

M Hawaii MARINE E

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Big Bang
A-3



Sandy Beach
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Baseball
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Island Warriors check projects in villages

Cpl. Chadwick deBree

Combat Correspondent

FALLUJAH, Iraq — “If it absolutely, positively needs to be destroyed overnight, call the U.S. Marines,” is a slogan that can be seen on various t-shirts and bumper stickers, but in Iraq, if it absolutely must be built overnight, the Iraqis can call the Marines.

Marines and Sailors with Company G, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, stopped by several restoration projects March 5, in the village of Shohabi.

Among some of the projects are two schools that are under construction and a mosque that is being renovated.

“It feels amazing to see the kids’ reactions as well as the adults and families,” said 1st Lt. Caleb Wells, platoon commander, Weapons Platoon, Co. G, 2/3, RCT-1. “It shows them that someone does care about them.”

While stopping to speak to local Iraqi Security Forces officials, Wells reviewed contracts to make sure they were in order and to ensure the maintenance of the buildings went smoothly.

“They submit a contract to me, I review it and if it’s good I’ll write a letter summary to help it get approved,” said the Cary, N.C. native. “It will then go up to the battalion to get approved, then the regiment will



Cpl. Chadwick deBree

Captain William Matroy, commanding officer, Company G, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, speaks with a local Iraqi contractor in Fallujah, Iraq, March 5. The Marines are currently helping the Shohabi Village here rebuild buildings destroyed by insurgents. The Hawaii-based unit is currently deployed in support of Operation Iraqi Freedom.

See **PROJECTS**, A-7



Lance Cpl. Alesha R. Guard

Major Gen. Mary Ann Krusa-Dossin (second from right), guest speaker, stands with Marine Corps Base Hawaii Marines after the Women’s History Month Celebration ceremony at the Base Chapel March 3.

Women’s History Month kicks off celebration at Base Chapel

Lance Cpl. Alesha R. Guard

Combat Correspondent

March is America’s month-long celebration of women’s history. This year, the Marine Corps celebrates the 60th anniversary of continuous active service for women Marines.

Marine Corps Base Hawaii began Women’s History month with a commemoration ceremony at the base chapel March 6.

“Women, down through the history of our great nation and the Marine Corps . . . forged a rightful place for all women to proudly serve,” said Lt. Cmdr. Diane M. Wilson, Command Service Support Group 3 chaplain. “Equally we celebrate and applaud our women Marines and Sailors of a 21st century world - ever heightening the horizons of possibility for all women of tomorrow.”

After the invocation, Col. Mark A. Dungan, commanding officer, MCBH, welcomed the

Marines, Sailors and guests to the celebration.

Marines from Combat Camera and Sgt. Arianna M. RolanPenales, warehouse non-commissioned officer-in-charge, 3rd Marine Logistics Group, CSSG-3, then presented a video of women service members working around base.

In keeping with the theme, “Women’s Art, Women’s Vision,” Gunnery Sgt. Tracey D. Nicholson, equal opportunity representative, HQBN, recited Maya Angelou’s poem “Phenomenal Woman.”

“Now you understand - Just why my head’s not bowed . . . When you see me passing - It ought to make you proud,” Nicholson recited.

All eyes from the audience gazed in silence as Marines marched in step to the front of the ceremony portraying women Marines from our past wars. Beginning with World War I, the pageant explained women’s struggle to fight alongside their

male counterparts.

Women enlistees were originally only allowed to join the Marine Reserves under clerical billets, freeing men for combat. At the end of the war, they were separated from service until WW II. After 25 years, women again asked to serve, enabling male Marines to fight on the frontlines.

“They don’t have a nickname, and they don’t need one,” said Lt. Gen. Thomas Holcomb, 17th Commandant of the Marine Corps, during WW II. “They get their basic training in a Marine atmosphere, at a Marine post. They inherit the traditions of the Marine . . . they are Marines.”

In June 1948, the Women’s Armed Services Act was passed, and by November women were part of the official active-duty Corps.

“It’s an honor to represent our history and to be a part of our future,” said Sgt. Rebecca Pedrosa, fiscal clerk, 3rd MLG, CSSG-3,

See **WOMEN**, A-6

1/12 learns new gun at PTA

Lance Cpl. Regina A. Ruisi

Combat Correspondent

Marines from 1st Battalion, 12th Marine Regiment, are training for the first time on the M-777 Lightweight 155mm Howitzer during firing missions at the Pohakuloa Training Area on the Big Island of Hawaii.

“We are fielding a new weapons system, so we are definitely trying to do it in a small amount of time,” said 1st Lt. Mark Ortiz, executive officer, Battery A., 1/12. “The Marines are doing an excellent job. They are proving to be extremely proficient on the new weapon.”

Proficiency on the M-777 is the overall goal of the artillery training at PTA, giving Marines the chance to learn a weapon few of them have fired before.

“The newer Marines to the unit have more knowledge of



Lance Cpl. Regina A. Ruisi

Marines from gun four, Bravo Battery, 1st Battalion, 12th Marine Regiment, fire off the new M-777 Lightweight 155mm Howitzer during training at the Pohakuloa Training Area on the Big Island of Hawaii. The battalion’s training at PTA centralized around certifying the Marines on the new weapon system.

the new gun,” said Cpl. Mikheal Ball, cannon crewman, gun two, Alpha Battery. “They’re still in shock and awe of being in the fleet, and now they’re here in the field. They’re motivated to be here though, and ready and willing to learn their job.”

The difference in the M-777 from the M-198 Medium Weight 155mm howitzer the battalion used to fire is substantial in both good and bad ways, said Sgt. Jon Reppert, section chief, gun one,

See **GUN**, A-6

Uncommon jobs, important missions

Sgt. Sara A. Carter

U.S. Army Central Public Affairs Office, Operations NCO

CAMP ARIEFJAN, Kuwait — Many think supporting the Global War on Terrorism is a busy business, and it is. There is a constant flow of troops, equipment and information that needs to travel throughout the theater. Boring is a word many would never think about using to describe their job, but for two individuals a boring day is a good day.

Marine Master Sgt. James Fogg and Navy Chaplain Lt. Dean Vanbrunt are a unique duo who have a one-of-its-kind job — they’re the Patient Administration Tracking Team. They’re responsible for rendering two honor ceremonies — one when a fallen warrior is taken off the plane in Kuwait and one when they are

placed back in the plane in preparation for their journey home — for anyone who has paid the ultimate sacrifice in the U.S. Central Command Area of Operation. It’s a job that requires 24/7 support.

“Here’s my work schedule,” said Fogg, PATT staff noncommissioned officer-in-charge, as he lifted his cell phone. “Sometimes we have a lot of notice a fallen warrior is arriving, sometimes it is short notice.”

It was a job that neither the master sergeant nor the chaplain knew much about, but both feel privileged to be a part of honoring those who have passed away.

It’s a simple but honorable ceremony. Every available service member from each branch of service, and even U.S. civilian

See **MISSION**, A-7

NEWS BRIEFS

Easter Sunrise Service

Marine Corps Base Hawaii Chapel will conduct an Easter Sunrise Service March 23, from 6:30 to 7:30 a.m., at the Parade Field, Fort Hase Beach on Middaugh Road.

For more information, contact Chaplain David Stroud at 2571501.

Marine Corps Family Team Building

In order to best serve you, Marine Corps Family Team Building is renovating their office space in Building 244. Renovations will end April 3. During this time, the program is still open for business and will temporarily be located at the Cabanas. The phone numbers will also temporarily change, and you can reach the staff at either 620-1628 or 630-8323. Thank you for your patience and understanding during this time of transition.

For more information, call Brenda Hawkins at 620-1628.

ULUPA'U Pride Day

Come join Forest City Residential on March 25, for "Ulupa'u Pride Day," a community-wide cleanup.

In an effort to beautify the community, Forest City Residential Management invites Ulupa'u Neighborhood residents to join our management team in a community clean-up effort. The Forest City Team will dedicate the entire day to the cleanup of buildings and grounds. Ulupa'u residents are strongly encouraged to participate. Block off some time and come join Forest City as we celebrate "Ulupa'u Pride Day".

For more information, call the Resident Services Office at 839-8700.

2008 Newman's Own Awards

Volunteer and nonprofit organizations with military quality of life programs are eligible to submit proposals for grants through the Newman's Own Awards program. Organizations submit proposals to Fisher House Foundation by May 2, and judges evaluate each proposal to distribute grants totaling \$75,000.

For more information, call (888) 294-8560 or visit <http://www.fisherhouse.org>.

HR Office Temporary Hours

The Human Resources Office hours have changed due to understaffing. Assistance is now available only by appointment from 8 to 11 a.m. daily. Walk-ins will be accommodated in case of emergency only.

For more information or to schedule an appointment, call Shannon Tamaru at 257-1336 or e-mail shannon.tamaru@usmc.mil.

Tax Center

The Marine Corps Base Hawaii Tax Center is open. It is located in Building 279 on the second deck. The hours for the Tax Center are 8 a.m. to 4 p.m. Monday, Tuesday, Thursday and Friday, and 9 a.m. to 6 p.m. on Wednesday.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

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Message from Col. Dungan

Bone marrow donor drive Saturday

A bone marrow donor registration drive will be held from 9 a.m. to 4 p.m. Saturday near the Marine Corps Exchange and Commissary. All hands are encouraged to participate. All it takes is a simple mouth swab to register, no appointment necessary. Registration is free for all military, family members and DoD civilian employees/contractors between the ages of 18 and 60. You can register even if you've taken anti-malaria medication, received any immunizations, had a recent tattoo, or served in the UK, Middle East or Africa.

An estimated 30,000 children and adults in the U.S. (500 in the military alone) are diagnosed each year with leukemia, aplastic anemia or other fatal blood diseases. For many, the only hope for survival is a marrow transplant.

Unfortunately, nearly 70 percent of these patients cannot find a match within their own family. They need to find unrelated marrow donors - people who have volunteered to donate marrow if ever matched.

Bone marrow donation has changed - it's now as easy as giving blood. If someone who is sick matches you; you and a companion are sent, all expenses paid on orders, to Washington, DC. Again, bone marrow donation is as easy as giving blood!

For more information contact Dan Dufrene at 808-254-7636 or www.dodmarrow.com. If your command would like to host an on-site drive or you would like to volunteer to help out the day of the drive, please contact Dan Dufrene. Take this opportunity to make a real difference.

You might just be able to save a life!



M. A. Dungan

M. A. Dungan
Colonel, U. S. Marine Corps
Commanding Officer, Marine Corps Base Hawaii

Lessons from an Internet video



Major Chris Perrine

Public Affairs Officer

Most people are aware of the video posted on the Internet that appears to show a Marine throwing a puppy off a cliff in Iraq, which gained worldwide attention on March 3. The Marine Corps is investigating the video to determine authenticity and who is involved, and the relevant authority will no doubt take appropriate action once the findings are complete.

Regardless of authenticity, the actions depicted in the video are deplorable and contrary to the high standards we expect of every Marine.

My job as the base public affairs officer is to field the thousands of international e-mails and phone calls we've received about the video, answer media queries and inform the public the Marine Corps takes this seriously and will take appropriate action. There isn't much I can say about an ongoing investigation, but in the early stages of this incident several lessons stick out.

First, we all need to be aware that once we send an e-mail or post digital information on a Web site, we relinquish control of that information. When you send something via e-mail, it can be forwarded to anybody in the world and will have your name attached to it, sometimes many years later. In fact, just having a photo on a digital storage device makes you vulnerable if it falls in the wrong hands.

If you post an image or personal information to a Web site, it can easily be copied, distributed or linked to from another site in a matter of minutes. Many "private" sites are not, and you always run the risk of your personal data being hacked. Whether you want to e-mail or post a joke, photo, video, blog entry or something else, you need to ask yourself before you click the mouse, "Do I want to see this spread on the Web or shown on TV? Could this information embarrass or hurt my family?" If the consequences outweigh your need to share information publicly, then don't do it.

Second, a lot of information found online is simply not true. Every one of us has received an e-mail or seen a blog containing some unsubstantiated rumor about a celebrity or politician, or urban legends with no basis in fact. Photos and videos are often edited and manipulated. We all need to take online information with a healthy dose of skepticism until we can confirm it with a trusted source. You should definitely do so before taking some form of action or reaction. I can't tell you how

much hate mail I've received regarding a certain Marine who's been named as being in the puppy video. He may ultimately be proven guilty, but we need to follow the proper process before we hang him -- or the messenger.

That leads me to my third lesson. Every single one of us should be thankful for the Constitutional rights we have, and every Marine should be proud to defend them.

Since I've been in the public's eye as the base spokesperson following news of the video, many misguidedly think I'm the Marine shown throwing the puppy. I've received numerous messages calling for my painful and immediate death. One compassionate animal lover said she wants to throw me from a helicopter and listen to me scream as I fall into the Grand Canyon. I thank God for the due process the Constitution gives us, and I want to preserve that right for every American.

Fourth, there are a lot of crazy people out there. Although much of the input I've received has been justifiable outrage, with most responding in a reasonable or supportive manner, there are a lot of people who've lashed out with unbridled hatred calling for the Marine in the video to suffer a fate far worse than that of the puppy.

It's hard to understand how one person who sent an e-mail can pray for a puppy and at the same time pray a person goes to hell before the investigation is even concluded. These people found my personal Web page the first day the video hit the

Internet. You need to be very aware of who's out there and exercise great caution with how much personal information you allow to be accessible on the public domain. You can easily become the target of hate, identity theft and more.

Finally, many people think they're anonymous when on the computer and act differently than they would in person. They act impulsively and shed many of their customary social norms, sending e-mails based on emotion without giving it a second thought and without courtesy or respect afforded the recipient. Ironically, they send more personal and identifying information than they would through snail mail. Don't do these things. You're not nearly as anonymous as you think; you should not use a digital veil to excuse bad behavior; and you should write to people with the same consideration you'd give if it was a face-to-face conversation.

It goes without saying that all Marines should conduct themselves with honor, courage and commitment. We all know through Abu Ghraib and other incidents that the "strategic corporal" at the fire team level can have an impact on national prestige and policy. Our every action, and everything we post on the Internet or send in an e-mail, should reflect positively on our country and Marine Corps. America is a great nation, and most of its citizens are wonderful people. The same is true of the Marine Corps. I'm proud to be a Marine, and proud to serve with each of you. Semper Fidelis.



Weekend weather outlook

Today



Day — Scattered showers. Partly cloudy, with a high near 80. East wind around 13 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 65. East wind around 10 mph. Chance of precipitation is 30 percent.

High — 80

Low — 65

Saturday



Day — Scattered showers. Partly cloudy, with a high near 80. East wind around 11 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 66. East wind around 10 mph. Chance of precipitation is 30 percent.

High — 80

Low — 66

Sunday



Day — Scattered showers. Mostly cloudy, with a high near 80. East wind around 11 mph. Chance of precipitation is 30 percent.

Night — Scattered showers. Mostly cloudy, with a low around 66. East wind around 10 mph. Chance of precipitation is 30 percent.

High — 80

Low — 66



Photos by Lance Cpl. Regina A. Ruisi

Gun four, Bravo Battery, 1st Battalion, 12th Marine Regiment, fires a round out of the new M-777 Lightweight 155mm Howitzer at Pohakuloa Training Area. The gunline is the brawn of artillery, but would be nowhere without the eyes and ears of the forward observers and the brains of the fire direction control center.

Behind the big bang theory

Different job skills come together for artillery training

Lance Cpl. Regina A. Ruisi

Combat Correspondent

"FIRE MISSION!"

"FIRE MISSION!" the team repeats in unison, throwing on Kevlars and running into position.

The section chief then yells out a series of numbers: round and fuse size, verifying quadrants with the help of a gunner and assistant gunner.

"LOAD IT!"

A Marine runs up, carrying a round weighing upward of 100 pounds.

"READY, DROP!"

The round is dropped into position.

"READY, RAM!"

Marines run up with a 10-foot long ramrod, pushing the round into the barrel of the M-777 Lightweight 155mm Howitzer.

The section chief then yells out the charge of propellant used to send the round downrange. A Marine runs up with a collection of white or green bags, filled with enough firing power to send the round tens of thousands of meters away.

"I SEE RED!" the Marine yells, signaling to the section chief the propellant is in place.

The feed tray is then raised and the breech assembly is closed. The number two man on the gun charges the weapon after the "PRIME" command is given.

"HOOK UP!"

The number one man hooks the lanyard onto a small hook on the weapon and waits expectantly for his favorite command. "STAND BY!"

The pause is only a heartbeat until the section chief's hand drops and the "fire" command is called, but to the anxious cannon crew team, it seems to last forever.

"FIRE!"

With a slight pivot of a hip, the number one man pulls the lanyard, setting off a gigantic "BANG," a puff of smoke and sending the round over the mountain.

When they're given the command "mission ended," they repeat it in unison and take off their Kevlars again, smiling at the chance to fire off their new favorite toy.

That's the magnificence of the muscle of an artillery battalion. That's what the cannon crewmen of 1st Battalion, 12th Marine Regiment, do day in and day out at the Pohakuloa Training Area on the Big Island of Hawaii.

That may be the glory job, but it's the last in a line of important jobs needed to send a round downrange.

While the gunline may be the brawn of the battalion, the eyes, ears and brain of artillery are what get the gunline prepared to fire. Forward observers and fire direction control teams are the Marines responsible for the eventual target point of a round.

It all starts with the FOs on the mountain tops, who spend their days and nights at PTA facing away from the firing points toward the impact area where they will direct the rounds to hit.



Marines from gun one, Charlie Battery, 1/12, prepare to move from firing point to firing point during artillery training at PTA. The Marines quickly prepare the new M-777 Lightweight 155mm Howitzer to move.

"Supporting artillery is our basic mission," said 2nd Lt. Kirk Steinhurst, forward observer, Battery C., 1/12. "We use instruments, technology and good map reading skills to identify and map targets to call for fire, based on the intelligence from the battalion on where they want to fire. We support infantry companies as well, and advise them how to engage targets, how we can support their maneuvers."

Using radios, map-reading materials, binoculars and laser-range finders, the FOs locate where the round should go and send the quadrants down to the FDC.

"Without us, artillery can't fire," said Sgt. C. Duncan McClain, field radio operator, Charlie Battery, 1/12. "We're the eyes and ears of the batteries. We see it and hear it and tell them where to fire."

When the FOs decide where they want a round to impact, they send the quadrants down to the FDC, the battalion's "brain."

"The observers call in a target, and it's the FDC's job to

figure out the angle and direction the gun needs to be at to get it there," said 1st Lt. Daniel Nidess, fire direction officer, Battery A., 1/12.

The FDCs are responsible for figuring out the quadrants the guns need to be set at in order to get the round where it needs to be.

More than 15 factors are taken into account, including the wind direction and even the rotation of the earth in the time the round will be in the air.

The FDC calls the gun's quadrants down to the gunline. The section chief then tells the gunner and A-gunner how to adjust the howitzer's height and left or right direction to position the barrel downrange.

When the FDC calls for a fire mission, the cannon crew team's fluid, dance-like movements take place, and -- in only a few seconds -- the round has left the gun, and all the entire team can do is wait in anticipation for the distant, quiet "boom" of the round hitting on target.



A forward observer on the mountain at PTA observes a fire mission demonstrating 1/12's artillery capabilities on the new M-777 Lightweight 155mm Howitzer. The training at PTA helped the battalion become proficient on the new gun and retrained them in their military occupational specialty after deploying to Iraq as Task Force Military Police.



Forward observers from Charlie Battery, 1/12, locate a target in the impact area at PTA for the gunline to send a round. The forward observers radio the quadrants to the fire direction control center, who give instructions to the gunline on where to send the round.



Photos by Lance Cpl. Regina A. Ruisi

Marines from gun two, Alpha Battery, 1/12, prepare to fire the new M-777 Lightweight 155mm Howitzer, following a series of commands from forward observers, the fire direction control team and the gun's section chief. Marines retrained in the artillery field at Pohakuloa Training Area after deploying to Iraq in support of Task Force Military Police with 2nd Marine Expeditionary Force (Forward).



Lieutenant Col. Stephen E. Liszewski, battalion commander, 1/12, watches rounds hit a target in the impact zone from the top of a mountain during the battalion's artillery training at PTA.

Artillery battalion transitions from TFMP

Lance Cpl. Regina A. Ruisi

Combat Correspondent

Marines with 1st Battalion, 12th Marine Regiment deployed to Iraq in March 2007 to serve with II Marine Expeditionary Force (Forward) as Task Force Military Police.

When the battalion returned in October 2007, it was time to get back in the artillery frame of mind.

"We are in the process of finalizing artillery in the resetting phase, making the transformation from Task Force MP back into artillerymen," said Maj. Eleazar Sanchez, executive officer, 1/12.

At the Pohakuloa Training Area, artillery fire began March 1 and con-

tinued on through March 10, training and retraining Marines on the M-777 Lightweight 155mm Howitzer, a weapons system new to the battalion. The training proves to be different than their deployment mission of providing security and conducting convoys in Iraq, but the Marines aren't phased by the transformation.

"Our Marines have adapted to the missions they have been assigned, and they have excelled at everything they have been tasked to do," said Sgt. Maj. Stephen Bell, sergeant major, 1/12. "The leadership we have here is second to none. They keep the Marines motivated and focused on the task at hand, knowing full well they are expected to do a different mission when PTA ends."

Upon completion of firing missions at PTA, the battalion's Marines will be conducting training to prepare for serving as TFMP again in Iraq.

"Our battalion is the only artillery battalion to be Task Force MP twice," Bell said.

While forward deployed, the battalion stepped outside their job description, completing the basic mission of maintaining good order and discipline in Iraq. Artillery training at PTA gives them a chance to train in their job field.

"The training out here is going great," said Lt. Col. Stephen E. Liszewski, commanding officer 1/12. "Each day all the sections and batteries are getting more and more profi-

cient on the gun. Coming out here, we saw we lost some proficiency in our artillery skills as a result of being away from it for 20 months. The batteries, coming into this, were all very cohesive based on what they went through in Iraq."

The transition back to TFMP will be easier for the battalion, Liszewski said, because the veteran Marines in the battalion have been away from it for a shorter time period. The biggest challenge the battalion will have is the change of personnel, both in outgoing veterans and incoming junior Marines who have never trained as TFMP.

The Marines transitioned seamlessly, both veteran and new Marines excitedly taking on the task of com-

pleting their new mission as well as firing a new weapon system, the M-777 Lightweight 155mm Howitzer.

After artillery training at PTA, the battalion will go back to Marine Corps Base Hawaii, Kaneohe Bay, with the mission of a TFMP pre-deployment training plan. The battalion is slated to return to PTA and complete MP training in Fort Polk, La.

"As of April first, we're training to go back to Iraq again as Task Force MP," Sanchez said. "Skills the Marines have learned out here, like working together and pushing yourself well into the nights and even the mornings, those are the things they'll take into pre-deployment training."

MCBH base safety hosts motorcycle examiner class

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

Base safety held a motorcycle examiner class with attendees from each island to help develop a standard for procuring a motorcycle license, March 5 through 7, here.

Base safety provided the facilities and location for the class to assist the Motorcycle Safety Foundation in getting "everyone on the same page," said Mario Diprete, base safety.

"What we're trying to do is, give the Department of Transportation a new basic rider curriculum and get everyone on the same page," said Marjorie Kazama, state motorcycle safety coordinator, DOT. "We don't want new riders thinking, 'oh I heard this place is easy, let's take the

test there.' We want the test to have uniformity and consistency because it's not just a test; it's peoples' lives at risk."

Kazama said it's important to get all the instructors on the same level, so they can teach their peers, and it can branch down from there.

"The standard applies to more than just the new riders," Kazama said. "It goes all the way to instructor trainers - to basic rider instructors. And by having everyone on the same page we can ensure the test's integrity and mission."

As basic rider safety is stressed, most instructors strongly advise attending a basic rider course prior to taking the licensing test.

"We've seen a lot of people just take the test and fail," said Diprete, Motorcycle Safety Foundation certified



Motorcycle instructor trainers from all the islands discuss how the class helped them and what they can do to improve the uniformity of the motorcycle license exam, Friday, at the base safety center.

instructor, base safety. "But I hear from other county's that Kaneohe Bay has a high success rate, likely from service members who

take the course."

In cooperation with the Department of Motor Vehicles, the base has also been granted a licensing waiver-

er to give to riders who successfully complete the base's basic riders course.

"As long as they complete the test they get the license

waiver," Diprete said. "What they do with that is just take it to the DMV and turn it in for their license - that simple. It's definitely a privilege, but we said 'why not?' It's the least we could do for our troops, they deserve it."

The license waiver privilege is part of the standardized testing emphasized, and Diprete stresses the base is not an alternate location for license testing.

"Right now we have people from all the islands to get them on the same sheet of music," Diprete said.

After the meeting was over they talked about how the course helped them and what they learned.

"I know there's a saying that you can't teach an old dog new tricks," an instructor said. "Well, you can definitely teach this old dog new tricks."

Officer first from U.S. to attend new course in Vietnam

Staff Sgt. Timothy J. Meyer

U.S. Pacific Command Public Affairs

CAMP SMITH, Hawaii — An officer assigned to U.S. Pacific Command has been selected to be the first U.S. service member to attend the First Training Course for International High-Ranking Military Officers at The National Defense Academy, in Hanoi, Vietnam from March 4 to June 3.

Lieutenant Col. John Sutherland, a U.S. Army Reserve Soldier based in Seattle, Washington, is one of approximately 25 officers from countries outside of Vietnam selected to attend.

"Vietnam is an important country in the Asia-Pacific region and in the world," said Sutherland. "Following Vietnam's accession to the World Trade Organization last year, they recently became a non-permanent member of the United Nations Security Council, which shows that Vietnam is willing to play a larger international role," he continued.

The three-month course, offered for the first time by the Vietnamese Ministry of Defense, will include seminar lectures and discussion on Vietnam's history, culture, politics and economy as well as Vietnam national defense and security issues. The course also will provide an overview to the People's Army, its make-up and

its role in Vietnamese society.

When USPACOM Commander Adm. Timothy J. Keating traveled to Vietnam in December 2007, the Vietnamese Ministry of Defense invited the U.S. to submit a candidate to attend their first International Officer's course at Vietnam's National Defense Academy. Sutherland, traveling with Keating on that trip, was later selected to be the alternate, but when the first choice could not go, he was offered the opportunity.

A 24-year veteran currently serving in the U.S. Army Reserves, Sutherland has been working on Vietnamese-U.S. issues since 2000 as a Southeast Asian foreign area officer at USPACOM. He has traveled with three different USPACOM commanders, visiting several countries in the region including Vietnam, Cambodia, Laos and Thailand.

"As an Army Reserve Foreign Area Officer I could not ask for a better position," he said.

He was involved in the creation of USPACOM and Vietnam bilateral talks, and with the opportunity to attend this course, his military job continues to be a dream come true.

In addition to lectures, supplemental training, study tours and excursions to military and cultural sites in the country, course activities also include time for students to experience Vietnam on their own

during weekends and holidays.

"I look forward to meeting officers from other countries, developing personal relationships and sharing our views on the region and the world," said Sutherland. "I also hope to increase my Vietnamese language capabilities by practicing daily with the staff and the local community."

Sutherland began to learn about the Vietnamese language, culture, and people when he was an undergraduate majoring in Japanese studies.

"I started studying Vietnamese on my own when I was 19," he explained. I met my wife in college in Seattle. Since she was a recent immigrant from Vietnam I wanted to learn her language. She was a refugee who left Vietnam in 1979. Knowing her and her family gave me a great love for the people of Vietnam and an appreciation for the culture."

Sutherland tried several times to get military orders to attend the Defense Language Institute in Monterey, California, to study Vietnamese.

"Never take 'No' for an answer, at least not the first time," he said. He later received orders to the DLI when he was a Washington State Army National Guard officer. He attended the Vietnamese Basic Course for one year at DLI in 1993-1994 and graduated first in his class.

He traveled to Vietnam for the first time in

1994 where he studied in Saigon for four months on a graduate fellowship as a civilian. He was granted special permission by the police to stay with his wife's uncle and aunt. Foreigners are not normally allowed to live with Vietnamese families, but he was permitted to after some negotiations.

A father of two boys, Sutherland was influenced by his parents and teachers. The DLI closed the Vietnamese school a few years ago, but he still keeps in contact with some of his instructors.

Sutherland is appreciative of the support he receives from his civilian employer, his family, and his colleagues and leadership at USPACOM. "I have to say that this is a challenge for my civilian employer and my family. I work at Boeing as a security consultant and they have been very supportive in allowing me to take time off. My wife and children did not hesitate to encourage me to go because they know how important this is to me."

"Thanks to Adm. Keating, and the Strategic Plans and Policy directorate at USPACOM for the support they have provided and the faith they have placed in a reserve officer," he said. "This shows that the U.S. military is one force with no distinction between active and reserve members. I am honored to have this opportunity."

MCBH honors WW II vet



Photos by Lance Cpl. Brian A. Marion



Marine Corps Base Hawaii honored a fallen WW II veteran, a CIA agent, a businessman, and a loving husband and parent by the Pacific War Memorial here Monday. Clyde Richard McAvoy was born on March 27, 1926, and passed away March 3. He served in the Marine Corps, in both active and reserve components, from 1944 until 1959. He was a loving and adoring father who loved his family very much. He will be remembered in their hearts forever.

Nominations for distinguished employees due

Lance Cpl. Brian A. Marion

Combat Correspondent

The Department of the Navy encourages employers to nominate their employees for the 53rd annual Department of Defense Distinguished Civilian Service Awards slated for later this year.

The DoD presents the award annually to a small number of civilian employees whose service reflects exceptional devotion to duty and significant contributions of broad scope to the DoD.

The Department of the Navy Awards Review Panel reviews all DoN nominations for the award, and individuals selected to receive the award will be honored at the annual ceremony held this fall. Nominations are due by April 11.

Nomination packages should describe notable achievements over the last 10 years, which clearly demonstrate the nominee's contributions to the DoD's missions. An employee's retirement eligibility shouldn't be considered as part of the nominating criteria.

Career employees at any level or duty station are eligible for the award as long as they meet the established criteria. The DoD suggests nominations for employees who've previously received their respective branch's highest award, but it isn't a requirement.

For questions about nominations or for more information, contact Betty Fisher, executive secretary, DARP, at (202) 685-6667 or by DSN at 325-6667.



A Marine from gun two, Alpha Battery, 1/12, places 98-pound rounds for the M-777 Lightweight 155mm Howitzer to the side of the gun to prepare the Marines for fire missions sent to the gunline.

WOMEN, from A-1

wearing the Korean War uniform for the pageant. "The recognition was great, especially when you don't get it everyday."

The pageant also recognized women's contributions in Korea, Vietnam, Desert Shield/Desert Storm and Iraq.

Corporal Willie Watts, supply clerk, 3rd MLG, CSSG-3, then made his way down to present the ceremony's "Someone you should know." Two MCBH female Marines were recognized: Cpl. Nadine M. Trunack, avionics technician, Marine Heavy Helicopter Squadron 362, Marine Aircraft Group 24, and Sgt. Nayelli Elizabeth Cisneros, legal NCOIC, Installation Personnel Administration Center, HQBN.

"While driving through 'Death Valley' in Afghanistan, Sgt. Cisneros' convoy was hit from the front as part of an ambush," Watts read. "While Marines from the convoy were helping the lead vehicle, Sgt. Cisneros suppressed fire to provide cover for her fellow Marines."

For her actions, Cisneros was awarded the Combat Action Ribbon, one of 166 females currently wearing the ribbon, Watts said.

The crowd then welcomed the ceremony's guest speaker, Maj. Gen. Mary Ann Krusa-Dossin, commanding general, Camp Smedley D. Butler.

"Today, women raise their hand to serve - not to free a man for combat," Krusa-Dossin said. "American warriors are not separated by gender but united by courage."

Master Sgt. Roberts, Staff noncommissioned officer-in-charge of general account, 3rd MLG, CSSG-3, then presented Krusa-Dossin with a gift on behalf of MCBH, thanking her for visiting the base and being a part of the ceremony.

"The program today was a great way to kick off Women's history month," said Col. Donald J. Liles, commanding officer, CSSG-3. "It provided an opportunity for the Marines and Sailors to recognize the sacrifices and contributions of women in the armed services."



Photos by Lance Cpl. Regina A. Ruisi

During a briefing, Lt. Col. Stephen E. Liszewski, battalion commander, 1/12, briefs the battalion's officers and staff noncommissioned officers on the importance of fielding a new weapons system safely and training the battalion's Marines.

GUN, from A-1

Battery C., 1/12.

"The new gun is a lot more delicate, there are some things you can't man handle, but it also takes less man power to get it up and moving," Reppert said. "It weighs less so it's light and easier to shift and place. Overall it's a good addition to artillery."

The batteries practiced gun drills before coming to PTA, and the training here gave the battalion a chance to work out physical and technological issues with the new gun.

"We're still working through challenges with the technology of the gun," said Lt. Col. Stephen E. Liszewski, commanding officer, 1/12. "But when everything is working right, it's very quick. Much quicker than the 198."

The speed of the gun adds to the batteries' training, challenging the batteries to have the guns and Marines ready to move to a new firing position in a matter of 12 minutes. Each artillery battery is made up of four gun sections, forward observers and a fire direction control team.

"The forward observers are like the eyes of the battery, the fire direction control is like the brain and the gun line is the brawn," said 1st Lt.

Daniel Nidess, fire direction officer and Headquarters platoon commander, B. Battery, 1/12.

The forward observers pick a location they want the guns to fire at and call the coordinates down to the batteries' FDC. Using the target coordinates the FDC figures out the angle and direction the gun needs to be at to hit the target. The FDC sends the mission to the different gun sections, which, as a team, send the rounds downrange.

Each gun is manned by a gun section, made up by an ammunition team, recorder, gunner, assistant gunner, number one man, number two man and a security team and lead by a section leader.

"Manning a gun is like a team sport," said Staff Sgt. Edgardo Ramirez, section

chief, gun two, A. Battery. "Everyone has a different job to get the round downrange."

The ammo team keeps the gun ready with rounds weighing in at a minimum of 98 pounds. The recorder writes the mission on record sheets, recording what rounds were used, how many shots were fired and at what coordinates.

On the gun, the gunner controls the left to right direction of fire, while the A-gunner controls how high the round is fired. The number

two man is in charge of loading the round, and the number one man pulls the lanyard, firing the gun.

"If one section doesn't do their job, there's no mission," Ramirez said. "We can't send the round downrange without the whole team."

The battalion is supported

by logistics and motor transportation, who provide the unit with everything from chow to ammunition. The training provides those Marines with the chance to do their support jobs in combat, including motor transportation's learning how to properly and safely tow the new weapons, said Cpl. Thaddius Lindsay, motor transport operator, 1/12.

"Every Marine out here the last couple days and in the days to come are going to learn what each Marine is made of, who they can count on," said Maj. Eleazar Sanchez, executive officer, 1/12. "As of right now, every Marine can count on each other. The battalion has pulled together and exceeded expectations. They really set the standard."



Photos by Cpl. Chadwick deBree

Captain William Matroy, commanding officer, Company G, 2nd Battalion, 3rd Marine Regiment, Regimental Combat Team 1, looks at a collapsed ceiling in a classroom at a local school March 5, in Fallujah, Iraq. The Hawaii-based Marines visited several locations that are currently being worked on throughout the Shohabi Village here. Insurgents have damaged several buildings and the Island Warriors are currently working with local officials and security forces to help rebuild them.

PROJECTS, from A-1

pay for it. I want to make sure the contracts are good so everything goes very smoothly, so the kids could have a nice school to go to and, essentially, learn more in a better environment."

The Marines have two responsibilities in their area of operation, said Capt. William Matroy, commanding officer, Co. G, 2/3, RCT-1.

"We're here to provide overwatch with the Iraqi Security Forces," he said. "But as we provide overwatch, we are also helping with economic development. I'm involved with coming up with projects to help rebuild the area."

Matroy made a stop during his visit to the area at one of the schools. Upon arriving, Matroy saw the progress of the remodeling, and observed the conditions of the children's learning environment. Some classrooms had broken windows and one of the room's ceilings had been ripped apart.

"This school used to be a chicken farm during Saddam Hussein's regime," said an Iraqi contractor. "It was converted into a school after his regime fell. Now we are building it into a place that has better conditions the children can learn in."

The current projects are on the road to completion and the Marines are happy with the current work.

"They're going very well," Wells said.



Matroy speaks with a local Iraqi contractor in Fallujah, Iraq, March 5. The Marines are helping the Shohabi Village here rebuild buildings destroyed by insurgents.

"We were able to show the progress to Capt. Matroy. Unfortunately, we didn't show the battalion commander today but he'll come out to look at them."

While the Island Warriors of Co. G are helping the community around them rebuild their lives, they're doing it in support of Operation Iraqi Freedom.

MISSION, from A-1

employees who work at Kuwait City International Airport, wait in a formation by the plane to pay their respect. Some days the formation is as few as five, other days there are as many as 20 men and women who find the time to pay their respects.

"We wouldn't be able to do our job without the help of the other services," Vanbrunt, PATT officer-in-charge, said. "All services are usually represented during these ceremonies."

Work goes on as usual on the flightline; cargo is being placed on planes, planes are taking off and landing. No one in the formation seems to pay attention to what is going on around them. They all wait for their cue.

Above the roar of the plane's engines Fogg's voice can be heard, "Present, arms." Slowly, each person in the formation takes four seconds to raise their hand to their brow or cover their heart.

They stand perfectly still as six warriors lift the flag-covered casket from the cargo hold of the plane and place it carefully in a vehicle which will take it to the mortuary. "Order, arms," Fogg's voice is heard again. The formation slowly takes four seconds to lower their arms. They repeat this honor for every fallen warrior who is taken off the plane.

Once the caskets are taken to the mortuary, Vanbrunt says a prayer over each of the fallen.

When the warriors are ready to travel to Dover Air Base, Del. – their final stop before they complete their journey home – a more in-depth ceremony is conducted. The formation renders honors outside of the plane. They then move inside of the cargo hold where the caskets are securely fastened.

Vanbrunt makes an opening statement, then reads a scripture. He then says the Lords Prayer and the Prayer of Commendation. Fogg's voice is heard again, "Present, arms." The formation again slowly renders their four-second salute, they hold it for 10 seconds, then Fogg says, "Order, arms," and they all slowly end their final goodbye to the warrior they never had a chance to meet.

"I think the families will feel good knowing their loved one is honored at every stop along their journey home," Fogg said.

This job has been present since the start of the war in 2003, Fogg said, although many people do not know it exists.

Vanbrunt volunteered to fill the position to help deal with his issues about death, as he put it; he needed to "face his demons." He said this experience has been a healthy one and it has helped him get over his fear of death.

Unlike Vanbrunt, Fogg, a reservist who is a New York Police Department police officer when not on active duty, said he comes from a job where he sees death all the time. Although he is used to the sight of death, the East Meadow, N.Y., native explained that doing this job gives him a different perspective on death.

The first warrior he honored when he started this job October 2007 was a fallen Marine. Fogg is used to seeing victims of crimes on a daily basis but he said it hit home to see one of his own who made the ultimate sacrifice.

No matter how hard it is to honor a fallen warrior, "someone's got to do it," he continued, "and I am glad the Marine Corps is doing it."

The duo also tracks every Marine and Navy patient who is sick or injured who are in Kuwait or have been sent to Germany for additional treatment. They attempt to make weekly visits to the troops who are in hospitals in Kuwait, bringing with them goodies sent from organizations throughout the United States.

There are military jobs here in Kuwait which support the Global War on Terrorism and might not have boring or slow days but to Vanbrunt, Fogg or any of the other service members who work in conjunction with the PATT, a boring day is a good day.

AROUND THE CORPS

Marines make ROKs Guardian Angels

Cpl. GP Ingersoll

1st Marine Division

RODRIGUEZ LIVE FIRE COMPLEX, Republic of Korea — Sealed in the Corps' heart with ashes from the Marine barracks bombing in Beirut, the concept of Guardian Angels has become Marine Corps law.

And now we pass it on.

Marines with the 81mm mortar platoon, Company A, 3rd Battalion, 7th Marine Regiment, passed on the concept of Guardian Angels to Republic of Korea Marines here March 6.

It started by mistake.

"We just wanted to incorporate them into our schedule, as they would for us," said Cpl. Matthew J. Tri, 23, Park Rapids, Minn., an assistant gunner with mortar platoon, 3/7.

As the Marines began setting up their mortars, deep in the hilly forests of S. Korea, they picked two Marines and two ROKs to stand Guardian Angel duty at the entrance to the site. The ROKs at first didn't understand, but soon grew to accept and even advocate the practice.

"The main thing is that Guardian Angels can guard the back end of mortars," said ROK Staff Sgt. Hyuk-Joo Kwon, 24, a platoon sergeant of the ROK mortar platoon, 2nd Battalion, 1st Marine Regiment. Kwon said that without Guardian Angels, a mortar platoon could be easily snuck up on and eliminated by enemies behind the lines.

"Guardian Angels can alert us ahead of time, and then we react accordingly," Kwon said. "This is the first time we've used Guardian Angels, I think it is always a good thing."

Kwon thought the idea was so good he planned on proposing it to his superiors once the

bilateral training came to an end. He said a platoon of mortarmen needs Guardian Angels, because the enemy can exploit the flanks and rear.

His strategic confidence behind the concept was the driving force behind his adoption of the idea.

"If it's a fire team-sized enemy assault, the Angels can easily put accurate fire down-

range and take them out," Kwon said. "If it's platoon or larger, we can react accordingly. If we are alerted soon enough, we can change the direction of the mortars to hit the enemy."

Leave it up to a Marine, ROK or U.S., to think of Guardian Angels as another method of destroying the enemy.



Lance Cpl. Gene Allen Ainsworth III

Lance Cpl. Henry Lopez, Weapons Company, 3rd Battalion, 7th Marine Regiment, takes advantage of good concealment during Operation Fowl Eagle at the Rodriguez Live Fire Complex, Republic of Korea, Friday. Cover and concealment is imperative for Marines posted to guardian angel duty. Fowl Eagle is an annual bilateral training exercise focused on Marine Corps combined arms tactics and the international military bond.

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

WWW.MCBH.USMC.MIL

MARCH 14, 2008



Sandy Beach is a secluded beach nestled against a backdrop of mountains and bordered by a blue beach on the South Shore of Oahu. Sandy Beach is a popular hotspot among bodyboarders, skimboarders and the occasional surfers because of its consistent surf and powerful waves.



A skimboarder looks on as a fellow rider sails into an oncoming wave, Tuesday, at Sandy Beach.

Sandy's

Lance Cpl. Achilles Tsantarliotis
Combat Correspondent

Nestled on the south shore of Oahu, against a beautiful backdrop of towering mountains and "postcard" blue waters, lies an exceptional beach with an equally amazing reputation for having breathtaking waters, endless waves and awe inspiring scenery.

That beach is Sandy Beach.

"It's my favorite beach," said 21-year-old Derek Kelley, an avid skimboarder from Honolulu. "There's countless beaches in Hawaii, all cool in their own way – but there's something about Sandy [Beach] that's too perfect. You have these awesome waves that come in one after another, and it's perfect for body boarding and skimboarding."

The beach is known for its dangerously close shore break, making it an ideal location for surfer's counterparts. Although the beach is life-guarded, the best advice is the same found on welcoming signs, "if in doubt, don't go out."

"The beach has amazing waves, but if it's your first time on a board then I'd recommend finding yourself elsewhere," Kelley said. "Luckily you don't need to board to have a good time here; there's lookout points, fields, and grills to sit back and enjoy the beautiful beach, all the while away from some of the other store and people ridden beaches. Sandy Beach is a nice escape from all that."

Some patrons believe the beach offers some of the best waves for bodyboarding on the island.

"If you're looking for medium to large sized waves," said Lee Huihamu, a student at Hawaii Pacific University and amateur bodyboarder. "Then this is the place to go. You have these rolling sets that come in one after another and – they're just bangin' bra."

While the name implies warm sandy shores, beachgoers should be cautious of the hidden rocks sporadically placed along the break.

Beachgoers should also check with a life-guard to see if there are dangerous conditions at the time or forecasted, as there's frequently very strong currents.

"Bottom line is, this place is a hotspot," said Clark Camp, a Maui native and frequenter of Sandy Beach. "It has an amazing location, and it's easily the best spot for wave action. It's the best you can get."



Derek Kelley drops his skimboard as he prepares to catch an oncoming wave, Tuesday, at Sandy Beach. This beach is an ideal location for skimboarding and bodyboarding as it has a close shore break.



Avid skimboarder Clark Camp, a Maui native, walks back from skimboarding a wave, Tuesday, at Sandy Beach. Camp has been skimboarding for roughly six years and claims Sandy Beach as his favorite skimboarding location on Oahu.

Sandy Beach

offers amazing views, aquatic fun



Beachgoers gather at the shoreline, waiting for the right wave at Sandy Beach Tuesday.

Photos by Lance Cpl. Achilles Tsantarliotis

PASS IN REVIEW



Kickin' it old school with StarCraft

Lance Cpl. Brian Marion
Combat Correspondent

While rearranging my barracks room, I came across a game that kept me occupied for hours before I joined the Corps.

Very few games have held my interest for more than a few months; however, the StarCraft series is one of them. Set in the far future, mankind faces its greatest threat yet.

"StarCraft" and "StarCraft: Brood War" allows the player to control three races who struggle to survive against each other.

The game itself begins with the Terrains, descendants from Earth, who've colonized outer space when mysterious aliens start attacking their planets. The government, Terrain Dominion, doesn't help its citizens too well, and soon rebel factions pop up, paving the way for human nature to take its course.

The player starts off as the magistrate of a colony who meets up with Jim Raynor, a planetary marshal, to find out what's happening on the planet.

Raynor and crew soon become rebellious themselves after the Dominion continues to do nothing as the Zerg — aliens who use genetic DNA to evolve and adapt to their environments — ruthlessly tear their planet to shreds.

Then an unlikely companion, who eventually betrays someone Raynor holds dear, rescues him and eventually causes the collapse of the Dominion.

And that is only one side of the story. In my opinion, this is one of the best real-time strategy games to ever hit the market. Since its debut in 1998, approximately 9.5 million copies of StarCraft have been sold.

I first remember playing StarCraft when I was in my early teens, and found myself engaged with the ruthless Zerg and the mysterious Protoss on several missions. Regretfully, several of said missions I repeated over and over until I was actually able to beat them.

Now that I'm older, I think about re-installing the games on my computer and exacting sweet revenge on my tiny pixelated enemies.

The story-line sticks with you also. Each character interacts with each other, giving them a personality you might not find in newer games.

"StarCraft: Brood War" is an expansion pack to StarCraft and continues where it left off, with everything going wrong for the Terrains and the Protoss.

One of the upsides to the expansion is the new units introduced. Players can control units ranging from the ear-pleasing medic, to the underground Zerg unit that unleashes rows upon rows of spikes.

The ending of each game leaves an opening for a sequel and leaves several questions unanswered. Is humanity facing its extinction, as their planets continue to fall before the swarm's onslaught? Why do the Zerg have to be so ugly? Will Raynor and Sarah Kerrigan, the leader of the Zerg, ever find happiness?

With an engaging storyline spanning three races, the creators of the StarCraft series captured an audience, including me, who eagerly await the next installment in the series.

The games also spawned several books ranging from their own separate stories in the StarCraft universe, to the relationship between Raynor and the Queen of Blades.



Better Know A Critic

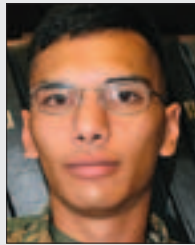


CABALO

Three favorite television shows
Buffy: The Vampire Slayer, Doctor Who, Lost

Three favorite 2007 movies
Beowulf, Hairspray, Stardust

Favorite male/female athlete
Lance Armstrong, Kim Willoughby



deBREE

Three favorite television shows
Family Guy, Gangland, The Simpsons

Three favorite 2007 movies
Halloween, Insomnia, Transformers

Favorite male/female athlete
Edson Arantes "Pele" Nascimento, Anna Kournikova



FAYLOGA

Three favorite television shows
Arrested Development, The Colbert Report, The Simpsons

Three favorite 2007 movies
Juno, No Country for Old Men, Superbad

Favorite male/female athlete
Ray Lewis, Maria Sharapova



GUARD

Three favorite television shows
Dexter, The Office, Weeds

Three favorite 2007 movies
American Gangster, Hot Fuzz, Knocked Up

Favorite male/female athlete
Cristiano Ronaldo, Gabrielle Reece



MARION

Three favorite television shows
I don't really watch many television shows for fun

Three favorite 2007 movies
300, Spiderman 3, Sweeny Todd: Demon Barbor of Fleet Street

Favorite male/female athlete
Peyton Manning, Sue Bird



MORA

Three favorite television shows
Ghost Hunters, The Sopranos, The Ultimate Fighter

Three favorite 2007 movies
300, The Assassination of Jesse James by the Coward Robert Crawford, Superbad

Favorite male/female athlete
Steve Nash, Mia Hamm



NELSON

Three favorite television shows
Family Guy, Gangland, South Park

Three favorite 2007 movies
300, I Am Legend, Transformers

Favorite male/female athlete
Aaron Cormican, Anna Kournikova



RUISI

Three favorite television shows
Dexter, Family Guy, Inked

Three favorite 2007 movies
Across the Universe, Harry Potter and the Order of the Phoenix, Sweeny Todd

Favorite male/female athlete
I don't watch sports



TSANTARLIOTIS

Three favorite television shows
House, The Office, Scrubs

Three favorite 2007 movies
American Gangster, No Country for Old Men, Superbad

Favorite male/female athlete
Randy Moss, Cheryl Miller



File photo

Radio stations bombard listeners with generic, mindless music

New artists ignored in favor of same stale pop

Cpl. Rick Nelson
Combat Correspondent

So I'm riding down the highway listening to my mixed CD and realized I just want to listen to the radio to see what new and upcoming artists are out, but much to my surprise I remember where I am: a place where the radio stations play the same nine songs in the same order throughout the day.

Sometimes I like to listen to music other than the latest pop or gangster rap, but with radio stations playing the same songs over and over, it can be kind of difficult to do so. Listening to 50 Cent's "I'll Take You To the Candy Shop" every 15 minutes may be cool for about three times, but after that the sound

of any of his songs are like scratching porcelain together.

Aside from playing the same nine songs in a row as if a CD was on repeat, I've come to realize eight out of the 10 radio stations here all play the same songs. I wonder if these stations ever thought some people may not like to listen to the music played at night clubs. I mean come on, think outside the box.

Whatever happened to the days when radio stations would play decent music like Green Day or The Offspring like 101.9? It seems to me as if the days of musicians who are actually talented, and play their own instruments are over and the days of talking poets who speak over beat boxes are in.

It doesn't take much to put a song together, configured of nothing but words that rhyme with drum machines and computer sounds in the background.

I wouldn't even really consider this music, but in this day and age it's a fad I will have to learn to live with until people come to their senses and realize it's all a bunch of generic tunes.

I would like to see what great artists from the past like Eddie Van Halen or Stevie Ray Vaughn would have to say about this so called "music."

Until the day arrives when talent is once again appreciated and there is a radio station that doesn't play the dreaded "Fergalicious" I will continue to stand strong to my rocker roots and listen to my mixed CDs.

Quick Hit Second Opinion 'Repeat Radio'

3/4: On target

I agree with Cpl. Nelson, but the radio stations play those completely horrible audio atrocities with a seemingly never-ending use of echo feedback for a reason. People like hearing the same songs in an unending loop for some reason or another. Radio listeners enjoy hearing all that stuff over and over again. It's disgusting, but since the public "can't get enough — enough — enough" then the disc jockey will "keep spinning those tracks" again — again — again.

-Tsantarliotis



TALK* STORY

Trailblazing activists first took March for female empowerment in the 1850s, protesting working conditions in New York City factories. Female firsts become important not because they're first, but because they signal the open opportunities for women to follow. In celebration of Women's History Month, we asked:

If you could meet any female pioneer (living or dead), who would it be and why?

*[tòk stòreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.



I'd like to meet Emily Dickinson. She's my favorite poet, and it would be cool to meet her. I loved her poem, "A Fuzzy Fellow, Without Feet."

- Petty Officer 3rd Class Jessica Alford



"Maya Angelou. She's a great woman writer, philosopher and activist. Her views on life and writing are inspiring."

-Loren Armstrong

"I think it would have been great to meet Rosa Parks. Her stubbornness and refusal to go to the back of the bus meant so much for a lot of people."

-Shondra Hampton



Master sergeants remain sisters in arms

Christine Cabalo

Photojournalist

Fellow Marines aren't just close comrades for some — they really are family.

It's true for Master Sgt. Lynda Roberts, staff noncommissioned officer-in-charge, general account, Combat Service Support Group 3 and her sister who joined 20 years ago. Both are Equal Opportunity representatives at different bases, and there's always something for them to talk about.

"I always say my mentor is my sister," Roberts said. "I'm lucky, because I can call her to talk. She always knows exactly what I mean. I don't have to explain acronyms to her, and it's nice to talk to someone who understands what it's like to be a Marine."

Eighteen months younger, Master Sgt. Amanda Quantz, base administration chief, Marine Corps Logistics Base Barstow, said she always looked up to her big sister. Roberts and Quantz are Junior Reserve Officer Training Corps graduates of Donna High School in Texas, and Quantz said as children they've always stuck together. The Barstow Marine said as



Master Sgt. Amanda Quantz, base administration chief, Marine Corps Logistics Base Barstow, (left) holds an antique gun case Corps recruiters receive at San Antonio, Texas. Her sister, Master Sgt. Lynda Roberts, staff non-commissioned officer-in-charge, general account, Combat Service Support Group 3, holds a plaque commemorating her time as a drill instructor.

a child, she wanted to be a flight attendant. She said the Corps intrigued her and Roberts with a world of available careers.

"For me it was more than just wanting to see the world," Quantz said. "Being in a small town, I felt there were bigger and better things to do. There were more opportunities in the Marine Corps."

The sisters take pride in each other's work, and both quickly recall biographic details about her sister's progression in the Corps. Roberts said she never felt barred from advancing because of her gender. Entering in 1986, it was the first opportunity for women to qualify at the rifle range. Quantz said she's admired how hard her sister worked

in special assignments, including her time as a drill instructor at U.S. Marine Corps Recruit Depot, Parris Island.

"I run into a lot of Marines in the supply track who think they recognize me," she said. "They'll say they stuck in the Corps because of my leadership. I'll smile and let them know it was my sister's leadership."

Visitors to the supply chief's office notice how many lives she's touched by all the appreciation artwork she's collected. Roberts has two framed cartoon drawings in front of her desk, including a caricature of her as a commanding Princess Leia, signed by previous supply workers. Relying on her wealth of knowledge helps Cpl. Willie Watts, supply administration and operations clerk, CSSG-3, daily.

"Any questions come up and she'll have the answer," he said. "Or if she doesn't, it won't be a minute before she can find it."

Watts said the supply chief is a great guide because she's able to help workers under her to develop their own leadership skills. The corporal said she encourages every worker to come to her if they run into problems, and her motherly nature

serves in keeping others on task.

Roberts said she's always been inspired by her sister's example in guiding others during Quantz's days as a recruiter in San Antonio.

"I was so proud of her when she went out there," the supply chief said. "She was meritoriously promoted then to staff sergeant. If you put in 100 people in the Marine Corps, you get a centurion award. She put in 108 people. Only two other people received that award during the three years my sister was there."

Both said they've seen so many positive changes in the Corps for females since they joined, and each remembers when women could only apply for a handful of occupations. Even with equal footing, Roberts and Quantz say they still feel the pressures of devoting 110 percent to their jobs. The most challenging thing, they said, is to give a good first impression.

"I want to be treated equally," Quantz said. "I don't want people to think since I'm female, I need to be coddled. I want people to see me and say, 'There's a good Marine.' I'd hate people thinking of me as a female Marine who doesn't do a good job."

New policies for military, families promote UH

Christine Cabalo

Photojournalist

Relatives of service members can continue to pay resident tuition rates even after their sponsors relocate, according to new University of Hawaii policies.

Effective since January, students with military ties attending any of the university's 10 campuses are eligible. The incentive is one of several new policies adopted at UH since 2003 to encourage the armed forces community to seek higher education.

"We value our service members," said Karen Lee, vice president for Student Affairs at UH. "They make very good students, and we know it can be difficult when people are called to leave at any moment."

The change in rates could be the difference between paying thousands of

dollars, Lee said. The university's community college students currently pay about \$56 per credit hour with the in-state tuition rate, and non-residents could pay as much as \$281. Students who are minors are classified as residents if their parents lived in Hawaii during the previous year. The new administration policy would allow minors and other students to continue their studies at the resident rate.

"I'm able to go to school because I have a Pell Grant," said Bryanne Salazar, a Windward Community College student whose husband is an active-duty Marine. "If I had to pay non-resident tuition fees, the grant wouldn't have covered it."

State Rep. Mark Takai, a UH graduate, began working on new policies with university administrators anticipating heavy deployments five years ago. He took up the reforms as part of a

Department of Defense program supporting service members with help from state officials.

"For the Marines at Kaneohe we want to encourage them to take classes," he said. "Whether they're at Windward or Manoa, they can take classes without the fear of losing money due to a deployment or station change."

Takai said previous residency rules made many Hawaii National Guard members and reserve service members ineligible for the lower rate. Additionally the state representative said he wanted to ensure those deploying or changing stations during semesters could get course refunds. Upon returning from deployments, Lee said service members could continue on their initial degree programs even if class requirements change while they're away.

"Refunds for any residence hall fees or child care services are available for service members," the vice president for student affairs said. "We want to hold them harmless in all ways, and the semester is wiped clean in that way so there are no outstanding debts or bad grades."

The best thing for prospective students to do is talk to university student counselors even if they're just considering college, Lee said. Now a full-time student, Salazar said she didn't think higher education would be in her future until she spoke with Sarah Hodell, a student counselor. With the counselor's help, Salazar said she enrolled as a full-time student within a few days before starting the 2007 fall semester.

She said the university's facilities help her balance being a mom and a student, and having tuition incentives helped a lot in her progress to obtain a



Christine cabalo

Children of service members can still attend the University of Hawaii at the resident tuition rate according to a new incentive beginning this year.

liberal arts degree. It's the type of success story Takai said not all state universities have the privilege of telling.

"There's real tuition assistance and a university degree is in reach for everyone," the state representative said. "It's our job in the legislature and the UH administration to do everything we possibly can to make higher education accessible."

For more information about tuition incentives, log on to <http://www.hawaii.edu/svpa/ep/e6/e6205.pdf>.

A Day in the Life

Lance Cpl. Achilles Tsantariotis

Combat Correspondent

Editor's note: A Day in the Life highlights military occupational specialties and Department of Defense jobs throughout the Marine Corps. This series gives appreciation to the thousands of service members, DoD employees and civilians who make Marine Corps Base Hawaii and installation of excellence.

From garrison to the field, a majority of Marines can attest the one thing always looming in their head is food.

And from garrison to the field, there's one man ensuring that hunger is appeased.

Marine Corps Base Hawaii's Anderson Hall Mess Hall manager Gunnery Sgt. Joseph Yantosca is that man.

The mess hall manager plays a critical role in delegating and preparing food service Marines for feeding MCBH's Marines and Sailors wherever the mess hall Marines are. Preparing food orders, maintaining financial stability and forecasting mess hall attendance are also some of the tasks he juggles in order to have a functioning mess hall.

"The most important thing, my priority and mission," Yantosca explained, "is to take care of the Marines and Sailors that come in that door everyday, and the service members deployed. All the managing and overseeing is to ensure my Marines and the Marines who eat here are being taken care of."

Yantosca originally enlisted in 1990, at 19, as a heavy machine gunner before lateral moving into the food service field.

"It was a year or so after Operation Desert Storm," said the Boston native. "The Marine Corps was downsizing, and my [military occupation specialty] was closed out for promotion. I had to lat move or get out. Food service was one of the few MOS's open, and I talked to my sergeant major. He said, 'do what you think you should do.' I had to think about it for a while, because I was apprehensive at first. But, I realized I had always just wanted to be a Marine, and as long as I'm a Marine, I'm happy."

Yantosca said despite the physically strenuous nature of his prior MOS, the first few weeks in food service took a toll on his body.

"The first few weeks were pretty tough," the former drill instructor admitted. "My back was aching ... most people don't realize that when you're in the galley, you're working 16-hour shifts on your feet. It was pretty brutal."

Yantosca arrived at Anderson Hall in May, 2004, and saw a lot of talent and plenty of potential to rise to the title of "Best Mess Hall in the Marine Corps" two years in a row.

As the mess hall manager, Yantosca oversees the day-to-day operation; routinely checking the cooks and making sure strict sanitary guidelines are followed, as well as the recipe. Reviewing the daily cost analysis and predicting upcoming food orders based on what units are where, and making sure his food service Marines are ready and taken care of, to provide mobile food service to deploying units, he said.

"His goal is to make the Marines a priority," said Master Gunnery Sgt. Marlo Thomas, base food technician, Headquarters Battalion. "And he does that well."



Lance Cpl. Achille Tsantariotis

Gunnery Sgt. Joseph Yantosca, mess hall manager, Headquarters Battalion, oversees the daily operations in the galley at Anderson Mess Hall, Monday. Yantosca's role is ensuring Marines and Sailors here, or deployed, are taken care of and provided quality food regardless of location.

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 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.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

27 Dresses (PG13)
First Sunday (PG13)
The Great Debaters (PG13)
Cloverfield (PG13)
The Pirates Who Don't Do Anything (G)
First Sunday (PG13)
27 Dresses (PG13)
Cloverfield (PG13)
Rambo (R)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 2 p.m.
Sunday at 7:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
Friday at 9:45 p.m.

SPOTLIGHT ON BASE

WORD TO PASS

Dive Oahu Grand Opening

Marine Corps Community Services welcomes Dive Oahu to Marine Corps Base Hawaii.

As a celebration of the opening, everyone affiliated with MCBH is invited to a free barbecue on March 15 from 10 a.m. to 4 p.m. Event will be held at Dive Oahu, located next to the Base Marina on D Street.

In addition to the food, prize drawings will be held every hour with the grand prize valued at \$3,000. Dive equipment will also be on sale. For more information, please call the store at 235-9453.

Kid Fit

You can sign your children up for Kid Fit for the Spring Break. The program is Monday through Friday at the Semper Fit Center here from 8:30 to 11 a.m. Children ages 6 through 12 are eligible.

For more information, contact Tina Lui at 254-7597.

St. Patrick's Day

Come celebrate St. Patrick's Day at Kahuna's Bar & Grill Monday beginning at 6 p.m. There is no cover charge. Pupus and entertainment will be provided.

For more information, contact Alexis Swenson at 254-7660.



Easter Egg Hunt

An Easter egg hunt will be held at the Kupulau Child Development Center from 9 a.m. to 12 p.m., March 22. The event is open to families of deployed and deploying Marines and Sailors.

There will be story telling, puppet show, bouncy houses, balloon animals, air brushed temporary tattoos, goodie bags and refreshments. Unit Family Readiness Officers will distribute information and tickets

For more information, contact Louise Yeager at 257-2410.

Anger Management Workshop

Marine & Family Services will hold an Anger Management Workshop April 1 through 29 from 9 to 11 a.m. The workshop is open to all active duty service members and their families.

For more information, contact Counseling Services at 257-7780.

ON THE MENU AT ANDERSON HALL

Friday

Lunch

Veal parmesan
Spaghetti w/meat sauce
Beef ravioli
Grilled Italian sausage
Mixed vegetables
Simmered asparagus
Lemon chiffon pie
Chocolate chip cookies
Marble cake w/chocolate frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Cantonese spareribs
Beef pot pie
Mashed potatoes
Buttered egg noodles
Calico corn
Simmered broccoli
Savory bread dressing
Turkey gravy
Cranberry sauce
Desserts: same as lunch

Saturday

Dinner

Szechwan chicken
Tempura shrimp
Pork fried rice
Noodles Jefferson
Vegetable stir fry
Simmered broccoli
Chinese egg rolls
Sweet and sour sauce
Cherry pie
Ginger molasses cookies
Spice cake w/butter cream frosting
Vanilla/chocolate cream pudding
Strawberry/lemon gelatin

Sunday

Dinner

Barbeque beef cubes
Baked turkey and noodles
Steamed rice
Creole green beans
Simmered cabbage
Chicken gravy
Sweet potato pie
Chocolate chip cookies
Yellow cake w/chocolate chip frosting
Vanilla/chocolate cream pudding
Cherry/orange gelatin

Monday

Lunch

Meat loaf
Pork ham roast
Tossed green rice
Mashed potatoes
Peas & mushrooms
French fried cauliflower
Brown gravy
Boston cream pie
Peanut butter cookies
Peanut butter cake
Peanut butter cream frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Beef brogyl
Baked cajun salmon steaks
Potatoes o'brian
Noodles jefferson
Club spinach
Mixed vegetables
Brown gravy
Desserts: same as lunch

Tuesday

Lunch

Simmered corn beef w/apple glaze
Honey glazed Cornish hens
Parsley buttered potatoes
Rice pilaf
Fried cabbage w/bacon
Simmered carrots
Chicken gravy
Mustard sauce
Blueberry pie
Oatmeal cookies
Strawberry shortcake
Vanilla/chocolate cream pudding
Cherry/strawberry parfait

Dinner

Baked tuna and noodles
Sweet and sour pork

Pork fried rice
Steamed rice
Simmered broccoli
Simmered pinto beans
Turkey gravy
Chow mein noodles
Desserts: same as lunch

Wednesday

Lunch

Five spice chicken
Beef yakisoba
Shrimp fried rice
Vegetable stir fry
Corn o'brien
Banana cream pie
Oatmeal chocolate chip cookies
Carrot cake w/cream cheese frosting
Vanilla/chocolate cream pudding
Lime/raspberry gelatin

Dinner

Steak smothered w/onions
Baked mahi mahi
Mashed potatoes
Baked macaroni and cheese
Southern style green beans
Fried okra
Brown gravy
Desserts: same as lunch

Thursday

Lunch

Turkey a la king
Beef stroganoff
Steamed rice
Boiled egg noodles
Peas & carrots
Simmered mixed vegetables
Turkey gravy
Peach pie
Cheese cake w/blueberry top
Chewy nut bars
White cake w/mocha cream frosting
Chocolate/vanilla cream pudding
Orange/strawberry gelatin

Dinner

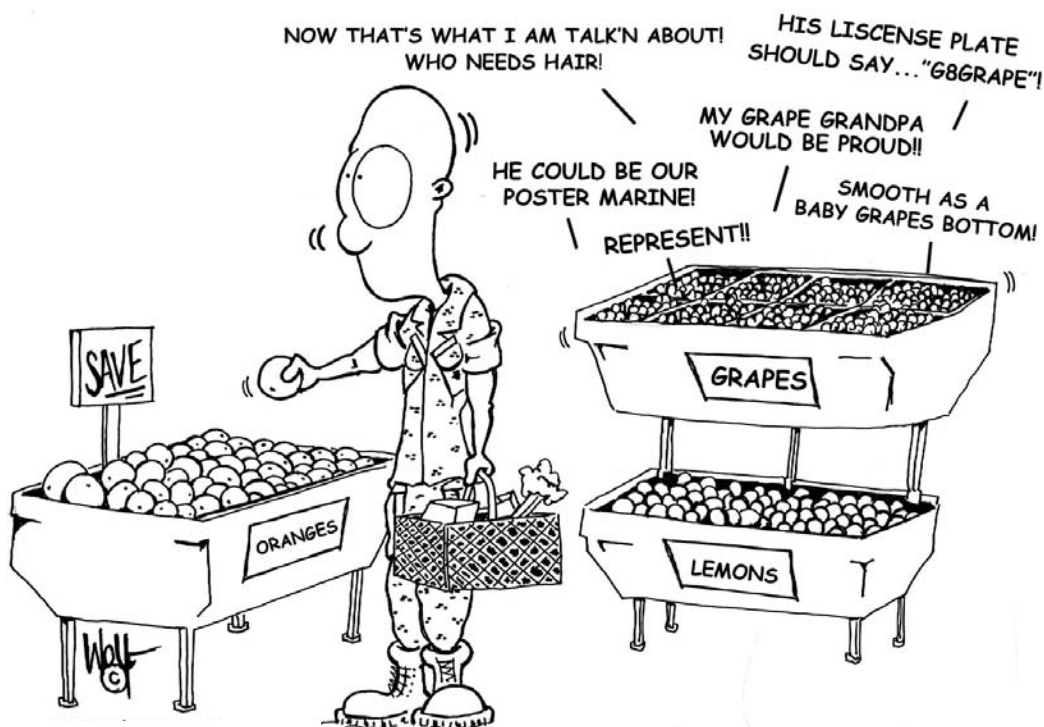
Braised liver w/onions
Honey ginger chicken
Chili macaroni
Grilled cheese sandwich
Rice pilaf
Boiled egg noodles
Lyonnais carrots
Club spinach
Chicken gravy
Desserts: same as lunch



Created by: GySgt Charles Wolf

SEMPERTOONS

THE GREATEST MARINE CARTOONS ON THE PLANET!



- IF GRAPES COULD TALK -

Spouses learn to thrive in military lifestyle

Lance Cpl. Alesha R. Guard

Combat Correspondent

Spouses of Marine Corps Base Hawaii's service members got together Friday for a seminar on how to thrive in a military lifestyle.

The Champion Heart seminar, held at the Officer's Club, was part of the Spouses Learning Series program, provided by The Marine Corps Family Team Building here.

"Everybody who came today is here because they love someone in uniform," said Jacey Eckhart, a nationally recognized military life columnist. "After going through more than one deployment, you realize you need to work smarter."

The women roared with laughter as Eckhart, guest speaker, asked them questions during her presentations on 'What Color is My Spouse - Personality Indicator' and 'Signature Strengths of Military Families.'

"She's focusing on how great it is to be a military wife and how to thrive as a family with a military lifestyle," said Crystal Nelson, participant.

Going through five deployments herself, Eckhart said she has learned how to adapt and enjoy military life with her three children and husband.

"It's fun using this time together to reflect on our relationships with family and friends," said Tiffany Corrigan, participant. "I'm learning how to better use my skills, and making them work for my family." "

Eckhart said there are some things you can never change about your husbands or the military, but you can learn to embrace them for their positive features.

"I'm trying to show the women how different they are from each other, and how they can use these strengths to their advantage to help their relationships and family," Eckhart said.

The women shared stories and asked questions throughout Eckhart's presentations.

"The seminar has been really fun so far," said Marie Grimsley, partici-



Jacey Eckhart, a nationally recognized military life columnist, speaks with service members' spouses at The Champion Heart seminar held at the Officers' Club Friday.

pant. "We've been moving around a lot, so I've gotten a chance to meet and talk with other wives."

The ladies laughed together and said they liked how Eckhart is interactive with her presentations.

"She is hilarious," said Stacy Hubbard, participant. "She's talking with us instead of just lecturing, which makes it much more interesting."

Corrigan agreed, and thought Eckhart was just as interested in what the audience had to say as herself.

"After identifying our own personality, we're trying to guess our spouse's, to see how we can use our differences," Corrigan said.

Eckhart said each personality type has an important role, and they complement each other's differences

as couples and friends, Corrigan said.

"She's helped us realize that by understanding ourselves and our spouse, we can make our relationship stronger," said Nancy Shingle, participant.

The ladies at her table all agreed they were having a great time getting to know each other and themselves.

"It's been a really fun atmosphere

today because she's so funny," said Julie Mayer, participant.

Jocelyn Pratt, life skills trainer, Marine Corps Family Team Building, said she hoped the seminar would help the wives gain confidence and develop family readiness.

"Today's seminar was to help develop, recognize and appreciate the women's individual skills even more," Pratt said.

Lance Cpl. Alesha R. Guard

AROUND THE CORPS

Wounded Warrior continues on with one leg

Lance Cpl. Katie Mathison

II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — He faded in and out of consciousness. He knew his legs were injured, but he didn't know to what extent.

Captain Ray Baronie, the executive officer for the Wounded Warrior Battalion-East, Wounded Warrior Regiment, Manpower and Reserve Affairs, has few clear memories of his hospital stay overseas. One of the things he does remember though is watching the doctors cut off his boots, as they talked about amputation.

Baronie, at the time, a liaison officer between the Iraqi Security Forces and the Marines with II Marine Expeditionary Force (Forward), was on a U.S. Army convoy moving an Iraqi battalion from one side of Ramadi, Iraq, to the other, when his vehicle was struck by a 57mm anti-tank rocket, Dec. 1, 2005.

"I got knocked out and when I came to, the vehicle had rolled for two blocks," he said. "There were just two Marines on the convoy, Sgt. Delwin Davis and myself. Sgt. Davis pulled me out of the vehicle."

Baronie was free from the vehicle, but far from safe.

"Very shortly after we got on the street, we started taking small arms fire," he said. "It was a weird feeling. I didn't know if I was going to make it. For the first time as a Marine, I felt helpless. It was pretty hectic. I had no control over the situation at that point, but I knew I was in good hands with Sgt. Davis."

Baronie said he knew his legs were injured, but did not know the full extent of his injuries until he woke up in the Naval Hospital in Bethesda, Md.

"My legs were crushed," Baronie said. "I had 20 fractures in my left leg and 18 fractures in my right. I had close to 40 surgeries."

Baronie found the strength to overcome his injury through the support of his family and the Marine Corps.

"My father and my fiancée were with me," he said. "The Marine Corps did an excellent job of tak-



Captain Ray Baronie, the executive officer for the Wounded Warrior Battalion-East, Wounded Warrior Regiment, Manpower and Reserve Affairs, speaks to his Marines during a morning brief here March 6. Baronie lost his right leg from severe injuries suffered when a 57mm anti-tank rocket struck his vehicle during a convoy in Ramadi, Iraq, December 2005.

ing care of me. They took care of my girlfriend even though we weren't married. The Marine Corps knew I needed her support and that was very important."

The support he received helped him make the otherwise hard decision to have his right leg amputated above the knee during January 2006, after a year of trying to save it.

The amputation didn't stop him from wanting to continue his career, but he was unsure what path he would take until he received a fateful phone call.

"I was in Bethesda when Lt. Col. Thomas Siebenthal gave me a phone call," he said. "He needed a battalion executive officer, and I thought, 'I need to take this position.'"

Being the executive officer of a battalion is hard enough, let alone a brand new battalion still trying to find its place, said Master Sgt. Kenneth Barnes, the operations chief for the battalion.

"He came here and had to drink from the fire hose just like everyone else," Barnes said. "He was wounded, so he knew about half of

it. That makes it a little bit easier for him."

His injuries also allow him to empathize with the Marines in the battalion, giving him insight someone without injuries might not have.

"He's great at his job," Barnes said. "His heart is really in it. A Marine can come in with his sob story, and all he has to do is stand up and show them they can get through it. It also makes it harder for someone to pull the wool over his eyes."

The job goes both ways for

Baronie. Being able to help Marines with their injuries is also therapeutic.

"Everyone has their own way of dealing with their injuries," he explained. "Sometimes they need a little guidance in the right direction, tough love or to talk one-on-one. My injury gives me credibility with the Marines. It's given me the ability to deal with their individual needs. Working with the Marines and being back to work has greatly helped me. Being in this position has made me forget the fact I am hurt."

Lance Cpl. Katie Mathison

Hawaii MARINE SPORTS

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MARCH 14, 2008



Ryan Bruno, 6, shortstop, CPRW-2 Prop Guns, swings at a ball. Third Radio won the game, 10-3.

3rd Radio silences Prop Guns, 10-3

Lance Cpl. Brian A. Marion

Combat Correspondent

Third Radio Battalion won another game against Commander, Patrol and Reconnaissance Wing 2 'Prop Guns,' 10-3, during an Intramural Baseball League regular season game at Riseley field here Monday.

These two teams met each other at the beginning of the season, where 3rd Radio came back in the end and won the game.

"This should be a fun game," said Matt Lawyer, Prop Guns coach. "Third Radio is a good team, and I like playing against them. Strong defense and a good offense will be the key to winning today."

Both teams started the first inning in a pitching battle as both Kareem Turnbull, 14, pitcher, Prop Guns, and Dustin Crabtree, 7, pitcher, 3rd Radio, kept the other team scoreless.

During the second inning, 3rd Radio capitalized on a few errors from the Prop Guns and managed to get Michael Johnson, 23, shortstop, and Nate Nins, 16, second baseman, over home plate before getting their third out. The second

See **BASEBALL**, C-2



Nate Nins, 16, second baseman, 3rd Radio Battalion, slides home for his second score of the game in the bottom of the third during an Intramural Baseball League regular season game against Commander, Patrol and Reconnaissance Wing 2 at Riseley Field here Monday.

Photos by Lance Cpl. Brian A. Marion

CSSG-3 battles MALS-24

Lance Cpl. Alesha R. Guard

Combat Correspondent

Combat Service Support Group 3 broke Marine Aviation Logistics Squadron 24's five-game winning streak, 36-28, during an Intramural Basketball League game at the Semper Fit Center here Monday.

With non-stop energy and continuous drives to the basket, CSSG-3 rocked the court in the first half and never let up.

"We're missing about seven players due to training, so our team's thinner than usual tonight," said Thurmon Durham, MALS-24 assistant coach.

Having fewer players didn't stop MALS-24 from laying on the heat, however. Quick feet and hands helped MALS-24 defend against the towering CSSG-3.



Willie Watts (red), CSSG-3, leaps for the rebound against Resjard Gilford (white), MALS-24, during an Intramural Basketball League game Monday.

Lance Cpl. Alesha R. Guard

See **BATTLE**, C-6

Low-cost ideas for shaping up

News Brief

Mayo Clinic

If the only thing keeping you from starting a fitness program is the cost of a gym membership, here's good news. You don't need to join a gym to take exercise seriously. Plenty of low-cost alternatives can help you get fit without breaking your budget.

Take advantage of everyday opportunities

You don't necessarily need special equipment for a cardiovascular workout. With a little foresight, activities you take for granted can become part of your exercise routine.

♦Step it up. Take a brisk walk every day, whether it's a path through your neigh-



File photo

borhood or laps in a local mall. Take the stairs instead of the elevator — or make a full workout of climbing the stairs. Sneak in extra steps whenever you can by parking farther away from your destination.

See **SHAPE**, C-6



Patrons of the Semper Fit Gym take advantage of the cardio machines to maintain a healthy lifestyle, Monday, at the Semper Fit Center.

Photos by Lance Cpl. Achilles Tsantariotis

Working out promotes healthy mindset, physical fitness

Lance Cpl. Achilles Tsantariotis

Combat Correspondent

The base community, especially Marines and Sailors, should stop procrastinating, or claiming their "unit physical fitness is enough" and begin a workout schedule, said Ed Campbell, personal trainer, Semper Fit Gym.

Working out is a lifestyle that promotes a healthy mindset and physical fitness, a priority among service members in maintaining their combat readiness, Campbell said.

"You take care of your teeth, or hair right?" Campbell asked. "Why not take care of your body? People tend to neglect that part of their life because it requires a little extra work or doesn't show immediate results, but it's more than important to a healthy lifestyle."

Many people will often begin working out uninformed and incorrectly, leading to injuries and a lack of results ultimately ending their workout, Campbell said. The best way to start working out is slow and correctly, not following bodybuilder routines off the

bat or continually working out muscles that haven't recovered yet.

"The best way to start is, if you're new to gyms altogether, take a orientating class to familiarize yourself with the gym and the equipment, and a workout routine that best suits your personal level," Campbell explained. "Alternate lower and upper body workouts, and take plenty of rest between sessions."

Campbell advised beginners to focus on eating healthy, instead of replacing healthy meals with supplements.

"Start off with a healthy diet before going to just supplements," he said. "Eating healthy should be your priority, not just shakes and pills."

Once people are familiar with their workouts and using machines, he suggested alternating workouts to maintain the "shocking" of muscles.

"If you're doing let's say three chest exercises," he explained, "then replace one of them with something new to keep your body from becoming immune. Everything works but nothing works forever. A lot of people will

also get into their workout and after three months they might not see as good of results, and they slow down, eventually stopping altogether."

Campbell said even 30 minutes of circuit training a day will help greatly with physical fitness tests and retaining muscle definition.

A big misconception "muscle seekers" might have is strictly working out with weight and resistance training, when it's critical to combine good cardio with a weight lifting schedule.

"No one is more important than the other," Campbell said. "Especially if you're looking to cut body fat, and maybe running gets boring, you can still swim or hit an elliptical machine."

Although the hardest part of starting to workout is starting, once a steady schedule is established it's far easier and actually habit forming, to continue, said Lance Cpl. David Hanes, infantryman, 3rd Battalion, 3rd Marine Regiment.

"I worked out a lot in Iraq," Hanes said. "Now I'm just keeping it up, it's become part of my lifestyle."



David Hanes uses a resistance strength training machine.



Adam Pace, 15, catcher, CPRW-2 Prop Guns, smashes the ball into the outfield during an Intramural Baseball League regular season game against 3rd Radio Battalion at Riseley Field here Monday.



Dustin Crabtree, 7, pitcher, 3rd Radio Battalion, pitches a ball toward a batter.

BASEBALL, from C-1

inning ended with 3rd Radio leading 2-0.

Crabtree, and the rest of the 3rd Radio defense, continued to keep the Prop Guns from scoring in the third, while Crabtree, Johnson, Joshua Ellis, first baseman, and Nins trampled in four runs, making the score 6-0 in the bottom of the third.

"We are doing a lot better on not

leaving our guys on bases," said E.J. Veliz, catcher and coach, 3rd Radio. "We need to keep playing like this."

In the bottom of the fourth, one of the best plays of the game happened. Crabtree demolished the ball deep into centerfield and ran, through the bases, to home plate before the defense knew what hit them, bringing his team to a five-point lead over the Prop Guns.

The Prop Guns' offense contin-

ued to be shut out, but their defense seemed to regain their composure in the bottom of the fifth and kept 3rd Radio from increasing their lead.

With renewed vitality in the top of the sixth, the Prop Guns offense drove in two runs from Ben Thorny, 16, first baseman, and Cary Buel, left fielder.

Third Radio responded in the bottom of the sixth with Poe Jordan, 15, center fielder, Veliz and

Crabtree pounding in three more runs for their team. The seventh inning began with the score 10-2.

Momentum increased for the Prop Guns when Jeff Daniels, 0, right fielder, brought in their third run.

Luck wasn't on the Guns' side though, as their last out came when Crabtree caught a ball at home plate and tagged their runner out.

"We tried to come back in the

end, but we weren't able to," said Ryan Bruno, 6, shortstop, Prop Guns. "They had phenomenal pitching from probably the best pitcher in the league. We know we have to work on hitting the cut-offs and making our throws, but other than that, it was a good game."

Crabtree lead his team in scores, bringing in three runs, followed by Nins and Johnson with two runs each and Jordan, Velize and Ellis with one run.

SPOTLIGHT ON SPORTS

—SPORTS BRIEFS—

Diamond Head Hike

The Single Marine & Sailor Program's Diamond Head Hike is March 22, with transportation leaving Kahuna's at 9 a.m., and Camp Smith at 10 a.m. The event is free, open to all E-5s and below and their sponsored guests. Register by March 20.

For more information, call Marcella T. Cisneros at 254-7593.

Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

9-Ball Tournament

Head to the Camp Smith Recreation Center March 22 to play in the Single Marine & Sailor Program 9-Ball Pool Tournament from 11 a.m. to 1 p.m. The event is open to all E-5s and below and their sponsored guests.

For more information, call Marcella T. Cisneros at 254-7593.

Urgent: Coaches Needed

Help teach children the fine art of baseball! Practice is set to begin next week, and a coach is still needed for a t-ball team and a machine-pitch team. Many of the players are children of deployed Marines and Sailors.

For more information, call 254-7610 or visit <http://www.mccshawaii.com/child.htm#sports>.

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes Color Pin Special

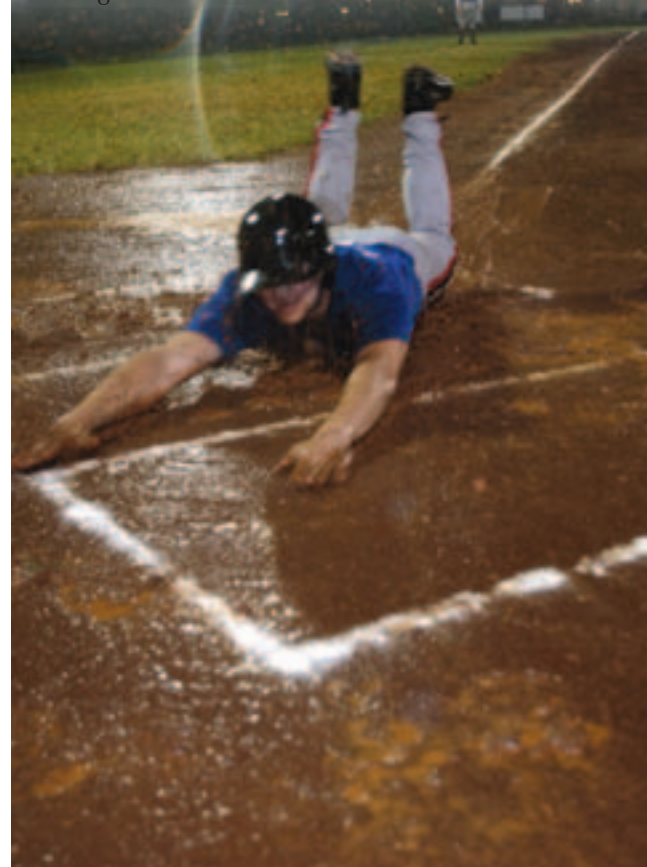
Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
CPRW-2	10	1
HSL-37	9	2
HQBN "IPAC"	8	2
MALS-24	8	3
VP-4 #1	8	4
MCAF	6	3
CSSG-3	7	4
3RD MARINES	5	5
3RD RADIO BN	5	8
VPU-2	3	7
VP-4 #2	3	8
SNCOA	3	8
HMH-362	2	10
VP-9	0	11

Standings as of March 11



2008 Intramural Baseball Standings

TEAM	WINS	LOSSES	TIES
MAG-24	5	1	1
3RD RADIO BN	5	1	
CPRW-2	4	4	
CSSG-3	3	4	
CMO	2	4	
HQBN	2	4	1
1/12	1	4	

Standings as of March 11

I'd rather be sailing



Pulling a 17-foot mast boat for a spin, Victor Pulsifer, instructor, Base Marina, prepares the vessel to sail. Pulsifer teaches two-week junior sailing classes for children 8 to 17 starting Monday. The Base Marina holds training throughout the summer and during school breaks. Read more about the sailing classes in next week's edition.

Christine Cabalo

HEALTH AND WELLNESS

Exercise: Seven benefits of regular physical activity

News Release

Mayo Clinic

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of exercise — from preventing chronic health conditions to boosting confidence and self-esteem — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket.

Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other

physical activities.

This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

4. Exercise strengthens your heart and lungs.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When

your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue.

Regular exercise can leave

you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

7. Exercise can be fun.

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical.

Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym.

Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts.

Are you convinced? Good. Start reaping the benefits of physical activity today.



File photo

HEALTH AND WELLNESS

How to get your golf swing in gear

Fine-tuning your golf swing before you hit the links will help you prevent injuries later on

News Brief

Mayo Clinic

It's been a few months since your last golf outing. You're at the first tee, working out the kinks of your rusty golf swing. What better training, you think, than getting out there and playing?

Think about it some more. Golf isn't a contact sport — but it puts significant demands on your body. Fine-tune your golf swing to prevent injuries later on.

Think through your swing

Understanding the mechanics behind your golf swing can help you prevent injuries.

- ◆Use proper posture. Think about your posture as you address the ball. Avoid hunching over the ball, which may contribute to neck and back strain.

- ◆Stay smooth. The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to injury. For example, overemphasizing your wrists during your swing can lead to golfer's elbow — a strain of the muscles on the inside of the forearm.

- ◆Stabilize your lower back. Keep your pelvis as level as possible throughout your swing.

- ◆Don't overswing. If you swing the club too hard or too fast, you may lose control of the club and hurt yourself. Relax and take a nice, easy swing at the ball.

Sometimes lessons can help. "The more you learn about correct mechanics early in your golf career, the less prone to injury you'll be," says Edward Laskowski, M.D., a physical medicine and rehabilitation specialist and co-director of the Sports Medicine Center at Mayo Clinic, Rochester, Minn. "It's harder to break bad habits later."

Tips to keep you on the course

There's more to golf than your golf swing. Consider other ways to lower your risk of injury:

- ◆Warm up. Before you practice your golf swing or play a round of golf, walk or jog for a few minutes to warm up. Then try a few gentle stretches.

- ◆Start slowly. You might practice your swing for hours, believing it's helping your game. But if your musculoskeletal system isn't conditioned for the extra strain, practicing your golf swing may do more harm than good. Work up to your desired level of activity instead.

- ◆Strengthen your muscles. You don't need bulging muscles to hit a long drive — but the stronger your muscles, the greater your club speed. Better yet, stronger muscles are less prone to injury.

- ◆Focus on flexibility. Regular stretching can improve your range of motion and lead to a more fluid golf swing.

- ◆Lift your clubs carefully. If you jerk heavy clubs out of the trunk, you may injure yourself before you reach the first tee. Keep your back straight and use the strength of your legs to lift heavy objects.

- ◆Choose proper footwear. If you've had a leg or foot injury — such as ligament or cartilage damage — wear tennis shoes or golf shoes with short cleats. Long cleats dig into the sod and hold your feet planted as you swing, which may strain your knees or ankles.

While golfing, watch for symptoms of dehydration, heat exhaustion and heatstroke. Red flags might include a headache, dizziness, nausea, rapid heartbeat, irritability or confusion. Drink plenty of water, and cut your game short if necessary. Call it quits at the first sign of threatening skies or lightning.



File photo

Play smart

Whether golf is a new interest or a lifelong passion, make the most of your time on the course. Take a few lessons to work on your golf swing. Shape up with a fitness program that includes aerobic activities, strength training and stretching.

"Get in shape to play your sport," Dr. Laskowski says. "Don't play your sport to get in shape."

BATTLE, from C-1

While CSSG-3 began racking up points, MALS-24 dove for loose balls and refused to let the scoreboard stifle their intensity.

"Look inside and keep moving the ball," said Jerry Robertson, CSSG-3 head coach, cheering on his team.

With help from Willy Watts, sinking two 3-pointers, CSSG-3 ran up a 15 point lead over MALS-24, leaving the score 17-2 at halftime.

"We'll see if we can get a comeback," Durham said. "We have a fairly new team this season so we're working towards getting chemistry on the court."

Robertson got his team together for a huddle before, pumping them up before the second half.

"Don't be scared; play some defense!" Durham roared after CSSG-3 subbed in their two females.

After a few brutal steals and rebounds, it didn't take long for the players to forget the gender difference.

"Gender doesn't play into it," said Stephanie Newkirk, former assistant coach. "I just come out here, have fun and show the other players I can compete with them."

With a tough press and continuous drives to the hoop, MALS-24 slowly closed the gap, refusing to let CSSG-3 rest.

"We have a pretty good inside game, which is where most of our points come from," Durham said.

Eight minutes into the second half, MALS-24 outscored their opponent, trailing CSSG-3 by only four points, 18-22.

After seeing the quick



Robert Green, MALS-24, goes for a lay-up on a fast break against CSSG-3 Monday night.

Lance Cpt. Alesha R. Guard

banking of shots, CSSG-3 brought back the press, determined not to lose the lead.

"We can make things happen when we need to," Newkirk said. "We're good on both ends of the court."

Quick steals and sharp passes led to fast breaks down the court for CSSG-3. They regained their 10-point lead with seven minutes left on the clock, leading 31-21.

By using their fouls to try and stop the clock, MALS-24 stayed on their man until the end.

Both teams battled it out to the end, neither giving

the other team a moment to rest.

Despite MALS-24 outscoring their opponent in the second half, CSSG-3 came out on top, 36-28.

"I like playing units around base," Newkirk said. "I think it brings camaraderie amongst all of us."

Newkirk said it's been interesting transitioning from coach to player this season.

"Our players work a lot harder than I gave them credit for," Newkirk said. "As their teammate, I now realize just how hard they work."

SHAPE, from C-1

♦Make a workout of household chores. Mow the lawn, weed the garden, rake the leaves or shovel the snow. Even indoor activities such as vacuuming and scrubbing count as a workout if you increase your heart rate.

♦Join in the fun. If you have children, don't just watch them play. Join them for a game of tag or kickball. Walk them to the park. Dance. Take a family bike ride.

Consider modest investments

If you're looking for fitness bargains, these inexpensive exercise products may be a good bet:

♦Dumbbells. Dumbbells are small, hand-held weights that you can use to strengthen your upper body. They're available in many sizes.

♦Resistance bands. These stretchy cords or tubes offer weight-like resistance when you pull on them. Use the bands to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

♦Jump-ropes. Skipping rope can be a great cardiovascular workout.

♦Exercise videos. Create the feel of a health club aerobics class in your own living room. Many videos are good for improving strength and flexibility, too. Pick a video that matches your current fitness level so that you don't get discouraged by exercises that are too hard or too easy. If you can, borrow the video from your library first or rent a copy to see if you

like it. Make sure the video is endorsed by a certified fitness instructor.

Improvise

If you'd rather not spend a penny on exercise equipment, use ordinary household items for various upper and lower body exercises.

♦Canned goods. Many canned goods can serve double duty as hand weights.

♦Milk or water jugs. Fill empty milk or water jugs with water or sand and secure the tops with duct tape. To adjust the weights as your fitness level changes, simply add more water or sand. If you wonder how much weight you're lifting, simply weigh the jug on your household scale.

♦Potatoes. A 5- or 10-pound bag of potatoes can provide added resistance for various exercises.

Even a low, sturdy step stool can become exercise equipment if you use it for step training — an aerobic exercise resembling stair climbing.

Be a savvy shopper

If you're interested in a specific exercise class or piece of equipment, shop around.

♦Check out your local recreation department. Many recreation departments offer discounted fitness classes to local residents. If you live near a college with a fitness center, ask if the facility is available to community members. If you're a gradu-

ate of the school, you may qualify for an even better rate.

♦Buy used equipment. Some sporting goods stores specialize in used equipment. Or check out listings for exercise equipment in the local newspaper or on office, store or college-campus bulletin boards. The same goes for online auctions. A word of caution about buying online, though — make sure the cost of shipping won't put the item out of your budget.

♦Share costs with a friend. Trade exercise videos with a friend so that neither of you gets bored doing the same workout over and over again. Another option: Some personal trainers let you split the cost of a session with a friend or two.

♦Know what to avoid. Some fitness products aren't worth buying, no matter how low the price. Don't buy herbal supplements or other products that claim fitness benefits overnight or promise to take inches off without diet and exercise. Also avoid exercise products that focus on one body part, such as abs or thighs. There's no such thing as spot reducing.

Exercise can do you a world of good. But it won't if you focus more on the trappings than on the actual physical activity. Don't get caught up in memberships or purchases you can't afford. Concentrate on your fitness goals — and how to achieve them without breaking your budget.

AROUND THE CORPS

Marine deploys to Iraq, puts Ultimate Fighter dream on hold

Pfc. Jerry Murphy

1st Marine Division

HABBANIYAH, Iraq — Sacrifices are made when preparing to deploy. When a reserve battalion is activated, the Marines are required to put their entire lives on hold. Not only do they sacrifice being away from family, friends and jobs, some of them even put their dreams on the back burner.

One Marine attached to 2nd Battalion, 24th Marine Regiment, Regimental Combat Team 1, put his dreams on hold to fight for the freedoms Americans enjoy on a daily basis.

Before being activated to deploy to Iraq in support of Operation Iraqi Freedom, Lance Cpl. Sean E. Varriale, a radio operator with Headquarters and Service Company, was training to become a professional mixed martial arts fighter and possibly trying out for and competing on the popular television show, the Ultimate Fighter.

“My goal going through training was to be a professional fighter, make it to on the show and eventually make it to the Ultimate Fighting Championship,” said the 27-year-old from Old Bridge, N.J. “My training partner, Chris Finnelli just made the Ultimate Fighter for the upcoming season, and I feel like I have a chance to make it as well, because of my attitude, heart, will and drive.”

Varriale volunteered to deploy to Iraq and was individually selected to augment to 2/24, putting his chance to make it on the show and turn

pro on hold, but he said he has no regrets.

“I love fighting, and I love the Marine Corps. I don’t regret volunteering to come out here at all,” Varriale said. “Even though I’m not training at home, we’ve put together a bunch of great guys that want to train and learn (martial arts). So now, I’m right back at it, teaching MMA and getting to train along side the Marines.”

Varriale began learning boxing and mixed martial arts from his father at the age of five.

“My dad taught me never to fear anyone and most of all, to take the edge and never let anyone get the upper hand,” he said. “My dad was a huge influence on me.”

Throughout the years, he continued to train in MMA and eventually joined the New Jersey International Martial Arts and Boxing Team, where he sharpened his skills in several different styles of martial arts, including; maui tai, Brazilian jui jitsu, boxing, submission grappling, eskrima

and jeet kun do.

“I started with the team when I was 23, and my coach, Jerry Fatjo, said that I wasn’t ready to start cage fighting until after two years with the team,” said Varriale, who graduated from Old Bridge High School in 1998. “Fatjo has coached me since I joined the team and has become like a second father to me.”

When asked how his coach felt about him volunteering to deploy to Iraq, Varriale said his coach was worried, but he also said that he is supportive.

Varriale will get back into training as soon as he returns home from his deployment and said that if he doesn’t stay in shape while he is in Iraq, his coaches will ‘enjoy’ getting him back into shape.

Varriale would like to recognize his coaches, Jerry Fatjo, Eric Colon, Chris “Oldness” and Fernando Sarmento Jr. “Cabeza,” and his teammates saying, “I would like to wish all my teammates good luck in their upcoming fights and I will be home soon to train with them.”



Pfc. Jerry Murphy

Lance Cpl. Sean E. Varriale, a radio operator with 2nd Battalion, 24th Marine Regiment, watches over and corrects mistakes two Marines make during a training session Mar. 6. Varriale is training with hopes to someday become a professional mixed martial arts fighter and possibly earn a spot on the popular television show the Ultimate Fighter.