"That's what I'm talking about!" Lane exclaimed as the War Dogs' morale received a huge boost.

But the wind was soon sucked right out the War Dogs' sails as their third attempt at another touchdown was intercepted and the Her-icanes moved it within the red zone. Hatton waited to see the Her-icanes' next move before leading the counterattack.

The defense needed another boost then and Hatton reminded the team that it's still a team effort to hold the Her-icanes offense.

The War Dogs halted their advance on the third down and Hatton took advantage of this mistake by answering with an interception. She moved the ball back to the 4-yard line followed by a touchdown and an extra 2-point conversion. With the score 25-20, the War Dogs held the Her-icanes for the last five minutes of the game, securing a victory for the Marines.

The War Dogs played the Her-icanes at Pop Warner Field again Thursday and will play the Air Force at Joint Base Pearl Harbor-Hickam Oct. 28.

The Walli Olympics: Lava Dogs build fitness, camaraderie through weekly games

Cpl. Colby Brown
Regimental Combat Team 5

PATROL BASE WALLI, Helmand province, Afghanistan — It may not be the real Olympics, but the Walli Olympics are the next best thing in southern Helmand. For a squad of Marines with 1st Battalion, 3rd Marine Regiment, the competition is something to look forward to every week at Patrol Base Walli.

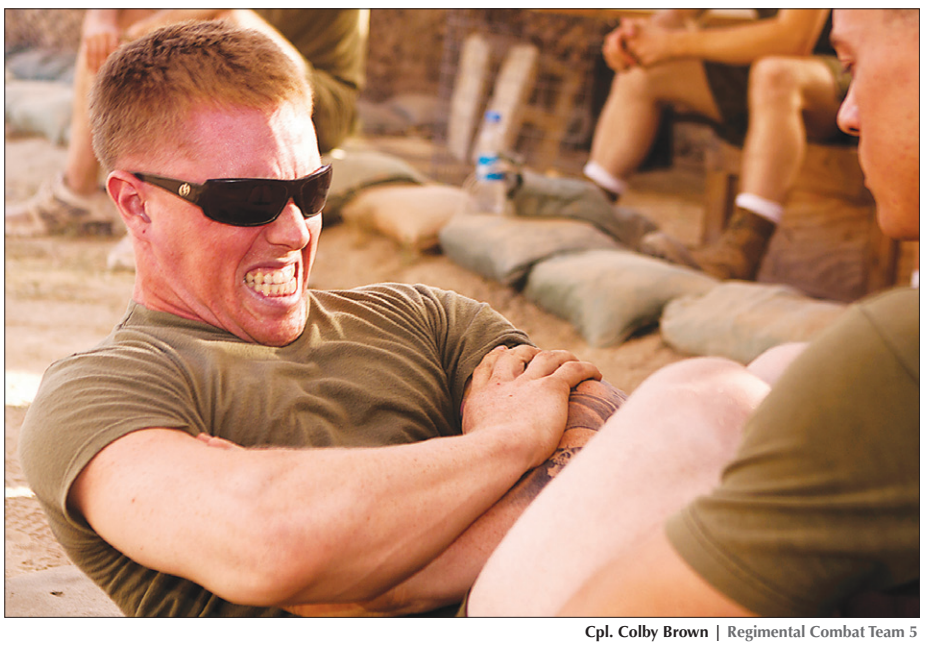
"I didn't make the Walli Olympics to lose weight," said Sgt. Nathan Foersch, squad leader for 3rd Squad, 4th Platoon, Alpha Company. "I made it to challenge myself and to challenge my Marines."

The idea came to Foersch after the first couple months of his deployment. In early July he put the finishing touches on what would become a rallying point for his squad. Instead of a weekly, mandatory exercise program, the Walli Olympics became a way for the Marines in his squad to challenge themselves and each other. The shared competition has brought the Marines together, building camaraderie among a squad who had not worked together prior to this deployment.

"Before we did this, everyone was in a bad mood," said Lance Cpl. Dakota Cash, assistant patrol leader. "We started doing the olympics and everybody's mood improved. We're replacing fat with muscle, we're closer from competing with each other and we have something to look forward to each week."

From the first Walli Olympics to the most recent competition, the exercises featured in the weekly event keep evolving. Even with three months experience at the weekly games, the Marines of 3rd Squad are still exhausted by the end of the competition.

"This is the hardest work out I've ever done," said Cash, of Jasper, Tenn. "When you do it the first couple of times you're broke off completely … After you do it a couple of times it becomes like second nature, but it still breaks you off."



Cpl. Colby Brown | Regimental Combat Team 5

Lance Cpl. Tyler Wilson completes a set of sit-ups during the Walli Olympics here, Oct. 1.

The exercises featured in the Walli Olympics include pull-ups, sit-ups, ammo-can lifts, sprints and tire flips. Though the exercises appear basic in nature, they are by no means easy.

Pull-ups are completed as a group. The first Marine does two pull-ups and the rest of the squad follows and performs the same number of pull-ups. The number of pull-ups increases by two each time the whole squad completes a set. When a Marine cannot complete the required number of pull-ups in a given round, he is eliminated and the squad starts over at two again. This exercise usually requires the winner to complete an average of over 250 pull-ups in 30 minutes.

The sit-up and ammo-can lift portions of the Walli Olympics are timed just as they would be during the Marine Corps physical and combat fitness tests. Marines work for two minutes straight, completing as many sit-ups or ammo-can lifts as they can in the time allotted.

Although PB Walli isn't much bigger than the typical suburban backyard, Foersch still finds a way to test his Marines' cardiovascular strength. Members of 3rd squad sprint back and forth, dashing from one side of the PB to the other. Each week Foesrch has increased the number of sprints, reaching the current total of eight run at the most recent Walli Olympics.

Last is an exercise known as the 'show.' Flipping a 300-pound tire normally found on armored vehicles is not what most people envision when they think about exercise. Then again, Foersch and his Marines aren't most people. Each squad member flips the massive tire from one side of the patrol base to the other for time, with the current record set at 21 seconds.

When it's all said and done, the Marine who has the most first place finishes is named the winner. The weekly competition is so tight that there has yet to be a reigning champion.

"You're competing against everyone else in the squad and any visitors that show up to compete," said Foersch, a native of San Diego. "But at the same time you're battling yourself to beat your record from the previous week."

The Walli Olympics brings a positive, competitive atmosphere to the squad's patrol base. Marines have motivated each other to continually improve their scores on each event over the course of their deployment.

"I can't lose. I'm not allowed to lose," added Foersch. "I am the squad leader here. That pushes me to go harder and faster and it, in turn, pushes my Marines harder."

This competitive mindset perfectly suits the Marines at PB Walli, giving them a bit of relief from the tedium of life at a small patrol base.

"And that's what the olympics are for us," added Foersch. "It's something we can look forward to each week — and we get in shape doing it."

Each week PB Walli becomes an arena for Marines to showcase their athletic ability. The days leading up to the Walli Olympics are filled with the constant threat of improvised explosive devices, miles of Afghan terrain waiting to be patrolled and other unrelenting stressors of being in combat.

For about two hours every week, this athletic competition provides the Marines of 3rd Squad with an 'escape' from the world outside their patrol base.

"It's probably one of the best things that I've done during deployment," Cash said. "It gets everybody together for something where they compete and enjoy themselves, which is good because we don't get to do a whole lot other than patrol out here."

Get a Life!

Lance Cpl. Jacob D. Barber
Combat Correspondent

In this generation it's not hard to see that gaming systems have taken priority over everyday life. Video games have manipulated the minds of millions of people worldwide into thinking that what they're doing is actually a sport. The sad part is most of these gamers are adults. Get a life!

If you're fooling yourself into thinking that pressing buttons on a controller takes athletic ability, then stop. The United States has a 30 percent obesity rate according to online health statistics and I would be willing to bet the majority of these people play against each other online while their spouse is cleaning the house and hating life. If you're a die-hard gamer and you're reading this then relax, microwave another pizza pocket and continue your domination in NBA 2K 11 where your player is ranked 99 but you can't even dribble a basketball in real life.

I see my friends fully engaged in these games, creating a player and living their life through a fictional world. It's not real! I feel some people need to detach themselves from this fantasy world and do something a little more productive with their lives, like enrolling in college or signing up for a real sport.

> **"There's no future for those who waste their lives playing a video game. Soon people will think that life has a reset, replay, or a pause button."**

I would call out children, but I don't believe they're a big part in this. When I envision so-called "professional" gamers, I see a man sitting on the couch in sweats while cooking a TV dinner in a dirty microwave with his girlfriend telling him to put the controller down and help her with the laundry.

Play catch. Throw a football. Go paintball. Just be productive. There's no future for those who waste their lives playing a video game. Soon people will think that life has a reset, replay, or a pause button.

Due to this massive epidemic I encourage all citizens to keep an eye out for these professional gamers. They're not hard to find and with my advice you'll be able to spot one in any crowd. Signs include: fair skin complexion, obesity, greasy fingers, sweatpants, stained shirts. If you see these signs hand the victim a bottle of sunscreen because they are not used to the outdoor light and their skin is severely vulnerable to UV rays. Also keep in mind these individuals are not athletic so throwing the bottle to them could be dangerous.

Playing video games is not a sport and I pray it never will be considered one. If I start seeing segments on ESPN about gaming leagues then that's my cue to become an orthopedic surgeon. Arthritis in gamers' hands will be going around like the common cold and guess who's going to profit from these people — this guy.

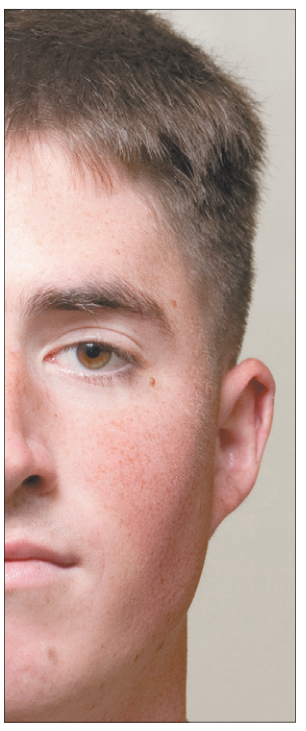
VS

Is professional video gaming a sport?

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HMeditor@hawaiimarine.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below. Suit up, ladies ... it's game time.



BARBER



CALLAHAN

Gaming is a sport

Lance Cpl. Matthew A. Callahan
Contributing Writer

If someone were to enter "major league gaming" into his or her Google query, this person would probably expect there to be a few crickets, and expect nothing particularly significant on the matter. Google will conveniently auto-fill your "major league" search with subjects like baseball or soccer, right? Yes, but believe it or not, among the first searches you will see, right below Major League Baseball, is major league gaming, with basketball and soccer showing up at the bottom of the dozen or so search queries in the auto-fill drop box.

MLG stepped onto the world stage around 2002 to promote and broadcast the competitive endeavors of the video gaming elite across the United States and Canada. It's been broadcast on major television networks like ESPN and other sporting outlets for years, proving its tenacious rise into the minds of what many in the western world consider normative societal past times. Though video gaming has been around since the early 80s, it has only adopted a sporting mentality within the last decade or so. This is likely due to the widely adopted multiplayer options only seen in the personal computer market until mediums like Xbox Live and the Playstation network were created.

> **"Under the general variables that define most sports, major league gaming follows almost all of them."**

There's a seething contempt for competitive gaming by purists across the nation who argue that sitting behind a television or monitor with a peripheral in one's hands, guiding an avatar through a virtual world, could never possibly be considered a legitimate sport. Though if you ask anyone, who hasn't lived under a rock for the latter half of the 20th century, what variables they could list to intelligently define a sport, they would most likely tell you that sports are typically team-based with an overall objective to score more points against an opposing team in an allotted amount of time to win the competition. Branching out to a larger spectrum of what society considers sports today are games and competitions like professional shooting, fishing, hunting, racing and even cheerleading. Many people immediately steer away from the possibility of video games as a sport when the argument is raised that there is no athletic ability required to partake in competitive gaming. I'm going to suggest right now, that's the most absurd and ignorant notion I've ever heard in my short hope-I-make-a-difference-in-the-world life.

Who holds the hammer of judgment when determining whether Tiger Woods' abnormal vision, a vital characteristic of an excellent golfer, is more important than Tom Brady's ability to hurdle a ball across a football field? Or whether a racecar driver's reaction speed is more important than how sexy a cheerleader is (a defining prerequisite to being a cheerleader), none of which really falls under athleticism. Maybe God, or Charlie Sheen. My point is these video games under MLG are competitive, team-based collaborations of the most elite "nerds" all trying to rack up as many points as possible against opposing teams to win the match. Take the word "video game" out of the sentence and you could be defining just about every major sport on the block. As far as athletic ability is concerned, there are different traits for different sports. Just because gamers aren't required to be super athletic, doesn't mean their reaction time, vision, strategic ability, and general awesomeness aren't just as important. But that's okay; you purists out there do your thing and say, "I BIG! I STRONG! I CRUSH YOU!"

SPOTLIGHT ON SPORTS

Sports and Health

Splash and Dash Biathlon

Sign up for the next race in the Commanding Officer's Fitness Series beginning Oct. 22 at 7 a.m. Racers start with a 500-meter swim in Kaneohe Bay and tackle a 5K run finishing at Hangar 103. The public is welcome to sign up on flyers at Semper Fit center or online.

All who register by today are guaranteed a T-shirt. Late entries will be accepted with a fee. Online registration closes Oct. 19. For more information, call 254-7590.

High Intensity Tactical Training Center

The High Intensity Tactical Training Center at Building 1034, is available for check out by Marine units or groups. The center is available from 5 a.m. to 10 p.m. and 5 to 11 a.m. on Monday, Wednesday, and Friday and 5 to 11 a.m. and 1 to 10 p.m. on Tuesday and Thursday.

Personnel who wish to use the facility must request the key from the Satellite Fitness Center at Bldg. 1033 next door. A noncomissioned officer must be responsible for returning the key and cleanup of the center after use. For more information, call Bldg. 1033 at 254-7594.

Semper Fit Juniors Program

This program is held monthly, every second Thursday. Upon completion of the program's Fitness Basics class, gym users ages 14-15 will be issued an individualized pass to use the center without an adult present.

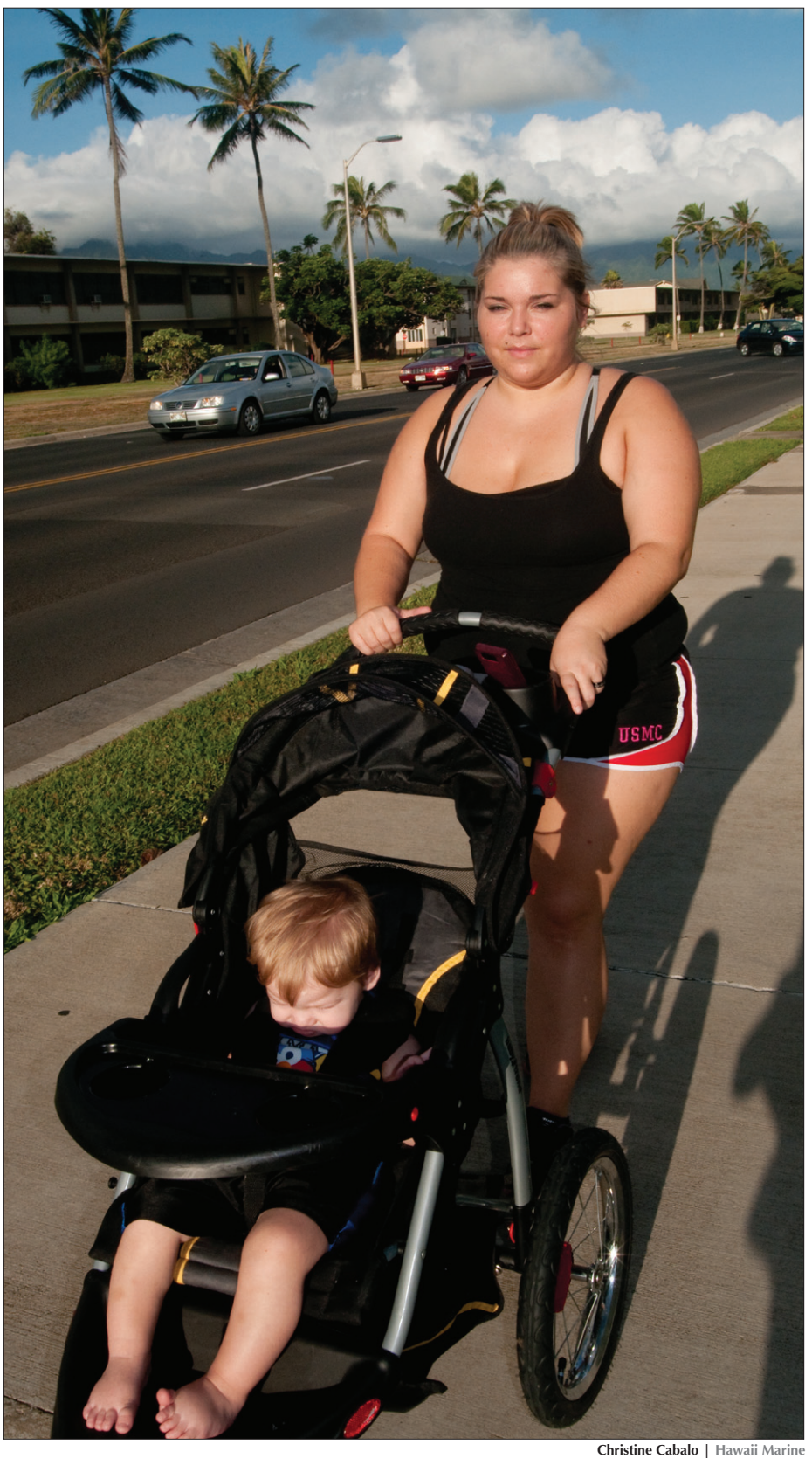
For more information, call the Semper Fit center at 254-7597.

2011 Intramural Tackle Football Schedule

DATE	TIME	TEAM	VS	TEAM
POP WARNER FIELD				
OCT. 18	6 p.m.	HQBN		MAG-24
BORDELON FIELD CAMP SMITH				
OCT. 19	6 p.m.	CAMP SMITH		1/12
OCT. 25	6 p.m.	CAMP SMITH		HQBN
POP WARNER FIELD				
OCT. 26	6 p.m.	MCAS		1/12
NOV. 1	6 p.m.	MAG-24		1/12

ALL PLAYOFF GAMES @ K-BAY
1ST ROUND STARTS NOV. 8
SEMI FINALS NOV. 15-16
CHAMPIONSHIP GAME NOV. 22

Finding Strength: Exercise helps survivors, patients



Christine Cabalo | Hawaii Marine

Shelbi Thompson, a breast cancer survivor and spouse of a member of Combat Logistics Battalion 3, takes a run with her child. Thompson said although radiation treatment initially reduced her energy, she was able keep active by walking with her family. She now takes morning jogs with her son and evening runs with her husband.

Christine Cabalo
Photojournalist

Breast cancer survivors have a better chance to control depression with exercise according to a June study published by the American College of Sports Medicine.

Exercise is a healthy habit recommended to survivors and those going through treatment by Mary Johnson, Makalapa Clinic breast health educator, Naval Health Clinic Hawaii.

"In the past, women were advised to avoid exercise while undergoing treatment for breast cancer," she said. "Today, doctors are now touting the benefits of exercise."

The study observed survivors of different types of cancer who exercised regularly. Researchers noted breast cancer survivors were the most likely to reduce depression with 150 minutes or less of aerobic exercise a week. The findings are one of several from the college, reporting benefits for cancer patients who exercise.

In Johnson's experiences as a breast health educator as well as a jazzercise instructor, she's observed how regular exercising helps depression symptoms and improves muscle strength.

"Since muscle mass is often lost during treatment, patients are now encouraged to work large muscle groups," Johnson said. "Perhaps most notably, exercise during treatment helps to maintain range of motion."

She's seen how those battling lymphedema, a swelling of tissue due to radiation or removal of lymph nodes, do better with strength training. Her patients have reported fewer painful flair-ups and less numbness with regular exercise.

In an August 2009 article by the New England Journal of Medicine, breast cancer patients noted positive results as well. Many reported less pain in their chest, arms and hands with a slow and progressive weight-training program monitored by doctors.

COMBATING BREAST CANCER

"Combating Breast Cancer" is a four-part series about how Hawaii's military community is dealing with the disease. The series discusses how the disease impacts families in recognition of Breast Cancer Awareness Month. This week's article examines how regular exercise during and after treatment is assisting breast cancer survivors.

For some breast cancer patients, the hardest part of exercise during treatment is finding the energy to do it.

Regular exercise was initially difficult for Shelbi Thompson, a breast cancer survivor whose spouse is a member of Combat Logistics Battalion 3. She underwent radiation treatment and found she had low energy levels. When she did have the strength, she'd make her workout sessions a family affair.

"I'd try to go on walks with my kids and spend time with them," Thompson said. "I'd try to interact with them, and do things so I could see them laughing."

Thompson now makes it a point to remain active after treatment as well. In her current routine, she makes time to swim and jogs with family or friends. She and her friend Samantha Brown regularly work out together and are coordinating a clothing sale this weekend with proceeds going to the Making Strides Against Breast Cancer walk.

For Honolulu cancer survivor Eve Lisa Conley, the strength to exercise during treatments also came with help from her family. Conley, a spouse of a Navy diver stationed at Joint Base Pearl Harbor-Hickam, said she kept going because she wanted to be there for her children.

"There were times when I really had no energy, but I did what I could and then rested," she said. "I always made it a point to find the time."

Conley tried to continue with her previous routine of running and CrossFit exercises during her chemotherapy treatments. When CrossFit became too difficult for her to do, resting and running helped her feel better.

After two years with no signs of cancer, Conley said keeping up regular fitness routine remains a mood booster.

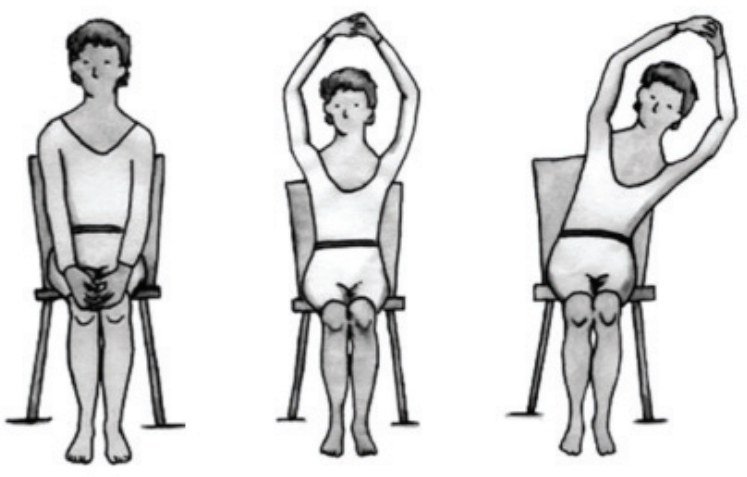
"Every mile, every five minutes out there doing exercise was my way of saying, 'I'm still here,'" she said. "I felt liberated. I still do when I exercise."

Exercises to try after breast surgery from the American Cancer Society:

Side bending

This exercise helps increase movement of your trunk and body.

- Sit in a chair and clasp your hands together in front of you. Lift your arms slowly over your head, straightening your arms.
- When your arms are over your head, bend your trunk to the right. Bend at your waist and keep your arms overhead.
- Return to the starting position and bend to the left.
- Repeat 5 to 7 times.



Elbow winging

This exercise helps increase the movement in the front of your chest and shoulder. It may take many weeks of regular exercise before your elbows will get close to the bed or floor.

- Clasp your hands behind your neck with your elbows pointing toward the ceiling.
- Move your elbows apart and down toward the bed or floor.
- Repeat 5 to 7 times.



For more sample exercises and instructions, see http://www.cancer.org/Cancer/BreastCancer/MoreInformation/exercises-after-breast-surgery

TRICARE expands coverage to include new cancer clinical trials

Shari Lopatin
TriWest Healthcare Alliance

When Ellen Beare learned she had Stage 3 breast cancer, she decided not to tell people at work.

"I just didn't want to be defined by cancer," Beare said.

For many, that sentiment rings very common today. Nearly 12 million Americans were diagnosed with some type of cancer in 2010, according to the National Cancer Institute.

Discovering you, or a loved one has cancer, is very difficult. Beare, who is a care coordinator in Tacoma, Wash. for TriWest Healthcare Alliance, struggled the most with telling her son.

"It was probably harder telling him than anything else," Beare said, pausing to keep from crying. "He is my only child."

For those who have received this type of news, TRICARE recently expanded its coverage for cancer clinical trials.

This makes it possible for cancer patients with TRICARE to receive more types of treatments. Beare, who is 63 years old and cancer-free today, is a strong believer in finding a cure.

"Cancer is very real, very prevalent, but with research, there can be a cure," she said.

What TRICARE covers

TRICARE covers three types of cancer clinical trials for those who are eligible. These trials test different ways to prevent, detect and treat various cancers. Of the three phases, Phase I trials were recently added as a TRICARE benefit:

- Phase I trials: determine the highest dosage of a drug the body can handle, and the effects that drug has on the body.
- Phase II trials: study the safety and effectiveness of an intervention method on a certain type of cancer, and how that method affects the body.
- Phase III trials: compare promising new treatments to the standard treatments.

How to sign up

Pre-authorization is needed as well as being TRICARE-eligible. The only exception is active duty service members. They would go through their military clinic instead.

"If clinical trials are available to someone through TRICARE, I would encourage them to get information, just as they should get information on the type of cancer they have and the current treatment options," Beare said.

For more information, or to see about taking part in a trial, contact a TriWest Cancer Clinical Trial Coordinator by calling 1-866-427-6610.

Renegades' redemption

Lance Cpl. Jacob D. Barber
Combat Correspondent

Tuesday night football was full of surprises as the Marine Corps Air Station Kaneohe Bay Renegades ended a losing streak after defeating Marine Aircraft Group 24 Bandits in a second half showdown at Pop Warner Field 12-0.

The game started with both teams fighting for yards. The Bandits' explosive offense made several attempts to reach the end zone but were outmatched by the Renegades' surprising defense.

"The defense set us up by playing strong the whole night," Derek George, Renegades quarterback, said. "We got a flow going and we were able to keep the momentum going the whole way through the game."

The Renegades offense was able to connect early in the first quarter by taking advantage of the great field position. Holes began to open up in the Bandits defense and left plenty of room for Renegades offensive players to operate and gain positive yards.

The Renegades reached the end zone twice in the first half, leaving pressure on Bandits coaches and players to make adjustments.

With the Renegades leading 12-0 at the start of the second half, the real battle started in the trenches. The offensive and defensive lines played extremely physical and both teams struggled to gain yards. Running backs were hitting brick walls before finding a hole to run through, and quarterbacks were unable to throw accurately due to the pressure from both defensive lines.

The Bandits couldn't take advantage of any opportunities on offense and found themselves scoreless in the fourth quarter.

"You can tell a lot of players came out to play today," Jacob Chang, Renegades running back, said. "There should have been more points on the board but our offense is still a work in progress."

The football bounced around several times in the fourth quarter. A quick offensive possession for the Bandits ended when Renegades' defensive linemen launched through the whole and swarmed the quarterback causing a fumble.

With an opportunity to increase the gap on the scoreboard, the Renegades made an attempt to quickly push the ball down the field play after play. However, another big hit from Bandits defensive players left the ball bouncing on the ground once again only to be recovered by the Bandits.

Both teams made no visit to the end zone in the last quarter, but the Renegades earned their revenge on a foe that beat them a few weeks earlier. Now with one game left until playoffs, the Renegades are hoping to keep the intensity up and become a threat in the playoffs bracket.

"Defensively, we executed excellently. We stomped them," Mike Antonio, Renegades coach, said while reflecting on the game. "Offensively, we still have some work, we scored some points, but it wasn't good enough. It all boils down to practice and that seems to be our biggest challenge so far is having everybody show up to practice."

The Renegades will take on 1st Battalion, 12th Marine Regiment, Oct. 26 to finish their regular game schedule.



Photos by Lance Cpl. Jacob D. Barber | Hawaii Marine

Victor White, Marine Aircraft Group 24 Bandits running back, pushes his way down field through Marine Corps Air Station Kaneohe Bay Renegades defenders Tuesday at Pop Warner Field. The offensive and defensive lines played extremely physical and both teams struggled to gain yards. Running backs were hitting brick walls before finding a whole to run through, and quarterbacks were unable to throw accurately due to the pressure from both defensive lines.



Above, Derek George, Marine Corps Air Station Kaneohe Bay Renegades quarterback, launches a pass down field while being chased by two Marine Aircraft Group 24 Bandits defenders Tuesday at Pop Warner Field. Right, Adam Hudson, Bandits wide receiver, eyes down a pass under the pressure of a Renegades cornerback Tuesday at Pop Warner Field. The game started with both teams fighting for yards. The Bandits' explosive offense made several attempts to reach the end zone but were outmatched by the Renegades surprising defense.



That's how we roll: Special Olympics athletes compete at K-Bay Lanes



Lance Cpl. Jeff Weimer, a volunteer with Marine Aviation Logistics Squadron 24, watches Special Olympics athlete Kristina Ho, 18, as she bowls during a tournament Oct. 7 at K-Bay Lanes.



Photos by Kristen Wong | Hawaii Marine

Sgt. Geoffrey Halterman, a volunteer from the Military Police Department, and Petty Officer 2nd Class Leslie Garcia, a volunteer from Commander, Patrol and Reconnaissance Wing 2, support Special Olympics athlete Brenda Kaopuiki, 45. More than 70 male and female Special Olympics athletes, ages nine to 51, competed in the tournament, assisted by more than 30 volunteer Marines and sailors. "I would like to recognize our volunteer coordinator, Lance Cpl. Jonathan Jeffries and his wife," said Jennifer Ernst, the coordinator of the tournament. "They are responsible from recruiting the 32 Marines participating in this event and volunteers for other events throughout the year."

Army hosts free family polo event Saturday

Lauressa M. Reese
U.S. Army Garrison Hawaii MWR

Family and Morale, Welfare and Recreation, along with Army Polo Hawaii, will hosts its' first-ever Polo Paina event on the Historic Palm Circle, 11 a.m. on Oct. 15. Patrons are invited inside the gates of Fort Shafter for this free inaugural polo match of Army Gold versus Army Black. Attendance from our surrounding community is encouraged to this exciting event.

A valid driver's license, current registration, safety check and proof of insurance are required for all vehicles entering Fort Shafter. In addition, all attendees are required to have a government issued photo identification card. Personnel will be available to direct drivers to drop-off and parking locations around Fort Shafter.

Service members, families and friends will enjoy carriage rides, military static displays, keiki activities, pony rides, music by the Army Brass Band and a host of food and beverage vendors. Guests are encouraged to bring their own chairs, umbrellas or small pop-up canopies. Barbecuing is not allowed on Palm Circle. Personal coolers are permitted, however open containers are not allowed.

Designated as a National Historic Landmark in May 1987, the Palm Circle District has a unique charm with its beautiful landscaping, ample lawns and large growth of trees. The Army began construction at Fort Shafter in 1905. Builders constructed the quarters on Palm Circle between 1905 and 1909, using an American-Edwardian architectural design. The structures on the opposite side of Palm Circle were built during the same period and originally served as barracks. They now serve as administrative offices. Planners designed the post with a "common area," much like Boston Common or those found in early American cities with a classic American design.

While there was a delay in building in 1906 due to the San Francisco Earthquake and diversion of building supplies, engineers completed the construction of Palm Circle on April 15, 1907. On June 24, 1907, the first unit—the 2nd Battalion of the 20th Infantry—marched onto Palm Circle in parade formation. Between 1909 and 1911, some 200 Royal Palms from Cuba were planted around Palm Circle. During World War I, the Second Infantry Regiment used the parade field as a tent city for enlisted housing.

For more information on the Polo Paina on Palm Circle event please visit http://www.himwr.com or call 655-0115.

Inaugural Cpl. Matthew R. Lembke 6.5K Memorial Run

Join Marines, sailors and friends of Cpl. Matthew R. Lembke on a memorial run on base in his honor Saturday.

Lembke is a Tualatin, Ore., native who joined the Marines just days after his 18th birthday and served two tours of duty in Iraq. He was seriously injured by an improvised explosive device explosion in June 2009 during his third tour of duty while on foot patrol in Afghanistan. After 18 days fighting for his life, he succumbed to infection caused by the blast. Since his passing, Lembke's family began a scholarship fund in his honor for one or more Tualatin High School graduating seniors.

The Inaugural Cpl. Matthew R. Lembke 6.5K Memorial Run is free and open to the public. Applications are available at the Semper Fit Center. Participants may submit applications to Semper Fit or bring them on the day of the run for late registration. Donations will be accepted the day of the run to aid and show support to Lembke from his former unit, 2nd Battalion, 3rd Marine Regiment.

For more information on the Matthew R. Lembke Scholarship Fund go to http://www.tualatinchamber.com. Lembke's family will also hold a run in Tualatin, Ore., on Oct. 22 at 9 a.m. If you would like to have the T-shirts of the inaugural run go online to http://www.active.com or http://www.fitcitytualatin.com keyword search is "Regatta Run 2011."

Lava Dogs families prepare for homecoming



Petty Officer 3rd Class Tiarra N. Fulgham | Patrol Squadron 47

Taitlin Lawson, a 1st Battalion, 3rd Marine Regiment, spouse, paints a handmade banner at an event Sunday put together by Theresa Thoma, 1/3's family readiness officer. Families gathered to create banners and candy leis to welcome home their Marines and sailors in November. The unit is finishing up a seven-month deployment to Afghanistan in support of Operation Enduring Freedom.

Hawaii Marine Photo Contest



Beware the eyes of Mario! Isaac Rodden, 6, gives viewers a candy eyeball-ful while dressed up as Mario from "Super Mario Bros." last Halloween. Isaac enjoys any video game with Mario in it, including Mario Kart. Isaac's sister also dressed up as Princess Peach from "Super Mario Bros." that same year. Photo taken by **Nicole Rodden**



This Week's Winner

Submit your best Halloween photo to us and the winner will be printed in the Hawaii Marine! Weekly winners will receive prizes such as reusable bags, backpacks, T-shirts, or other great items.

You will also be entered in our grand prize contest at the end of the year. Please email a high resolution JPEG image to HawaiiMarineArt@gmail.com.

Copyrighted work will not be accepted.

Photos must not be inappropriate in nature.

Photos must be submitted the Friday before the next issue of the Hawaii Marine.

Halloween photos will be accepted until Oct. 24.

Please include your name, a contact phone number, and a photograph of the artist.

Off in the Woods defeats Land Sharks, 14-12, in Camp Smith flag football

Sgt. Matthew Burningham, graphics noncommissioned officer in charge, Combat Camera, U.S. Marine Corps Forces, Pacific, runs a play during the opening game of the Camp Smith Semper Fit flag football season at Bordelon Field Tuesday. Team "Off in the Woods" (in red) defeated the "Land Sharks" 14-12 in their season opener.

Lance Cpl. Isis Ramirez | U.S. Marine Corps Forces, Pacific



Hawaii Marine

DEATHstyles

October 14, 2011
Volume 42, Number 41
www.mcbh.usmc.mil



Have a Haunting Halloween and a scary Christmas at Nightmares Live

Story and photos by
Cpl. Vanessa American Horse
Combat Correspondent

HONOLULU — It's that frightening time of year again where little ghouls and goblins get to dress up and go trick or treating, pick out fun costumes and eat so much candy they go into a sugar coma. But why should the kids have all the fun? Scare yourself straight at the Nightmares Live haunted attraction at the Dole Cannery this year.

Professional haunted house designer Kevin I. Okada, manager of Nightmares Live, pulled out all the stops to design a spooky fright fest at the attraction's new location in Honolulu.

"I've been designing haunted houses in Hawaii for the past six years," Okada said. "We've been working on this one for three months with new rooms, like the claustrophobia room that has people squeeze their way through two air bags."

The new site not only has various rooms to wander through on your quest for the exit, but indoor amenities such as air conditioning, restrooms and a waiting room for added comfort. Fog machines, strobe lights and lasers confuse the senses as 15 actors emerge from their hiding places, bringing to life an otherwise grim place.

"I love scaring the crap out of people," said Ewa Beach resident Dutch A. Masella, an actor portraying a demented surgeon who had costume blood dripping from his face. "I did this last year and really loved it. It's not like a job, but more like a hobby in a sick, twisted way."

Screams from actors and guests echoed throughout the haunted house immediately after the doors opened. Some guests slinked cautiously through the maze, while others ran through only to be stopped in their tracks by fear.

"I couldn't tell what was alive from what was fake," said Aiea resident Kalei K. Fermantez who was out of breath from the experience. "I kept anticipating something to jump out at me. It was very scary, which is good. It wouldn't be fun if it wasn't scary."

Traditional haunted houses stick to a Halloween theme, but Nightmares Live terrorizes with Christmas spirit. Holiday decorations and cheerful music can't stop the intense fear of demon elves and a zombie Santa Claus running after visitors. This catches most people off guard said Okada.

"I didn't know what to think," Honolulu native George K. Lang said. "For a second I thought I may have taken a wrong turn but then I realized they brought the scary factor to a whole new level."

Okada purchased most of the lifelike props from the mainland. The quality of each room showcased his attention to detail. He even budgeted for movie set-grade decorations to enhance the bone-chilling effects.

"I used to decorate my grandma's house for Halloween when I was younger," Okada said. "I didn't know I was going to be asked to do this on a large scale, but I really enjoy it."

To visit Nightmares Live, go to the back of the Dole Cannery near Max's of Manila restaurant. There's ample free parking and if lines get long, a fast pass can be purchased to speed up the terror.

For more information and ticket prices, visit http://hauntedhousehawaii.com.

Pass In Review

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings …

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

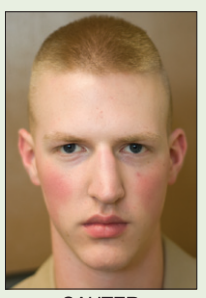
2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.

3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews.

Better Know A Critic


SAUTER

Pfc. James A. Sauter believes that a good movie begins with a good story. The story needs to be well balanced between the chemistry and variety of characters with an original plot or setting that keeps the reader or audience up on its toes.

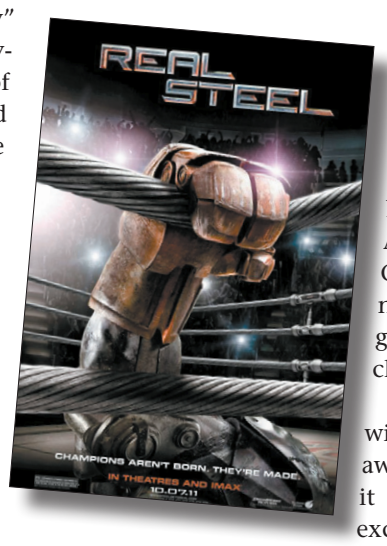

CALLAHAN

Lance Cpl. Matthew A. Callahan knows that a good video game is about a lot more than good graphics and stellar physics engines. A phenomenal game encompasses an excellent plot, tight game play, and outstanding sound all used in support of rendering an immersive atmosphere that creates a lasting impression on him.

Rock-um Sock-em robots to the max

Pfc. James A. Sauter
Combat Correspondent

In last week's issue of the "Hawaii Marine," boxing was called a dying sport and the romance of boxing underdog stories have faded into history, remembered only in movies like "Rocky" and "Cinderella Man." But the newly-released "Real Steel" brings back some of the romance again and the film is so good that it might inspire viewers to embrace boxing again.



"Real Steel" takes place in the not-so-far-off future of 2020 when humans in boxing rings have been replaced by high-tech robots avatars because the "money moved on." Humans in the sport are now live-action video gamers with handheld controls and voice recognition software who drive their robots.

The audience follows Charlie Kenton (Hugh Jackman), a robot driver and former professional boxer, as he struggles to turn his luck around in the ring after several defeats, which put him deeply in debt. After another loss, he learns about his ex-girlfriend's death and now has full custody of his son, Max (Dakota Goyo). Both struggle to put their relationship back together as Charlie lacks the maturity required to be a father and is more concerned about winning matches than raising his son.

After yet another defeat, Charlie and Max go to a junkyard to find parts for a new robot. While searching, Max discovers a sparring robot named Atom that is "built to take a hit but never to dish out any real punishment." Max persuades Charlie to teach Atom how to box by mimicking Charlie's movements. With a new winning streak, the trio is given a shot at the robot boxing championship; winner takes all.

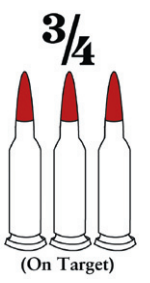
The special effects combined with life-size robot models were awesome, as I could truly believe it was robots fighting. It's was exciting to watch robots clobber each other and see parts fly off; just like in a video game. I also noticed that a lot of boxing rules were incorporated into robot boxing, including two-minute rounds and the number of hits counted to break a split decision.

The movie's story had the right balance of robot fun and character development. It took a little while for the audience to learn why Charlie is so scared of being a father and the explanation should have come earlier in the movie. But the time spent on the characters didn't take away from the pace of the film.

A few scenes that showed Max and Atom just together were quite lovable and funny. Their relationship can be described how a boy loves his dog except it's a boy and 1,000-pound R2-D2.

I also noticed how much of the marketing that went into this film and how the World Robot Boxing League was made to look like a primetime event on ESPN. This helped the film by giving it a sense that this is what the future of boxing and other sports may be like in the future.

I was so pleased with this film I saw it twice. The film was very well rounded with sports, character development and believable special effects. "Real Steel" is definitely worth spending money on and I would recommend watching it an Imax theater to get a better glimpse of robot destruction.



From 0 to 6 G's and back again in 'Ace Combat: Assault Horizon'

Lance Cpl. Matthew A. Callahan
Contributing Writer

Ever since "Top Gun" immortalized the fighter pilot for me when I was a boy, I've been absolutely enthralled with the idea of massive steel birds scouring the skies and meeting each other in head to head combat. I never became a fighter pilot like I wanted to but I opted for the next best thing, and that is the "Ace Combat" series of video games.

The newest entry in the long-standing series of flight simulator/arcade games has seen some major overhauls and changes to its core that have done nothing but impressive me with "wow" moments since I put it into my console. I am ecstatic to report that "Ace Combat: Assault Horizon" delivers on just about every front and encompasses all elements of air warfare.

Set in the modern day, and in the real world — a first for the series — "Assault Horizon" pits you as an American fighter pilot with help from you're NATO buddies against the number-one bad guy seen in every war game made today — the Russians. Though the story was written by a best selling novelist, (this fact is used to help sell the game) the plot is not "Assault Horizon's" strongest attribute; the breakneck game play is.



On top of a semi-shaky camera and other elements that add a refreshingly cinematic gloss to the gaming experience, "Assault Horizon" introduces dog-fighting mode.

The DFM can be enabled when the player tails an enemy opponent, prompting a close-up engagement that breathes nothing but fire and intensity into the already hectic game play, and displays the carnage that ensues when you riddle an enemy aircraft with missile and gunfire.

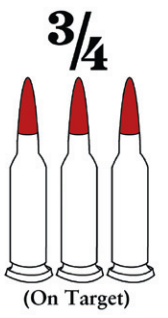
Adopting the slow-motion frenzy that the "Burnout" racing series has reveled in all these years, "Assault Horizon" now adds a very thick layer of satisfaction when shooting bad guys down that it lacked in previous entries.

Between piloting fighter aircraft, helicopters, bombers, firing the guns of an AC-130 Specter gunship, and hanging out the door of a Blackhawk helicopter with a 30 mm machine gun, "Assault Horizon" is probably the first game to truly encompass a 360 degree perspective of air combat. Missions vary from dog fighting sorties, to support missions, to bombing runs, and it's all-intense.

On the subject of aesthetics, "Assault Horizon" provides a jaw dropping attention to detail in the aircraft and environmental design, as well as particle effects and debris. Watching an enemy aircraft fall to pieces never looked better, and the explosions are something worthy of a Michael Bay film.

Overall, being a veteran fan of the series, I am more than happy with the necessary changes project "Aces" made to the game to keep it rolling with the big boys in today's gaming environment.

If you want something fast, gorgeous, and engaging, pick up "Ace Combat: Assault Horizon."



Movie Times

Prices: *All shows are $3.25 for adults and $2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call* ***254-7642*** *for recorded information.*



"Apollo 18" PG13	Today | 6:30 p.m.
"The Debt" R	Today | 9:45 p.m.
"Shark Night" PG13	Saturday | 7:15 p.m.
"Our Idiot Brother" R	Saturday | 9:45 p.m.
"Apollo 18" PG	Sunday | 2 p.m.
"The Debt" PG13	Sunday | 6:30 p.m.

Operation Makeover surprises CLB-3 Marine

Cpl. Vanessa American Horse
Combat Correspondent

Safety briefs can throw a lot of information at a person in a short time, however, for one Marine, her last safety brief came with some shocking news.

Cpl. Wendy Barney, motor transportation maintenance section, Support Company, Combat Logistics Battalion 3, was recognized as a winner of the Paul Brown Salon Operation Makeover program at the base chapel Oct. 7.

"I had no idea I was going to win this," Barney said. "I heard them call my name and wasn't even sure what I had won."

The Armed Services YMCA Hawaii members, who coordinate all arrangements for Operation Makeover, announced Barney as the winner in the midst of her battalion's Columbus Day holiday safety brief. As the third Marine winner to date, Barney was one of three winners chosen this month out of Air Force, Army, Coast Guard, Marine Corps, National Guard and Navy service members.

Current Support Company 1st Sgt. Jose H. Molina and 1st. Sgt. Chester Wilson, her former company first sergeant from CLB-3, nominated Barney. He credited her positive attitude, professionalism and range of abilities to the success of the Battalion's deployment to Afghanistan earlier this year.

"Barney worked outside of her military occupational specialty in one of the unit's most critical sections, providing outstanding improvements to processes making things more efficient and streamlined," Molina said. "She played a vital role in helping the unit maintain a high level of readiness while supporting troops on the ground and also won Marine of the Quarter during this period."

The program will provide Barney a day of beauty and luxury with a complete hair and beauty makeover from a Paul Brown Salon and Spa, dinner for two from Roy's Hawaii and a complimentary overnight stay at the Waikiki Beach Marriott Resort & Spa.

"I'm looking forward to the makeover, because I've never had one," Barney said. "My husband's going to be surprised, too."

Operation Makeover started this time last year by salon owner Paul Brown. He wanted to give back to military veterans who have recently returned from deployments.

"We feel very close to our men and women in the military," Brown said in a press release. "We are very grateful for their service to protect America and the freedoms we all enjoy. We want to provide a service that would help deserving candidates and their family members who have endured the hardships of deployment in the best way we know how."

According to Elizabeth Bynum, outreach director, ASYMCA Pearl Harbor, the program focuses on service members who work hard but stay modest in their duties.

"This is one of the most rewarding programs we have," Bynum said. "The winners never expect it, and they deserve the recognition."

Plans to expand the program to 10 winners per month are in the works, Bynum said.

For more information on Operation Makeover or for a nominee form, visit http://www.asymcahi.org/events.html.



Cpl. Vanessa American Horse | Hawaii Marine

Elizabeth Bynum, outreach director, Armed Services YMCA Pearl Harbor, recognizes Cpl. Wendy Barney, motor transportation maintenance, Combat Logistics Battalion 3, with the Paul Brown Operation Makeover award at the base chapel Oct. 7. "I had no idea I was going to win this," Barney said. "I heard them call my name and wasn't even sure what I had won."

Dress to impress without breaking the bank

Marine Thrift Shop Kaneohe Bay holds second annual Belle of the Ball event

Kristen Wong
Photojournalist

The month of November is fast approaching, and with it, the Marine Corps birthday balls. It is a time for dress blue uniforms, tuxedos, sparkling gowns and thinner wallets.

But Marine Thrift Shop Kaneohe Bay once again offered the base community a chance to find a treasure to wear to the ball for as little as $5. Sierra Slack, manager of the thrift shop, estimated that a customer could potentially find shoes, a dress, and jewelry for as little as $20.

"We get all sorts of good quality clothes and household items," Slack said. "We also try to be very reasonably priced."

Slack said there are also dress blue uniform jackets available for $20 and trousers for $3. She also mentioned that she noticed that at least one-third of the dresses still had their original price tags.

Contrary to last year, which gave the enlisted spouses first pick, the second annual Belle of the Ball event invited everyone to hunt through 50 donated dresses Tuesday evening.

"You never know [what you will find]," said Karen Spofford, of Mililani, who tried on a few dresses at the event. "People have great taste. It's worthwhile to check out."

Spofford, the spouse of a retired Marine, has been to at least six Marine Corps balls. She said it's easier to prepare for a ball in Hawaii because of the more casual environment. Female spouses can do their own makeup at home, and there's no need for a fancy "updo," Spofford said.

"The one time I spent the most I think I looked the worst," she said with a chuckle.

Base residents Jenna Burnham and Yuki Thompson left the event having each found a dress for their ball.

"It's all I need," Burnham said of the dress, because she already has her own makeup and jewelry.

Many attendees to the event included spouses going to their first ball, like base resident Brittany Random. She and her husband went dress hunting at Belle of the Ball.

"A lot of times you can find good stuff at military [thrift] stores," Random said, waiting for the dressing room with a potential ball gown in hand.

Other attendees included seasoned spouses, such as base resident Adela Taylor, who has been a military spouse for nearly 13 years.

"Each ball you have to be as creative as possible," Taylor said.

Taylor said she has altered her previous ball dresses to give them a new look. She also suggested swapping dresses with fellow spouses, or wear a previous dress at a ball at a different duty station, because "no one has seen it" at the new duty station.

Natalie Ealy, a board member for the thrift shop, said she hits the stores after the holidays when gowns are cheaper. Thrift store volunteer Sylvia Morris also advises spouses to buy dresses early.

Next year, Slack said there are plans to make next year's Belle of the Ball around September, in time for the Navy birthday balls as well. For more information about the thrift shop, visit Marine Thrift Shop Kaneohe Bay on Facebook or call 636-9074.



Photos by Kristen Wong | Hawaii Marine

Base resident Yuki Thompson models a dress in a mirror at the second annual Belle of the Ball event at Marine Thrift Shop Kaneohe Bay Tuesday. In addition to inexpensive dresses and accessories, the Belle of the Ball event also had refreshments and raffle drawings.



Base resident Brittany Random and her husband browse through the dresses at the second annual Belle of the Ball event at Marine Thrift Shop Kaneohe Bay Tuesday.



Kameron Morris, 9, and base resident Adela Taylor peruse the selection of shoes at the Thrift shop Tuesday. The second annual Belle of the Ball event also included shoes and accessories available for sale in addition to the dresses.

The 11th Hour set to rock Kahuna's Sunday

Garrett Cole
Contributing Writer

The 11th Hour rock band performed recently in Aiea and on base and is scheduled to perform live at Kahuna's Sports Bar and Grill on Saturday.

The band, fronted by Navy Chief Warrant Officer 4 Doyle Purdy, played at Chez Sports Bar and Grill in Aiea on Oct. 8 and Striker's Grill and Tap at K-Bay Lanes here Sunday.

Normally, Purdy serves the Pacific region network operations division officer at the Naval Computer and Telecommunications Area Master Station, Pacific, in Wahiawa. Though his days are devoted to the Navy, his real passion resides in writing and composing music and performing in his rock band.

When searching for a band, the band members had one thing in common, a passion for music. The four musicians found each other online through a Craigslist classified ad. In addition to Purdy on lead vocals and rhythm guitar, Lopaka Naone plays bass, Mike Elwood plays lead guitarist, and Caitlin Bunner is the band's drummer and percussionist.

"We started in February of this year," Purdy said. "We're an alternative/hard rock band and we do covers as well as originals, and we play every opportunity we can get."

The band has played has played for a variety of crowds around Oahu at venues such as Hard Rock Cafe in Waikiki, Hawaiian Brian's, The Irish Rose Saloon, Chez Sports Bar and Grill, and at most of Oahu's military bases.

During their Oct. 8 performance at Chez, it was at typical laid-back night — at least until The 11th Hour took the stage. The amplifiers buzzed as the band tuned their instruments for the right sound.



Garrett Cole | Hawaii Marine

Navy Chief Warrant Officer 4 Doyle Purdy, Pacific region network operations division officer at the Naval Computer and Telecommunications Area Master Station, Pacific, performs with his band, The 11th Hour, at Chez Bar and Grill Oct. 8.

Purdy took a few deep breaths before he kicked off their set. The show started with an AC/DC cover to get the crowd warmed up. Purdy said he lives for moments like that where he can really belt it out on the microphone and woo a crowd.

"My job is very stressful at times, and I'm actually a late bloomer. I didn't actually get into music until about eight years ago," Purdy said. "So when I found out I had a talent, [music's] been an addiction ever since. The military is my primary duty, but music is my passion. So that's how I spend my time."

Each band member brings a different perspective and flavor to their creative mix, which generates a diverse and unique flow of talent that spans beyond any one genre of music.

"It's all across the board," lead guitarist Elwood said regarding their style of music. "Doyle is really channeling a lot of music from the '80s in his own kind of way. We've got a kind of 'Alice in Chains' edge as well as some happy acoustic stuff. So all of Doyle's originals are really neat and catchy."

During their performance, the band made their performance look effortless by never missing a beat. It was as if they had all the time in the world to plan out their routine, but in reality each band member has to balance their busy lives with their practice schedules to have time to perform shows.

"How do I balance the military, the band, and everything else? Very carefully," Purdy said. "I've got to be organized, communicate with my family, the band and, of course, work. Communicating with my family and the band is the key important thing."

The band members also expressed their excitement for their upcoming shows at Marine Corps Base Hawaii where they'll perform a second show for service members and their families at Kahuna's this Saturday and Dec. 16.

"My husband is a Navy submariner, so I already understand the military," Brunner said. "I always love playing for [service members], they're always a riot."

When it comes to their fans, the band mates agreed that nothing compares to the ability of musicians to connect and captivate their audience with their work.

"When you can see the faces of the people you're playing to, that's when you feel the difference than just playing by yourself with a group of guys," Lopaka Naone, The 11th Hour bassist, said.

For details, visit http://www.11th-hour-rock.com.



ENERGY CORNER

Participation is essential!

YOU HAVE the POWER To Save & Conserve

One important lesson in the area of energy efficiency and conservation is that participation is essential. It is impossible for the MCB Hawaii Energy Management Team, which develops and implements the Base's water and energy management program, to meet our government's aggressive energy and water reduction mandates/goals without your participation at all levels — units, departments, tenant organizations, and family housing.

At MCB Hawaii, energy savings measures also are mandated within the commanding officer's energy conservation policy statements and base orders.

Included are requirements for all personnel aboard MCB Hawaii to turn off all lighting (except emergency lighting) at the end of the workday and on weekends; to set air conditioner thermostats at 76 degrees fahrenheit or higher, and to enable the energy saving settings on all printers and copiers.

Furthermore, the commanding officer's policy statement from April establishes the Utility Conservation Manager and Building Energy Monitor Program for the base and its tenant organizations.

Each MCB Hawaii Department and tenant organization is required to appoint a UCM and BEMs to help the energy management team in implementing the base utility and energy conservation programs. There are also energy conservation and correct procedures for turning off workstations, laptops, peripherals and reproduction equipment after normal working hours.

Energy Awareness Month is the perfect time to be especially mindful of energy efficiency and conservation by taking even more deliberate personal and corporate action to actually save and conserve both energy and water.

BASE AND COMMUNITY EVENTS, VOLUNTEER OPPORTUNITIES

Heeia Stream Restoration Project
Saturday

Hui O Koolaupoko is looking for volunteers Saturday from 8 to 11 a.m. and Nov. 19 from 8 to 11 a.m. for the Heeia Stream Restoration Project.

Volunteers will help to grow all of the native plants that will be outplanted into these cleared areas during later project phases.

For details visit http://www.huihawaii.org/.

National Make A Difference Day
Oct. 22

The City and County of Honolulu Parks and Recreation Department is coordinating an island-wide volunteer effort on or around Oct. 22.

We are looking for volunteers, individuals or units, to support park beautification projects.

Volunteer activities range from picking up trash, to painting park facilities. Please come out and support your community.

Gary Cabato, the director of the Honolulu Parks and Recreation Department is the point of contact for interested Marines and sailors who would like to participate. Call Carolyn at 768-3001 for details.

Hawaii Pacific University presents Halloween FunFest
Oct. 27

The first ever Hawaii Pacific University Halloween FunFest is scheduled at The Waterfront at Aloha Tower Marketplace on Oct. 27, from 5 to 8 p.m. Admission is free.

Join HPU mascot Sharky for an evening of spooky family fun, including a Haunted Maze, live disc jockey, carnival booths with games and prizes, costume contests for all ages, trick-or-treating for keiki and a special Halloween-themed performance by the national champion HPU cheer and dance teams.

There is a parking fee at the venue. For more information, call 544-0277 or visit http://www.hpu.edu/FunFest.

Bellows Air Force Station 3rd Annual Halloween Bash
Oct. 29

Bellows Air Force Station will be hosting its Third Annual Halloween Bash on Oct. 29 from 11 a.m. to 9 p.m. Join us for a day of fun with a scavenger hunt, pumpkin carving contest, costume contest, haunted village and so much more. For detailed information, see: http://www.bellowsafs.com/.

A CUT ABOVE THE REST



Cpl. Adam Kunkel, special intelligence communicator, 3rd Radio Battalion, mentors River Schreckengost, as "Team Trident" puts together the frame for an underwater robot at the Youth Activities Center, Oct. 6. The two are part of SeaPerch, a nationwide program helping students learn about science through robotics. Kunkel with other volunteers will guide the team and help them put together a remote-controlled robot capable of diving underwater.

MOKAPU BRIEFS

Red Ribbon Week
Oct. 17-21

Red Ribbon Week is the nation's oldest and largest drug prevention program in the nation reaching millions of Americans during October every year. Look for upcoming activities and events at Mokapu Elementary School.

Mokapu Make A Difference Day project
Oct. 22

Volunteers are needed at Mokapu Elementary School for a beautification project, Oct. 22. Contact Jenn or Loryn, the PCNCs at loryn_wooten@notes.k12.hi.us and/or Jennifer_lynch@notes.k12.hi.us for more details.

Mokapu Box Top collection
Ongoing

Drop off your Box Tops at the Mokapu Elementary School front office. Box Tops help the school earn rewards for students. Contact us at PTAMokapu@gmail.com or visit the Mokapu PTA Facebook page.