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Hawaii Marine

Lance Cpl. Nathan Knapke | Hawaii Marine

Petty Officer 2nd Class Farid Pezeshkian, 23, a corpsman with 3rd Marine Regiment, spends a moment gazing at the names of his friends after a brick-laying ceremony at the Pacific War Memorial, July 18.

3rd Marine Regiment memorializes brothers

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

Marines, sailors, family and friends of 3rd Marine Regiment gathered at the Pacific War Memorial for a brick-laying ceremony to honor three fallen Marines, July 15.

The names of the three Marines who paid the ultimate sacrifice were forever etched in bricks, and given a place in the Walkway of Honor.

Lance Cpl. Gregory T. Buckley, 21, native of Oceanside, N.Y.; Cpl. Richard A. Rivera Jr., 20, native of Ventura, Calif.; Staff Sgt. Scott E. Dickinson, 29, native of San Diego, all were assigned to Headquarters Company, 3rd Marines, 3rd Marine Division, III Marine Expeditionary Force.

While deployed, they were attached to 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Marine Corps Base Camp Lejeune, N.C. They were killed Aug. 10, 2012 in Garmsir District, Afghanistan.

"I deployed with all three of them," said Petty Officer 2nd Class Farid Pezeshkian, 23, a corpsman with 3rd Marine Regiment, and a native of Houston. "These men were some of the best Marines I have ever known."

Pezeshkian added not a day goes by that his thoughts don't include them.

> *"These men were some of the best Marines I have ever known. There isn't a day that goes by when I don't think about them."*
> *- Petty Officer 2nd Class Faric Pezeshkian*

Col. Timothy Winand, 3rd Marines commanding officer and Col. Nathan Nastase, the regiment's commanding officer during the 2012 deployment, spoke at the ceremony. Nastase said he likes to come to the monument when it's quiet and no one is around. He said he wants to make sure that when the sun sets over the mountains, the bricks are among the last things to retain the sun's warmth before the sky turned dark.

Sgt. Maj. Justin LeHew, regimental sergeant major, 3rd Marines, talked about the history of the monument, the Marine Corps and the battles in which Marines fought. He said this monument and the names printed on the bricks represent what it means to be a Marine. He said that it's very appropriate that the Marines' names are remembered at a memorial that means so much to the Corps.

Dickinson's wife, Alicia, was present to unveil the three names during the ceremony. She knelt down with both Nastase and Winand to remove the tape from the bricks. After the bricks were uncovered, Marines and sailors knelt down and bowed their heads to pay respects to their fallen brothers. Attendees also brought flowers to rest next to the bricks.

"Everyone here today will never forget these three Marines," said Cpl. Jeremiah Moore, 21, an infantryman with Combat Assault Company, 3rd Marines. "Now that their names are here at the Pacific War Memorial, their memories will live on forever."

Veterans share stories with wounded warriors

Cpl. Matthew Callahan
Marine Corps Base Hawaii

Two Marine veterans, spanning two generations of service and two conflicts, visited the Wounded Warrior Battalion West - Detachment Hawaii to speak with the wounded, ill and injured Marines and sailors about their experiences in the Corps and life after service, July 12.

Lance Cpl. Dean "Skip" Smith, a machine gunner who served 18 months in the Vietnam War until he was wounded in combat in 1967. Along with Smith was Cpl. Ken Davidson, a Marine who served on the Marshall Islands during World War II in 1942, also shared his experiences in wartime. During his talk with the wounded warriors, Smith touched on topics such as post-traumatic stress disorder, the dissent of the public toward the Vietnam War and alcoholism.

"I was a country boy from Indiana," Smith said. "It was either join the Navy and see the world, or join the Marines and go to Vietnam. I had never really heard of Vietnam."

Smith talked about his time as a UH-1 Huey gunship crew chief, flying numerous combat missions to collect the dead and wounded before being assigned to "Suicide Charley" Company, 1st Battalion, 7th Marine Regiment.

"Joining 'Suicide Charley' was like being a part of the 'Dirty Dozen,'" Smith said. "Everyone had been shot at once or twice, or even three times. Whenever we went into the jungle, we knew we were going to be in there for a long time."

Smith elaborated further on his experiences after service, fighting alcoholism over the years and the struggles he had having fought in an "unpopular war," eventually making a life for himself in Australia, where he spent 25 years.

"I've stayed motivated and had a positive outlook," said Smith about his injuries and time in Vietnam. "It's easy to find a crutch or cane. I'm inspired by the friends I keep, like Ken."

Skip gave the floor to his good friend Davidson who enlisted in Oct. 1942, now 92 years old, who talked about his time in the Marine Corps in WWII as a communications and radar operator.

"Whenever I hear the 'Marines' Hymn,' I still get goose pimples on my cheeks," admitted Davidson. "To me, you're all heroes," he

See VETERANS, A-6

PTA: 'Island Warriors' train in Infantry Platoon Battle Course

Cpl. Matthew Callahan
Marine Corps Base Hawaii

POHAKULOA TRAINING AREA, Hawaii — Marines with second platoon, Golf Company, 2nd Battalion, 3rd Marine Regiment, conducted a live-fire exercise at the Infantry Platoon Battle Course on Range 10, Saturday, as part of Exercise Lava Viper.

Lava Viper, a staple of Hawaii-based Marines' pre deployment training cycle, is a battalion-level, combined-arms exercise designed to enhance the skills of the ground combat and support element Marines participating.

The exercise provided an opportunity for the Marines to coordinate a platoon-sized attack with weapons and engineer attachments.

"This is a confirmation of individual and squad-level skills," said 2nd Lt. James Warlick, second platoon commander, Golf Co., 2nd Bn. 3rd Marines. "We've been practicing this for the past week, and it allows us to rehearse fire and maneuver (as well as) integrate fire and supporting arms at the platoon level," Warlick stated.

Range 10 is a 1,000-meter range, packed with hills and lava rock-laden terrain, peppered with pop up "Ivan" targets. The Marines rushed forward in buddy teams, providing suppressive fire for their other platoon mates to move.

Attached to second platoon were medium machine gunners and assault men with weapons platoon, Golf Co., 2nd Bn., 3rd Marines. Combat engineers with Engineer Service Company, Combat Logistics Battalion

See COURSE, A-6

Cpl. Matthew Callahan | Hawaii Marine

Pfc. Matthew Bollig (front) and Pfc. Ryan Kelly, an assaultman with weapons platoon, Golf Company, 2nd Battalion, 3rd Marine Regiment, fire an 83 mm high explosive dual purpose rocket from a shoulder fired multipurpose assault weapon in a paired volley fire at the Infantry Platoon Battle Course, Range 10 in the Pohakuloa Training Area, Hawaii, during Exercise Lava Viper, Saturday.

The Unshakeable, Michelle Lee-Dominique shares her passion for fitness, **B-1**

DEFYing drug abuse
MCB Hawaii children enroll in anti-drug program, **C-5**

Saturday
High 84°
Low 74°

Sunday
High 84°
Low 73°

NEWS BRIEFS

Wash-n-Go Car Wash closed for renovations

The Wash-n-Go Car Wash located in building 6648 will be closed temporarily through July 31 due to renovations. During the closure, the manual car wash in building 98 will remain open. For more information, call 254-2775.

Base theater adds new showtimes

By popular demand, the base theater has added new showtimes, effective Sept. 6. The new showtimes include Wednesday at 6:30 p.m., Friday and Saturday at 6:30 and 9:15 p.m., and Sunday at 2 and 6:30 p.m. For more information, call the base theater at 254-7642.

Saturday urgent care walk-in clinic closes

Naval Health Clinic Hawaii will no longer offer its Saturday urgent care walk-in clinic at Branch Health Clinic Makalapa. All clinic operations will be closed to include pharmacy, lab and central appointments as a result of sequestration.

Beneficiaries can speak to a health care provider after hours by calling the "Provider After-Hours Advice Line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, call 864-4705.

Lawrence Road to close for repaving

Repaving of Lawrence Road between Mokapu Road and McClennan Drive will start on Monday, Aug. 26. The project is scheduled for three weeks weather permitting. Working hours will be from 7:30 a.m. to 4 p.m. Warning and vehicle message boards will be posted one week in advance of work and during the duration of work. The new traffic plan will be posted in the Hawaii Marine as the start date approaches. For more information, call 257-1159 or 257-5841.

Environmental department to close Fridays

If furloughs are implemented as currently planned, the Environmental Compliance and Protection Department offices will close once a week, Fridays. The closures are scheduled for up to 11 days through Sept. 20.

Office closures will affect the environmental staff in buildings 1359 and 1360 and the base recycling center at building 132. The Hazardous Material Minimization Center, Reuse Room (building 6407) and the Base Hazardous Waste Accumulation Site (building 6409) are not affected by the furlough and will remain open Monday through Friday, 7 a.m. to 3:30 p.m. For inquiries, contact Capt. Derek George at 257-5640 or derek.george@usmc.mil.

Base post office to close for training

The Military Post Office will be closed this coming Tuesday and Wednesday for training, upgrade and the installation of the new equipment. The Kailua and Kaneohe Post Offices will be open for regular hours during this time of transition. For more information, call 257-2008.

Change of Combat Camera hours of operation

Effective Aug. 1, Combat Camera will adjust its photographic studio hours due to the significant increase in personnel requesting command and promotion photographs on Fridays because of the mandated Uniform of the Day.

Walk-ins are available from Monday through Wednesday 8 to 11 a.m. Combat Camera will be closed Thursdays and will take appointments on Fridays. To make appointments call 257-1365. Operational hours for other Combat Camera sections or classroom support are not affected. For inquiries, call 257-1364 or 257-1394

Important phone numbers

On-base emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

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'Island Warriors' await darkness to train

1st Lt. Timothy D. Kirkpatrick | Marine Air Control Group 18

POHAKULOA TRAINING AREA, Hawaii — Marines with Weapons Company, 2nd Battalion, 3rd Marine Regiment prepare for nighttime live-fire support operations at Observation Point Ahi, Pohakuloa Training Center, Hawaii during Exercise Lava Viper 13.2, Sunday.

Passing the torch: Scott relieves Ramsden as CPRW-2 CO

Chief Petty Officer Edward Satorre | Commander, Patrol and Reconnaissance Wing 2

Capt. Christopher P. Ramsden, outgoing commanding officer, Commander, Patrol and Reconnaissance Wing 2, shakes hands with Capt. Lance G. Scott, incoming commanding officer, CPRW-2, during a change of command ceremony in Hangar 105, July 18. Scott previously served as the deputy director for Global Operations at the Pentagon. Ramsden is heading to Newport, R.I. to be an instructor at the U.S. Naval War College.

Marines, sailors receive awards in ceremony

Lance Cpl. Suzanna Knotts | Hawaii Marine

Col. Brian P. Annichiarico, commanding officer, Marine Corps Base Hawaii, and Sgt. Maj. Robert E. Eriksson, sergeant major, MCB Hawaii, present Marines and sailors with personal awards during the quarterly morning colors ceremony at the base flagpole, July 19.

AROUND THE CORPS

Marines awarded medals for lifesaving efforts

Lance Cpl. Mel Johnson
Regimental Combat Team 7

CAMP DWYER, Afghanistan — Ronald Reagan said "Some people spend an entire lifetime wondering if they made a difference in the world, but the Marines don't have that problem."

Lance Cpls. Jesse Pearsall and Timothy Pierce, both riflemen with 2nd Battalion, 8th Marine Regiment, Regimental Combat Team 7, were presented Navy and Marine Corps Achievement Medals by Capt. Todd Richardson, for making a difference to the victims of a car accident near Marine Corps Base Camp Lejeune Oct. 26, 2012.

"We were leaving Camp Lejeune and were about 10 minutes off the base when we saw cars swerving around something in the middle of the road," said Pierce, 24, a Wallace, N.C., native. "Once we got closer, we saw a smoking white minivan sitting in the middle of the road and pieces of moving debris all over the road — the accident had literally just happened.

"We quickly pulled over and ran toward the accident, and started helping the family inside," Pierce continued. "We were the first ones there."

Their quick thinking allowed them the necessary time to respond to the drivers and passengers of both vehicles involved in the accident.

"Having removed the children and mother from the first vehicle, we went over to the second vehicle to make sure the people inside were OK," said Pearsall. "Once we saw that they were fine, we focused our attention to the children, especially the little boy that was starting to turn blue in the face."

Lance Cpl. Mel Johnson | Regimental Combat Team 7

Lance Cpl. Timothy Pierce (right), 24, from Wallace, N.C., shakes hands with Capt. Todd Richardson, company commander, Echo Company, 2nd Battalion, 8th Marine Regiment, Regimental Combat Team 7, after being awarded the Navy and Marine Corps Achievement Medal, July 12.

"When I saw him, I was shocked at first," said Pearsall, a 20-year-old native of Gloucester, Va. "But after that 'Oh crap!' moment, I cleared his mouth of what was constricting his breathing, and then I started blowing air in his mouth to keep the oxygen flowing."

Having helped to the best of their abilities, the two Marines quickly informed their chain of command, and waited for the paramedics to arrive.

Pierce explained that after calling their squad leader, they had to stop and think about what they had done.

"We just sat there," said Pierce. "Sat there and repeatedly asked each other what just happened because it all went by so fast and was over before we knew it. We definitely didn't expect to get anything for it.

"Honestly, it's not about the awards or recognition," said Pierce. "It was simply the right thing to do. Were it my family, I wouldn't want people just passing by as if nothing happened."

Like many Marines who have come before them, Pierce and Pearsall did the right thing without hesitation.

"They didn't have to stop," said 1st Lt. Joseph Burger, a platoon commander with Echo Company. "They could've been like every person who drove by, but they didn't, and that's what sets them apart from others."

'Cutting Edge' prepares for next deployment

Cpl. D. J. Wu
Marine Corps Air Ground Combat Center, Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — In the past 10 years, 3rd Battalion, 7th Marine Regiment, has deployed for combat missions in support of Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan.

With OEF coming to a close in 2014, 3rd Bn., 7th Marines is heading into the Integrated Training Exercise for the unit's last time in preparation for their deployment.

The unit is utilizing ITX to work on their new plan for Afghanistan. They will be focusing their efforts on letting the Afghan National Security Force take the lead.

Lance Cpl. Alejandro Bedoya | Marine Corps Air Ground Combat Center Twentynine Palms

Cpl. Zachary Wrightsman, data supervisor, 3rd Battalion, 7th Marine Regiment, fills a sand bag at the Combat Center's Range 215 Forward Operating Base 3, July 17.

"There are a lot of unknowns surrounding this deployment," said Capt. Colin Chisholm, operations officer. "It's not that our mission isn't clear, it's that the mission includes a broad spectrum of potential tasks for 3rd Bn., 7th Marines. With ANSF doing more and more, we are transitioning into a follow and support position."

This will be the battalion's third and potentially final deployment to Afghanistan and even though much of their mission is similar to previous deployments, there is a sense that things are different.

"It's not going to be the same as it was last time," said Staff Sgt. James Gilchrist, platoon sergeant, India Company, 3rd Bn., 7th Marines. "With all the stuff that we're getting, its going to be a different fight."

The "Cutting Edge" starts their iteration of ITX this week and will make the most out of the 29-day-training cycle.

"We're going to use this ITX to make sure we're good at the basics," said Chisholm. "We're going to make sure we're as good as we possibly can be, offense and defense stability. We're going to use the last evolution of the ITX, the battalion stability exercise, to try to model what (3rd Battalion, 4th Marine Regiment) is doing in Afghanistan."

The battalion will be replacing the "Thundering Third" in Afghanistan and taking over from where they left off. The mission in Afghanistan is establishing the ANSF as the main authority of the region and the Marines are helping to guide the way.

"We're there helping them plan," said Chisholm. "They do it, but we're there if they need the help. We're trying to train for a lot of contingencies, a lot of small-scale platoon to company-sized helo-born assaults. Essentially what we think we'll be doing is a lot of Quick Reaction Force over there, a lot of counter (improvised explosive device) support and medical evacuation."

For a lot of Marines in 3rd Bn., 7th Marines, it will be their first and last deployment to Afghanistan. This ITX is an opportunity for them to take it all in and learn with a unit that has done nothing but war in the last decade. Those that are going again one last time may have mixed feelings.

"It's kind of bittersweet I guess," said Gilchrist. "It's kind of good to know that we don't have to go back, but I wish we could do more before we leave."

The battalion will focus on what they need to do in ITX to deploy to what could be its last mission in Afghanistan later this year.

Guam Marines support, share island's 69th Liberation celebration

Sgt. John Raufmann
Marine Corps Activity Guam

YIGO, Guam — Marine Corps Activity Guam Marines wrapped up support for the island's 69th Liberation celebration Sunday by participating in the Liberation Day Parade, the culminating event in a series of ceremonies and celebrations across the island.

The small band of Marines permanently stationed on Guam participated in and supported events throughout the week to honor their shared history with island residents and join in this tremendous annual celebration.

Cpl. Chris Henderson, a native of Arkansas and the training chief for Marine Corps Activity Guam said working with local residents during the week showed him how closely Marines are tied to the island's history.

"You get to see how the Chamorro look at the Marines for what they did here," Henderson explained, "and you actually get to know that you're a part of the history of why the island is free today."

Liberation events include memorials, ceremonies, fiestas and celebrations of life and freedom in each village across the island. Residents honor victims of massacre sites and the brutality of occupation, while also emphasizing forgiveness of their former enemy. Guam Marines attended memorials, in which they lit candles and honored lives lost, supported joint color guards at events, and assisted residents in preparing their memorial site for their celebration. These events culminated in a festive parade Sunday, and Marines again joined in the celebration as guests on several village floats.

The whole month of July is dedicated to Liberation preparation and activities leading up to the parade, the same day U.S. forces landed on Guam in 1944 to free local residents from Japanese occupation and oppression.

Naval cruisers, battleships and destroyer escorts bombarded the island for 13 days to dislocate the Japanese. At 8:28 on July 21, 1944, Marines began the assault at Agat and Agana, sustaining heavy casualties.

After three weeks, the Japanese ceased fire and almost all resistance ceased. Guam was free, but paid with many lives lost. Events in the Liberation week are humbling reminders of the price of freedom.

Residents mark the historical importance of the month by remembering the lives of local Chamorros who died from the Japanese invasion in December 1941 through the occupation and liberation and the Marines who gave their lives during the invasion and liberation. More than 3,000 residents and Marines died during this time.

Marines are still held in high regard on the island for their efforts to free residents, a testament to the strong Guam culture remembering the past.

"Marines are looked at as the liberators of Guam here during the 21st of July. Any year you will not see a hand turned away from a Marine or a good welcome, so in general military are well-perceived, but Marines are even more-so," said Lt. Cmdr. Edward Casas, executive officer at Guam's Navy Munitions Command, East Asia Division, and a native of Weslaco, Texas.

Liberation events are also cultural celebrations in which they pay tribute to service members for their service and those who have served to commemorate the liberation and the continued defense of Guam. This island pride goes beyond the defense of the island, but also of the United States as a whole.

Guam Lt. Gov. Raymond S. Tenorio said, "The freedoms that sometimes we take for granted other people covet and want, and when we see our military members out there, we know they're fighting for those same freedoms."

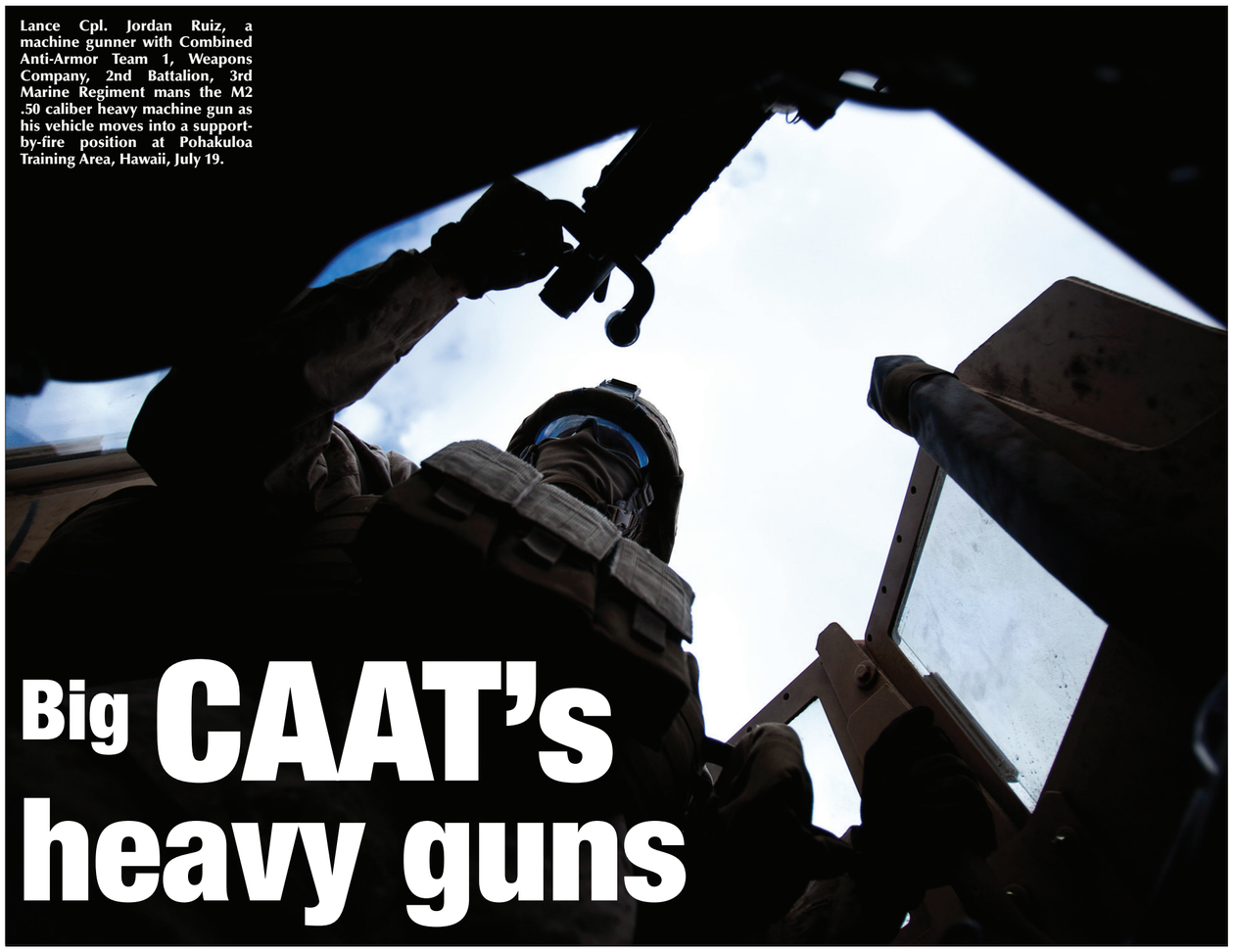
As Liberation events drew to a close, the parade completed this year's celebration. A joint color guard made of Marines, sailors, Coast Guardsmen, Air Force and Guam Army National Guardsmen led the parade to open the festivities while hundreds of people cheered along the route.

Sgt. John Raufmann | Marine Corps Activity Guam

Guam native Sgt. Albert Opena III (carrying the Marine Corps flag in the center) and Texas native Cpl. German Trevizo (far right) participate in the joint color guard as they march down Marine Corps Drive during the Liberation Day Parade Sunday on Guam.

Organizations, groups and families all took part in presentations along the route while music played and crowds celebrated. Residents offered local food and shared music with island visitors in attendance and continued to celebrate throughout the day.

"Liberation day in Guam has helped the community to accept the past," said Asan Mayor Joana Margaret Castro Blas. "Although we have lost a lot, we commemorate them on this month of July."



Lance Cpl. Jordan Ruiz, a machine gunner with Combined Anti-Armor Team 1, Weapons Company, 2nd Battalion, 3rd Marine Regiment mans the M2 .50 caliber heavy machine gun as his vehicle moves into a support-by-fire position at Pohakuloa Training Area, Hawaii, July 19.

Big CAAT's heavy guns

Weapons Company 'Havoc' supports by fire

Story and photos by Cpl. Matthew Callahan
Marine Corps Base Hawaii

POHAKULOA TRAINING AREA, Hawaii — The air was thin, dusty and ripe with anticipation. Marines scrambled around Forward Operating Base 421, collecting gear, ammunition and conducting pre-combat checks and inspections. A big operation was about to commence and a medley of assets was involved.

The "Island Warriors" of Echo Company, 2nd Battalion, 3rd Marine Regiment conducted a mechanized assault with air and artillery to support the operation as part of Exercise Lava Viper, Saturday.

Lava Viper, a staple of Hawaii-based Marines' pre-deployment training cycle, is a battalion-level combined-arms exercise designed to enhance the skills of the ground combat and support element Marines participating. Before the mechanized attack began, 2nd Bn., 3rd Marine's battalion gunner brought everyone in for a range safety brief, he laid out the scheme of maneuver for the Marines.

In the crowd of personnel there were riflemen, amphibious assault vehicle operators and fire support team Marines. In the back of the crowd stood Combined Anti-Armor Team 1, Weapons Company, 2nd Bn., 3rd Marines, with cards on the table unique to infantry battalions — CAAT sections bring the big guns to the fight, operating the M2 .50 caliber heavy machine gun and the Saber system, which launches a tube-launched, optically tracked, wired guided missile.

With newly-grown prominent field mustaches and utility uniforms stained with dirt and dust from two weeks at PTA, CAAT1B rode to the top of a ridge overlooking the battle space and set up a support-by-fire position while Echo's AAV-borne Marines assault company set off toward their objective on foot.

While convoying through PTA's volcanic terrain, the constant chirp of radio chatter goes back and forth between vehicles. For CAAT1B, the "vics" are their makeshift mobile homes in the volcanic landscape.

"If we had to go to war on Mars, we'd be ready," jokes Lance Cpl. Samuel Breeden, a vehicle commander with CAAT1B, Weapons Co., 2nd Bn., 3rd Marines, about PTA's notoriously rocky terrain.

The assault commenced with a TOW launch from CAAT1B. The missile knocked out a simulated air defense asset, freeing up the surrounding airspace for rotor-winged aircraft to support the operation.

The TOW missle shot and CAAT1B opened up with "talking guns" from their "Ma Deuce" .50 caliber machine guns. Each vehicle carried 800 armor piercing incendiary rounds.

"I have a lot of firepower under my command," said Cpl. Jeff Schmuck, section leader for CAAT1B, Weapons Co., 2nd Bn., 3rd Marines. "I like being in charge of the different weapon systems. Coordinating fires can be a ton of fun."

The gunners took turns firing, one letting off a burst, and pausing while the next gunner fired his rounds and so on. This kept a constant flow of suppressive fire for advancing riflemen to rely on.

"Talking guns is what we use to keep an economy of rounds," Breeden said. "It allows us to keep track of how many rounds are being used so we can stay in the fight and have enough ammunition to support whatever company we're suppressing for, for the entirety of the operation. This weapon has been around since World War II, and it hasn't failed us yet."

Vehicle commanders kneeled next to their turret gunners, assisting them with reloads and visually guiding them on target. The machine gunners could be heard howling amidst the heavy gun fire as they pummeled their target points in the distance, sparks and smoke flying from impact zones.

As the Echo Marines and trackers advanced forward, CAAT1B shifted its fires to compensate.

"We shift our fires for moving targets and to keep from injuring friendly advancing forces," said Sgt. Michael Felgenhauer, the anti-tank missileman who commenced the mechanized assault. "This was my first big operation with this unit, and everything went really smoothly."

"We have a good crew of guys," said Schmuck about his section. "Individual actions are strong, and everyone pulls their weight. There's no one else in the battalion that does what we do and there's no other place I'd rather be. It makes you feel bigger and badder than anyone else."

Lance Cpl. Garrett Brixom, a machine gunner with Combined Anti-Armor Team 1 Bravo, 2nd Battalion, 3rd Marine Regiment shoots his .50 caliber heavy machine gun, sending a burst of armor-piercing, incendiary rounds on target at Pohakuloa Training Area, Hawaii, July 19.

Lance Cpl. Samuel Breeden, a Benton, Ill. native and vehicle commander with Combined Anti-Armor Team 1, Weapons Company, 2nd Battalion, 3rd Marine Regiment, helps his turret gunner load a M2 .50 caliber heavy machine gun in a support-by-fire position at Pohakuloa Training Area, Hawaii, July 19. The CAAT section positioned in a support–by–fire position to support Echo Company Marines conducting a mechanized company-level assault as part of Exercise Lava Viper.

ABOVE: Beside the vehicle turret, .50 caliber brass and chain links mounted after Combined Anti-Armor Team 1 Bravo, Weapons Company, 2nd Battalion, 3rd Marine Regiment began opening fire on targets in support of Echo Company as they conducted a mechanized company-level live-fire assault at Pohakuloa Training Area, Hawaii, July 19.

LEFT: Marines with Combined Anti-Armor Team 1 Bravo, Weapons Company, 2nd Battalion, 3rd Marine Regiment send .50 caliber machine gunfire down range in a support–by–fire position at Pohakuloa Training Area, Hawaii, July 19.

BELOW: Marines with Combined Anti-Armor Team 1 Bravo fire heavy machine guns from a support by fire position in support of a company-level mechanized live-fire assault Echo Company, 2nd Battalion, 3rd Marine Regiment conducted at Pohakuloa Training Area, Hawaii, July 19.

VETERANS, from A-1

said to the Marines and sailors of the detachment.

Staff Sgt. Brian Koehn, the assistant operations chief with the detachment, stayed back after the Veterans had shared their stories to talk personally with Smith.

"I believe that having these Marines come in and share their stories and how they coped with their trauma can greatly benefit the Marines of Wounded Warriors," Koehn said. "What stuck out to me is how easily they are to talk about their conditions and the triggers for their episodes."

Koehn said that Marines especially hide their problems for fear of being "taken out of the fight," and that sometimes just talking about it helps.

"The two Marines (here) were from very different eras and served much different times, but they found each other, spending countless hours a week just talking," Koehn said. "I believe all Marines and sailors can learn from this and I hope that they can begin talking about their conditions so that, in turn, they can recover."

Cpl. Matthew Callahan | Hawaii Marine

Dean "Skip" Smith, a Marine machine gunner who served with "Suicide Charley" Company, 1st Battalion, 7th Marine Regiment in Vietnam (left), shows Staff Sgt. Brian Koehn, assistant operations chief for Wounded Warrior Battalion West - Detachment Hawaii his collection of photos, old contacts and signatures from Marines over the years.

Cpl. Matthew Callahan | Hawaii Marine

Arlington, Va., native 2nd Lt. James Warlick, second platoon commander, Golf Company, 2nd Battalion, 3rd Marine Regiment leads his Marines through a series of trenches during a live-fire platoon attack at the Infantry Platoon Battle Course, Range 10 at Pohakuloa Training Area, Hawaii, Saturday. "This attack is a confirmation of individual and squad level skills," Warlick said. The attack was part of Exercise Lava Viper, a battalion-level combined-arms exercise designed to enhance the abilities of ground combat and support element Marines participating.

COURSE, from A-1

3 were also present to hasten the Marines' advance through the battle course.

"Our mission was to provide a heavy, high and accurate volume of fire in support of 2nd platoon's offensive operation," explained Pfc. Kyle Tardiff, machine gunner, weapons platoon, Golf Co., 2nd Bn., 3rd Marines. The machine gunners set up in a support-by-fire position at the start of the range, in an elevated position overlooking the battle space with two M240B medium machine gun teams.

While automatic fire rang out overhead, engineers were tasked with breaching obstacles obstructing the movement of second platoon Marines.

Once the obstacles were cleared with explosives, the riflemen and assaultmen bounded across a danger area and into a series of trenches, moving and clearing small inlets with M67 fragmentation grenades along the way.

"Squad leaders were doing a great job of moving their Marines where they needed to be and our attachments did very well," emphasized Warlick.

Exiting the trenches, riflemen set into support positions while assaultmen armed their Mk. 153 Shoulder-Fired Multi-Purpose Assault Weapons to take out simulated enemy vehicles roughly 150 meters ahead of the platoon.

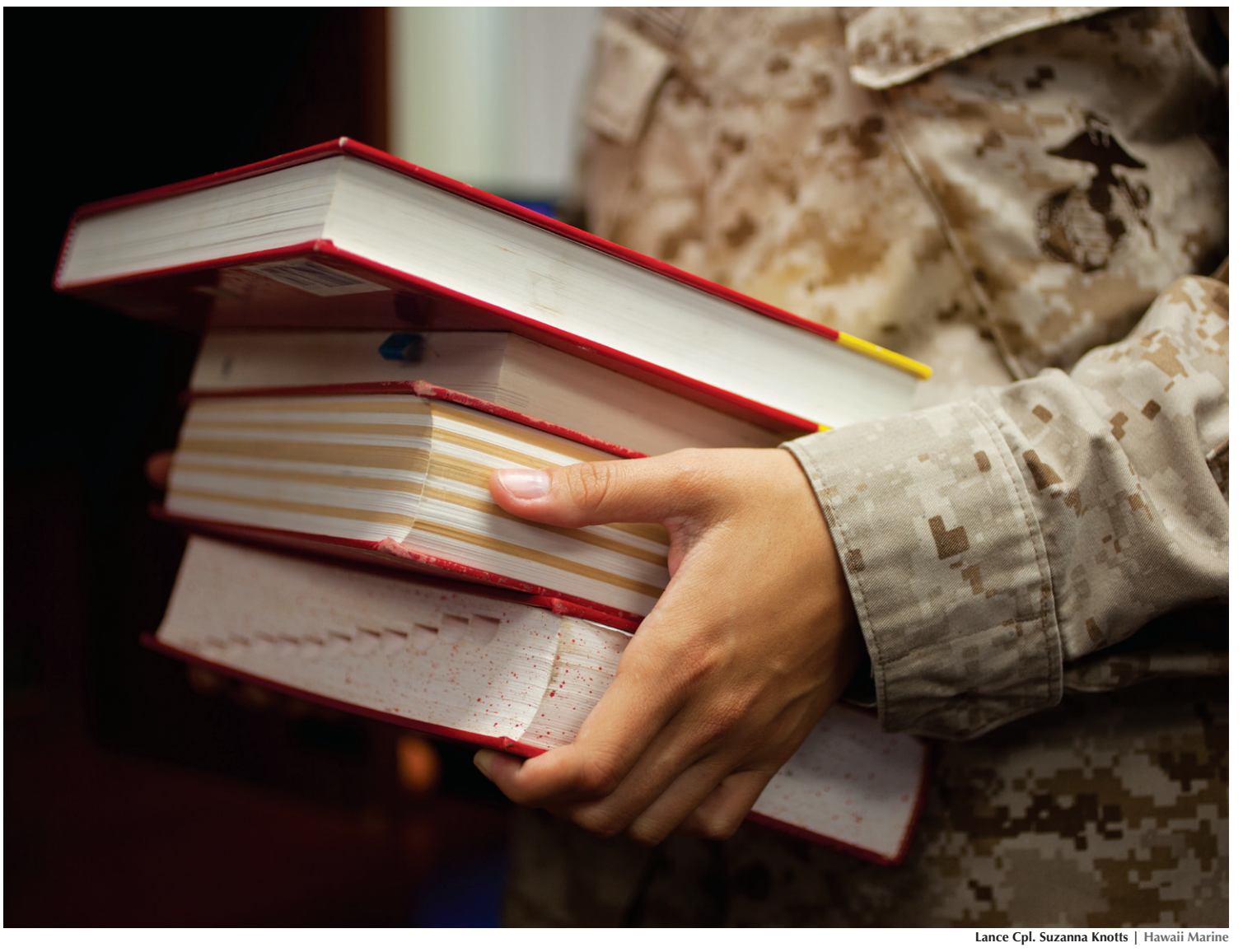
Paired with the assaultmen were rifle Marines armed with AT-4 84mm single-use rocket launchers. The teams fired consecutive volley fires and destroyed the enemy vehicles.

Upon completion of the volley fires, a counter attack was called and Chemical, Biological, Radiological, Nuclear Marines were present to administer a slew of tear gas grenades. Marines quickly brandished their M50 gas masks and continued to counter the simulated advancing enemy force.

"The use of the gas is to provide confidence to Marines in an uncontrolled environment while still performing their offensive, defensive and counter attacks on the enemy with their masks on," said Cpl. Carlos Iruegas, CBRN Chief, Headquarters and Service Company, 2nd Bn., 3rd Marines. "Although the gas is only a riot-control agent, the repetitious donning of the masks provides Marines with the muscle memory necessary in case a nerve agent is ever used in a real combat situation."

Changes in TA affect education at MCBH

Lance Cpl. Suzanna Knotts
Marine Corps Base Hawaii



Lance Cpl. Suzanna Knotts | Hawaii Marine

Marines have options with continuing their education since tuition assistance was reinstated in April. The biggest change has been spending, since each education center has limited funding available, depending on the number of students.

When tuition assistance was reinstated in April, the rules and regulations changed as education service officers worked together to figure out the best plan for service members and their education. The biggest change has been spending. Each education center has limited funding available, depending on the number of students.

"The major challenge is having less money," said Craig Lockwood, the lead education specialist at the Education Center. "I have been here for seven years and we never had a cap on spending. Now every base has a cap, and each base has to stay under that cap. Now more then ever, Marines need to be very serious with their education."

The Education Center has to maintain a balance between wanting to get Marines educated, which is their number one mission, and protecting government money.

Lockwood said the best plan for students, especially those who are first-time college students, is to start with one course and understand the policies.

"Tuition assistance is a privilege, not a guarantee," Lockwood said. "A Marine's chain of command can deny it for any justifiable reason, such as upcoming deployments. So my advice is don't take on more than you can handle, since taking classes as a Marine is difficult.

"You are a full-time service member," he added. "There's a lot on your plate like training, exercises, and deployments. Taking classes on top of that can be a huge workload. But if you think of it like a rock, taking one class at a time is like 'chipping away' at it until you have your degree."

All Marines have some college credit, even if they never attended college, because of their military service. Training at boot camp, combat training, school of infantry and military occupational specialty school all give Marines college credits.

"It all adds up," Lockwood said. "The key is to pull it all together."

Marines can also earn credit through College-Level Examination Program, which is a credit-by-exam program.

"You take an exam, pass the test and earn college credit," Lockwood said. "It's a really great program, ideal for military members."

The major year-long addition to tuition assistance is electronic tuition assistance, which means students can file their application form on their personal computers instead of bringing the hard copy to the Education Center. Marines can also be approved for tuition assistance online.

Marine Corps bases in Okinawa, Japan, and Hawaii will be the last ones to make the change. Mimi Ogiba, the senior education technician at the Education Center, said this change should take place sometime in September.

Lockwood said every Wednesday at 11:30 a.m. the Education Center conducts hourlong tuition assistance briefs. If you are using tuition assistance for the first time, you must attend the brief.

The Education Center is hosting an education fair on Wednesday, Aug. 28, at Mokapu Mall from 10 a.m. to 1 p.m. Academic advisors from more than 15 on-base colleges will attend, and attendees can learn more about tuition assistance, as well as other education concerns. Service members, veterans, Department of Defense civilians and families are eligible to attend.

Ogiba said she has seen many Marines get their degrees by "chipping away at the stone."

"I've been here for 16 years," Ogiba said. "I know of a Marine who completed his master's degree one class at a time and now has a good job in the civilian world. There are many like this, who received their degrees taking one step at a time."

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Sports & Health

The Unshakeable

Photos by Cpl. Sarah Dietz

Michelle Lee-Dominique is unshakeable. She is a 5-foot-2-inch ex-police officer, turned fitness guru. She is determined to beat sickness, sexism and pain. Unshakeable.

Lance Cpl. Janelle Y. Chapman
Marine Corps Base Hawaii

Michelle Lee-Dominique has a unique love for fitness, but it wasn't just for the looks or the physical strength. She began her obsession with fitness in 2001.

Inspiration

"What really kind of catapulted my fitness obsession, was my mother," Lee-Dominique said. "She was diagnosed with cancer and that kind of hit home. So once that happened I was like I don't want to get sick. I didn't want that to happen to me so I figured I might as well try to strengthen my body to cope with whatever elements do come."

At first she wasn't looking for big muscles, fast run times, or maxed out bench presses, she was looking to protect herself from unpredictable illnesses. She was looking to strengthen her body to where it could battle what illnesses might come her way, but her view on fitness has changed over the years.

In 2004 her mother lost her battle with cancer, which pushed Lee-Dominique harder into her fitness obsession, learning everyday what working out and nutrition could do.

A battle to fight

She entered the police academy at the age of 25. When her classmates struggled with physical training, she dominated. Her seemingly effortless ability to overcome physical challenges was mostly due to her five-year obsession with fitness. She even received the fitness award for her class, beating not only the females but also the males in her class.

The day of graduation was a very special day, not just because she had finally achieved the title of police officer, but because it was also her wedding day. She married her long-distance Marine boyfriend that night.

Her journey as a policewoman in New Orleans lasted one year and three months. Lee-Dominique battled sexism during her time on the force. She was mission oriented, and said she loved her job, but would not let the daily fight with discrimination shake her character, she eventually decided to pursue a different dream — fitness.

When her days as an officer ended in 2009, she packed up and moved from her home in LaPlace, La. to Yuma, Ariz. to live with her husband.

Pursuing a dream

She brought her love of fitness with her across the country. She began going to the gym religiously at 4 a.m. every morning with a few friends.

During one of the aerobics classes at the base gym, she had an epiphany. She wanted to be a class instructor.

"It was a group exercise instructor who inspired me to do it," Lee-Dominique said. "Andy Scheeler, I went to her class and I was like she's got rhythm. I liked her. She was full of energy. She's good at what she does and I was like I want to be like you. She motivated me and she pushed me to do it. She was my mentor; my inspiration."

In 2010, she got her certification to be a group instructor. With that she could teach any group class she wanted. She started to teach classes at the base gym and enjoyed every minute of it. You can see the passion she has for instructing classes. You can hear it in her voice and see it in her face. This is something she loves.

"You have to love what you do," Lee-Dominique said. "Fitness to me is very important not only for your well-being but for life. It's a lifestyle."

She had finally found her niche. She began teaching classes from cycling to step. She taught whatever they needed her to teach, sometimes subbing for other instructors.

Beating a stereotype

"I'm not afraid to lift weights," Lee-Dominique said. "I think a lot of the misconception is that if girls lift heavy weights they are going to look like a dude. No, if you take steroids you will look like a dude. So don't take any steroids."

There is a misconception that women must do cardio and lose weight because lifting weights is for men, but Lee-Dominique has the opposite mindset.

"I'm trying to get as heavy as possible," Lee-Dominique said. "I'm trying to put the 45-pound weights on there. I'm trying to back squat more then the guys. I want to put two 45-pound weights on. What I like to do is when I'm doing shoulder presses I like to grab the 40-pound dumbbells and sit there and do it and watch a dude with 25-pound dumbbells. But I'm not going for 20 repetitions; I'm going for 30. I'm going for the weight and the reps. Women should not be afraid to lift heavy."

'Crazy Socks'

During one of her usual workouts she noticed some women who wore knee high socks. The next day her and her friends all came in with colorful socks. That was the beginning of Michelle "Crazy Socks."

Everyday after that she wore different color and pattern socks, not even trying to match the socks. It fit well with her bubbly personality.

"I figured I might as well look good and have fun while I'm enjoying it," Lee-Dominique said. "It was just a thing. I love socks and I love colors. It's an easily identifiable thing. They might not know who I am. So I'm 'the girl with the socks.'"

That's when her fitness pastime turned into something more.

"You have to love what you do. Fitness to me is very important not only for your well-being but for life, its a lifestyle." - Michelle Lee-Dominique

Unshakeable

In February her husband was given orders to Marine Corps Base Hawaii. Coming to Hawaii branched out her career even more and gave it an upgrade. She received a High Intensity Circuit Training certificate and an Aquatic Maximum Power Interval-training certificate, both through Marine Corps Community Services. The MCCS classes were brief and the certification only applied to classes at MCB Hawaii.

With these new certificates, she could now teach classes that were off limits before. She could now spread her wings in her profession and show everyone what she was really capable of.

"My enjoyment is that everyone has a good workout," Lee-Dominique said. "Seeing the faces like, 'That was awesome but I don't want to do it again.'"

In August she will be working to get certified as a personal trainer. But she isn't going to stop there. She has set more goals for herself, each one bigger then the last.

Perseverance

"I'm considering joining the Navy," Lee-Dominique said. "I want to think about it for a year. I want to finish my biology degree first. My mom got sick while I was in school so I had to work and pay bills. I didn't rely on anyone but myself so it got hard after a while and I couldn't do it. Now I'm getting back on track. I've been blessed because my husband is letting me use one year of his G.I. Bill and the other year I'll pay for out of pocket. I want to finish in biology and hopefully go for a masters in kinesiology."

Next time you go to the gym, look for the woman with crazy socks. She can be found teaching a class in the gym at lunchtime or squatting at the squat rack. She's almost always around and willing to help. Don't be intimidated. Take one of her classes, which are clearly marked on the schedule with the trainer name, Michelle "Crazy Socks."

During one of her usual workouts Michelle Lee-Dominique noticed some women who wore knee high socks. The next day her and her friends all came in with colorful socks. That was the beginning of Michelle "Crazy Socks."

KNOTTS

KNAPKE

Versus is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com.

If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below. Suit up ladies … it's game time.

Do professional athletes get paid too much?

Lance Cpl. Suzanna Knotts VS. Lance Cpl. Nathan Knapke

KNOTTS: When I think about what professional athletes do for a living compared to the rest of the world, it boggles my mind to think about the amount they get paid versus their contribution to society. Honestly, all I have to do is look to my left or right and see people much more deserving of the fat paycheck athletes receive, like service members. What do they truly do for the rest of the world that warrants such a large sum of money? I understand the importance of pastimes, and I understand how much people love their sports. But I think those who make sacrifices and contribute largely to the greater good of all are the ones who deserve big paychecks.

KNAPKE: It's not the athletes' fault they receive such huge salaries. Without fans willing to pay to watch them week in and week out they wouldn't have all that money. Don't be mad because these people put in extremely long hours to be where they are. I'm not saying the others don't, but they happen to be the best at what they do. The best financial advisors work on Wall Street and make millions of dollars a year. It's because they are the best at what they do. If you're really good at something, find a way to get paid for it. That's all professional athletes have done.

KNOTTS: That's a good point. I won't disagree with you on that. However, I think what they put in and what they get out of it is completely off, like an unbalanced scale. People who are really good at being police officers and teachers don't get paid more for it, do they? I'm sure they would like to get paid according to how well they saved a person's life or taught important life lessons, but unfortunately, they don't. I'm saying that people who work hard, no matter what their job title is, should get paid accordingly. I just think that some work harder and sacrifice more than others, and aren't compensated enough.

KNAPKE: Saving a person's life or teaching an important life lesson is an action that cannot be compensated. People should do those things because it's the right thing to do. At the end of the day people pay large amounts of money to watch professional athletes perform. It's just good business for owners to offer the most money to recruit the best players that brings fans into the stadium. Several athletes make that large salary for only four to five years, and then what? They go broke because they have such lavish lifestyles. So don't be too jealous. Here's another statistic; three percent own 90 percent of the wealth in America. That just means 97 percent of America don't know how to make money. Most only dream of doing what professional athletes do every day. Why shouldn't they get paid ridiculous amounts of money for being able to perform in ways most of us can't?

KNOTTS: I think it would be more reasonable if a professional athlete's pay was determined by the profitability of their seats, rather then their seat prices being determined by their pay. I feel they are being paid too much because the cost of their inflated paychecks results in inflated seat prices. If there was a cap on their pay, they would focus more on the game itself, and lavish lifestyles that come with being a professional athlete wouldn't exist. People pay those large amounts because they don't have a choice. Fans would go to stadiums more if the seat prices were lower. I agree, people should do the right thing because it's right, plain and simple. But don't you think if you did the right thing every day, you should be considered worthy of more pay then an athlete? Certainly you would have to agree with that — unless you're heartless.

KNAPKE: I can promise you I'm not heartless. This may blow your mind but I can feel it beating right now. Fans sell out stadiums all the time because they love to watch their favorite teams. You're right, the tickets are expensive. But if you were the owner wouldn't you make the seats as expensive as possible regardless of how amazing the team is? It's just good business. What do you mean, fans don't have a choice? It's called television. I can watch any game I want for an insanely lower fraction of the price on TV. Sure good people are more worthy than an athlete but most nice people don't make a large paycheck. It's too bad but it's society that pays the players. Don't blame the players because they decided to be a professional athlete. They get paid extraordinary salaries because they perform in extraordinary ways to which no one can even come close.

SPOTLIGHT ON SPORTS BRIEFS

First Tee of Hawaii offers golf lessons

The First Tee of Hawaii is offering its program free of charge to children of active duty service members, reservists and National Guardsmen, starting Sunday, Aug. 4 at the Bay View Golf Driving Range on Kaneohe Bay Drive at 11 a.m. Children ages 7 to 18 are eligible. The program teaches valuable life skills through the game of golf. For more information, visit http://www.thefirstteehawaii.org, email kwz711@hawaii.rr.com or call 478-3466.

Health promotion classes offered for 101 Days of Summer

During the 101 Days of Summer program there will be health promotion classes offered. The amount of points awarded to the unit will be based on percentage of unit that takes classes.

Contact the Health Promotion Office to schedule unit training. Classes available include tobacco prevention, injury prevention, nutrition, chronic disease prevention, physical fitness, alcohol and substance abuse, STD/HIV Transmission and Prevention. For more information about unit training, call 254-7636.

101 Days of Summer Flag Football Tournament

The 101 Days of Summer Flag Football Tournament is scheduled from July 30 to Aug. 3 at Pollack Field. Teams are allowed to have up to 15 players on their roster, but the game requires six players.

Earn points for your unit by participating. Register by close of business today. Email Quentin.Redmon@usmc.mil or call the Substance Abuse Counseling Center at 254-8377.

Register for Tradewind Triathlon

The public is invited to register for the Tradewind Triathlon Aug. 10 at Hangar 101 ramp, starting at 6:30 a.m. Race will consist of a 500-meter swim in Kaneohe Bay, 11.6-mile bike along the flightline and a 5k run before finishing at Dewey Square. Participants may enter individually or as a three-person relay team (one swims, one bikes, one runs). Online registration closes Aug. 6 at 4:30 p.m. Register at the Semper Fit Center or online at http://www.mccshawaii.com/races or call 254-7590 for more information.

Register for Keiki Tradewind Triathlon

The public is invited to register for the Keiki Tradewind Triathlon Aug. 10 at Hangar 101 ramp, starting at 6:30 a.m. The race will consist of two divisions, ages 7-10 and 11-14. The 7 to 10-year-old division will consist of a 100-meter swim, 3-mile bike and 0.8-mile run. 11-14 year old division will consist of a 200-meter swim, 6-mile bike and 1.2-mile run. Online registration closes Aug. 6 at 4:30 p.m. For more information, register at the Semper Fit Center or at http://www.mccshawaii.com/races or call 254-7590.

Base pool to offer fall swim lessons

The base pool is offering fall swimming lessons Aug. 5 to all Departsment of Defense civilians, service members and their families. Register at the base pool. For more information call Dino Leonard at 254-7655.

Compete in 101 Days of Summer Soccer Tournament

The 101 Days of Summer Soccer Tournament is scheduled from Aug. 6 to 16 at Riseley Field. As many as 15 players are allowed on each team for the 8-aside tournament. Participants can earn points for your unit. The deadline for registration is Wednesday. Email neil.morgan@usmc-mccs.org or call 254-7636.

Compete in 101 Days of Summer field meet

The 101 Days of Summer field meet is scheduled for Aug. 16 at Riseley Field. The entry deadline is Aug. 14. Events will include volleyball, horseshoes, tire flip, 100-yard dash, tug-o-war, big trike race and joust. Points awarded to units will vary based on events entered. For more information, call 254-7636.

Compete in Shank and Slice Golf Tournament

The Shank and Slice Golf Tournament is scheduled for Aug. 23 at the Kaneohe Klipper Golf Course. Participants may start checking in at 11:30 a.m. and there will be a shotgun start at 12:30 p.m. Units can earn up to 150 points — 10 points per person; maximum 15 people, toward the 101 Days of Summer program. Participants must register by Aug. 15. For more information, call 254-7593.

Single Marine and Sailor Program offers surf lessons

The Single Marine and Sailor Program is offering surfing lessons Aug. 11 from 9 a.m. to 3 p.m. The fee includes lessons, gear rental (board), transportation and barbecue. Bring sunscreen, towel, dry clothes, rash guards. "Reef-walkers" are recommended. Meet at Kahuna's Recreation Center at 9 a.m. Sign up by Aug. 6. The event is open to all single, unaccompanied Marines and sailors. Call Karley Peterson at 254-7593.

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

Lauren McMillen, a member of the Oahu community, crosses the finish line with her 7-year-old son, Liam, during the Camp Smith 5K Grueler, Saturday. The race, a part of the Commanding Officer's Fitness Series, was open to service members, their families and the general public.

Runners take on Camp Smith's 'grueling' trails

Cpl. Isis M. Ramirez
U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — Runners of all ages came from across the nation to run the steep trails of the Camp H.M. Smith 5k Grueler, Saturday.

The Grueler boasts sweeping views of Pearl Harbor and the Waianae Mountain Range.

Service members, their families and the general public were welcome to participate in the event, which many military families did. There was also a large number of vacationers from the mainland who signed up. First-time participants were treated to the awe-inspiring views atop Camp Smith's Bordelon Field.

As runners approached the starting point, some let out gasps of admiration as they looked down upon Ford Island.

"Oh my God, this is so beautiful," said one participant. Many others lined up on the field's edge to stretch as they soaked in the horizon.

More than 150 runners took on the challenge of the grueling trail and ascended close to 400 feet over a narrow, rooted and heavily-vegetated terrain trail before they could reach the turnaround. Many of the visiting competitors ran the 5-kilometer race as an added goal during their stay on Oahu.

More than 150 service members, their families and other members of the community run in the Camp H.M. Smith 5k Grueler, Saturday. The route, known for its scenic views and grueling ascent close 400 feet, also attracted many runners who were on Oahu for vacation.

"It was tough," said Dallas Giestige, an Ohio vacationer who ran the race to log some miles during his family vacation. "I'm always looking forward to a challenge."

The cross-country athlete conquered the Grueler in first place with a time of 20 minutes, 47 seconds, with the second-place runner trailing in 39 seconds behind. Giestige took home a Marine memento for his achievement.

Stefy Matsumura, who competed in the 45-to-49 age group, was the top overall female competitor, finishing in 22:30. She made a few playful bows when her name was called for her award.

The Camp H.M. Smith 5k Grueler was only one of 12 races in the Commanding Officer's Fitness Series this year. For on-island competitive fun, there are two triathlons in August. For more information, refer to http://www.mccshawaii.com/races/.

Youth soccer finishes second weekend

Photos by Kristen Wong | Hawaii Marine

Skulls player Jack Vermillion takes possession of the ball during a Mini Mite youth soccer game at the C Street Field, Saturday. The Skulls beat the Blizzards, 2-1. The youth soccer season started July 13, and will run through the end of August. The youth soccer teams are made up of children ages 5 through 15.

Skulls player Julio Guzman (left) and Blizzards player Malachai Cabrellis pursue the ball during a Mini Mite youth soccer game at the C Street Field, Saturday. The Skulls beat the Blizzards, 2-1. The youth soccer season started July 13, and will run through the end of August. The youth soccer teams are made up of children ages 5 through 15.

ABOVE: Blizzards player Lydia Maisey prepares to throw the ball onto the field during a Mini Mite youth soccer game at the C Street Field, Saturday. The Skulls beat the Blizzards, 2-1.

RIGHT: The players of the Skulls and Blizzards team pursue the ball during a Mini Mite youth soccer game at the C Street Field, Saturday. The Skulls beat the Blizzards, 2-1.

COMMUNITY AND VOLUNTEER BRIEFS

Register for Operation Hooah Joint Spouses' Conference 2013

Registration for "Operation Hooah," the 2013 Joint Spouses' Conference, will be available Aug. 12, 7 p.m. at http://www.jschawaii.com. This year, the conference will be held at Schofield Barracks, Oct. 5.

This year's JSC offers a wide variety of workshops and adventure-driven activities, a guest speaker, information expo, food, and a wrap-up party. Some workshops include a hands-on Thai cooking experience, stand up paddling and ocean kayaking. Attendees must be pre-registered to attend the conference, and spots fill up quickly. Visit the Joint Spouses' Conference 2013 Facebook page for frequent updates on new workshops and conference details.

Veterans Entrepreneurship Program

Applications are now being accepted for the Veterans Entrepreneurship Program through midnight Oct. 1. The VEP is an intense, eight-day training program at Oklahoma State University, which will cover topical modules comprising the critical areas of success for new and early stage ventures. These eight days are preceded by a five-week self-study component and are then followed by a 10-month period of mentorship and online peer-to-peer networking. Applications are online at http://entrepreneurship.okstate.edu/vep. Call the Riata Center for Entrepreneurship at 405-744–7552, or email vep@okstate.edu for more information.

Kokua Hawaii Foundation seeks volunteers

Kokua Hawaii Foundation is currently recruiting volunteers to join its AINA In Schools (Actively Integrating Nutrition and Agriculture In Schools) docent teams for our partnering schools for the 2013-2014 school year. The opportunity is a school year-long commitment. The intent of the program is to connect children to their land, waters and food to grow a healthier future for Hawaii. No experience is necessary. The foundation will train volunteers to teach nutrition lessons for grades 2 and 6, or garden lessons for kindergarten and grades 1, 3, 4 or 5.

Docent teams will teach these hands-on, cross curricular, standards-based lessons one day a month. Interested volunteers must be able to attend the first of four quarterly trainings in August and September for the component they are interested in (Gardens or Nutrition) and commit to a docent team from August 2013 to May 2014. For more information, email volunteer@kokuahawaiifoundation.org.

Hawaii Theatre Center to host auditions, apprenticeship programs

The Hawaii Theatre Center will hold auditions Aug. 12 for its 2013-2014 Hawaii Theatre Young Actors Ensemble, an acting program for high-school students. The Theatre also is scheduling interviews for the Technical Theatre Apprenticeship program (for teens ages 13 through 18). The audition and apprentice interview schedule Monday, Aug. 12 onstage at the Hawaii Theatre. The Hawaii Theatre Young Actors Ensemble auditions for ages 13 through 18 are from 4:30 to 6:30 p.m. Apprentice interviews for ages 13 through 18 are from 6:30 to 7:30 p.m. Register by Aug. 9. The programs are open to all Oahu students, and no experience is necessary. For inquiries or to register, call 791-1397 or email eden-leemurray@hawaiitheatre.com.

Base theater adds new showtimes

By popular demand, the base theater has added new showtimes, effective Sept. 6. The new showtimes include Wednesday at 6:30 p.m., Friday and Saturday at 6:30 and 9:15 p.m., and Sunday at 2 and 6:30 p.m. For more information, call the theater at 254-7642.

Public invited to Summer Fest 2013

Enjoy "Summer Fest 2013," a craft and vendor fair on Aug. 3, held at Kailua United Methodist Church from 9 a.m. to 3 p.m. With more than 50 vendors, Summer Fest offers the Windward side a wide variety of specialty items, crafts, plant sale, and shave ice, as well as a mini health expo. For more information, visit http://www.kailuaumc.org/summerfest.

Rediscover Kokokahi at the YWCA of Oahu's Kokokahi Community Fair

Save the date for the YWCA of Oahu's Kokokahi Community Fair, scheduled for Sept. 14 from 9 a.m. to 4:30 p.m. This free event on the bay will be a full day of family, fun, food, and exploration. This event will include food trucks, live entertainment featuring Holunape and many others, a keiki fun zone with inflatables and slides, cultural and family activities. On-site parking and satellite parking and shuttles will be available. Contact Wendy Chang at wchang@ywcaoahu.org or call 695-2620 for more information.

Blue Star Museums offering free admission

From Memorial Day to Labor Day, Blue Star Musuems offers free admission to more than 1,800 museums. The offer is extended to active duty military, including Army, Navy, Air Force, Coast Guard, Marines, National Guard, and Reservists with up to five family members. Visit http://www.arts.gov for more information.

Annual Rice Festival scheduled in September

The public is invited to the free 4th Annual Rice Festival, Sept. 1, from noon to 5 p.m. at Ward Centers. Sample various rice dishes from more than 30 rice vendors, participate in a spam eating contest or watch experts attempt to build the world's largest spam musubi. There will be activities, demonstrations and entertainment. For more details, visit http://www.ricefest.com.

Register for August AFCEA luncheon

The Armed Forces Communications and Electronics Association luncheon is scheduled for Aug. 13 at the Hale Ikena Club aboard Fort Shafter. Check-in starts at 11 a.m. and the buffet will be available at 11:30 a.m. The guest speaker is Rear Adm. Frank Ponds of Navy Region Hawaii. There is a fee for AFCEA and non-AFCEA members. For inquries, visit http://www.afceahawaii.com, email Barry Fong at barry.fong@twtelecom.com or call 441-8565. To register, email Ken Wiecking at ken.wiecking@twtelecom.com or call 441-8524.

Fisher House 8k Hero and Remembrance Run, Walk or Roll 2013

The Fisher House 8k and Remembrance Run, Walk or Roll is taking place on Saturday, Sept. 7, from 7 to 10 a.m. at Ford Island. Runners, strollers, wheelchairs, small children's bikes or hand bikes, skates and pets are welcome. The event raises awareness about the Tripler Army Medical Center's Fisher House, which provides comfort homes to military families during a medical crisis; and honors the lives of service members who died in combat since 9/11. This event is free and open to the public. For more information, visit http://triplerfisherhouse.eventbrite.com, email theresa.m.johnson2.naf@mail.mil or call 561-7423.

MARINE MAKEPONO
Means 'Marine Bargains' in Hawaiian

Kaneohe studio apartment for rent. Large deck with ocean view of Chinaman's Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. $1,300. Call 239-5459 for more information.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

Hawaii Marine
Lifestyles

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Need to Know

Hawaii is the only state in America with tropical climates and steady temperatures year-round. However, its beautiful weather can be misleading and dangerous for those who don't take precautions.

Simple tips for staying safe in Hawaii heat

Heat Safety

- Never leave children or pets alone in vehicles
- Stay hydrated. Drink plenty of water. Avoid caffeine and alcohol.
- Wear loose-fitting, lightweight, light colored clothing. Avoid dark colors, they attract heat.
- Check on pets frequently. Make sure they have water and shade, if outside.

Sun Safety

- Remember "Slip, Slap, Slop": **Slip** on a shirt, **slap** on a hat, and **slop** on the sunscreen
- Hawaii's ultraviolet rays are stronger then those on the mainland so never go outside without sun protection.
- Apply sunscreen at least every two hours, if swimming, apply more often. Don't use old sunscreen. At minimum, replace sunscreen annually.
- Keep children under 6 months old out of the sun

How to pick your sunscreen

- *Make sure you buy sunscreen with UVA (ultraviolet A rays) and UVB (ultraviolet B rays) protection. UVB rays cause sunburn and UVA rays increases your chances of developing skin cancer and causes wrinkles.*
- *SPF (sun protection factor) rates how well sunscreen protects against UVB ray and how well it protects against sunburn.*
- *SPF 15 works for the majority of people, however, those with fairer skin may need SPF 30 or higher.*
- *SPF 15 filters out 93 percent UVB and SPF 30 only filters out 4 percent more, making it 97 percent UVB rays*

There are swimming lessons available on base. For more information, call the base pool at 254-7655.

Water Safety

- Always swim with a buddy.
- If you are caught in an undertow, do not swim against it, swim diagonally to shore.
- Wear a life jacket when on a boat, even if you can swim. The life jacket will keep you afloat if you are injured and unable to swim.
- Never leave young children unattended near water.

(FYI)

- *There are only two seasons in Hawaii: winter and summer. The average temperature for the island ranges from the mid-70s to mid-80s. The summer months, May to October, are drier and the winter months, November to April, are cooler and wetter.*
- *Hawaii's trade winds mean there is almost always a cooling breeze here. Several times during the year the trade winds will stop completely and the wind will change direction, coming from the south or west, bringing stormy or hot, sticky weather. Local residents refer to this phenomenon as "kona" weather, because kona means "leeward" or "south," and this points to the direction from which these weather systems arrive.*
- *Hawaii is also the only state that has never recorded a subzero temperature.*
- *Hawaii receives most of its rain during the winter months, with an average annual rainfall of 70 inches across the entire state, with a few areas receiving more than 400 inches of rainfall a year.*
- *The average Ultraviolet Index is around 9 to10, and 11 to 12 in Hawaii, meaning you can get sunburned faster here than on the mainland U.S.*

Information collected by Lance Cpl. Janelle Y. Chapman from http://www.ehow.com/facts_4741265_facts-hawaii-weather.html#ixzz2Zp0GU53E, http://www.gohawaii.com/statewide/travel-tips/weather and http://www.webmd.com/beauty/sun/whats-best-sunscreen.

Pass In Review

Your weekly guide to the best aspects of entertainment

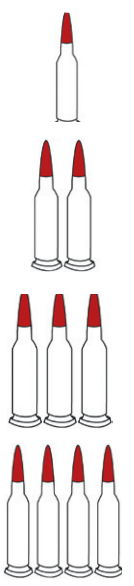
Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings …

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

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

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

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



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

Better Know A Critic

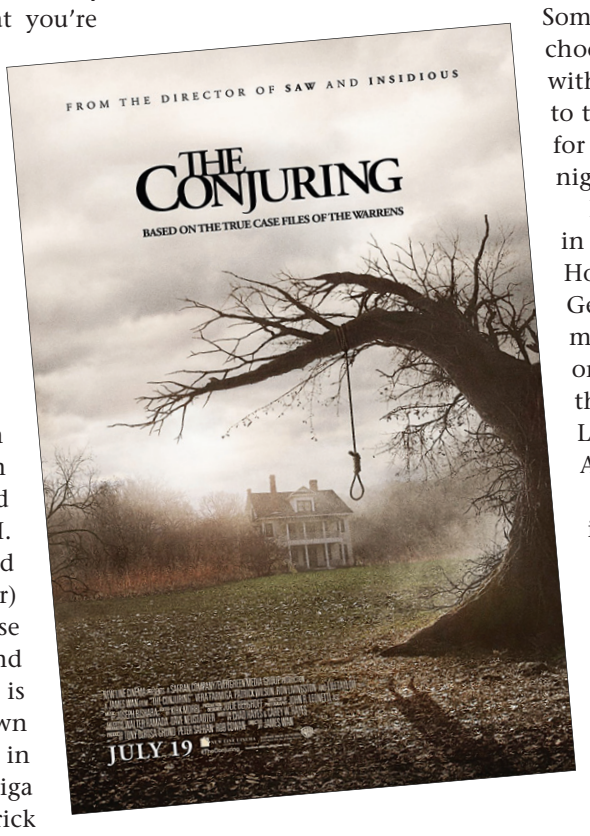
WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.

'The Conjuring' highlights paranormal investigators, family

Kristen Wong
Marine Corps Base Hawaii

Whether or not I recommend you see "The Conjuring" depends on what you're looking for in a horror movie. If you simply want to be scared out of your mind with nonstop Hollywood-brand scare tactics, don't go, unless you have a good deal of patience. If you have an interest in the paranormal and want to hear a story about real-life people who fought a demonic infestation, go.



"The Conjuring," which came out July 19, is based on real-life events that happened in the 1970s in Harrisville, R.I. Roger (Ron Livingston) and Carolyn Perron (Lili Taylor) move into an old farmhouse with their five daughters and dog, Sadie. But their life is slowly turned upside down by demonic spirit living in their new house. Vera Farmiga ("The Bates Motel") and Patrick Wilson ("Insidious") play real-life paranormal investigators Lorraine and Ed Warren, who helped the Perron family fight the entity in their home.

After watching this movie, I came to the conclusion that there are two ways you can present a film version based on actual events — the accurate way, or the Hollywood way. Sometimes directors may choose to spice up the truth with a bit of fiction to appeal to the hungry masses looking for a good scare on a Friday night.

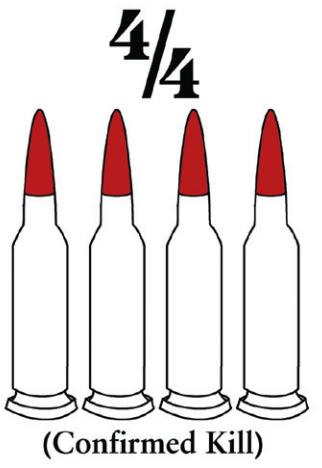
I suppose this is why in 2005 "The Amityville Horror" directors turned George Lutz into a psychotic, murderous father like the one in "The Shining" rather than sticking to the real Lutz family's story, in Jay Anson's book.

However, in this case, it seems Director James Wan wanted to stay true to the original story. That being said, you do need a reasonable amount of patience for this movie, because a real-life haunting doesn't happen on cue. So horror movie fans seeking the thrill of a lifetime will likely be bored for the first half hour.

So why then, did I think it was worthy of four bullets? It is because I am the latter of the two people I first described in the beginning. I went to this movie because I enjoy watching paranormal documentaries and learning the stories of real people who allegedly experienced a haunting. I am familiar with the Warrens, who are famous for investigating the haunted house in Amityville, N.Y., which inspired "The Amityville Horror" movies. I have seen enough ghost stories to be familiar with the telltale signs of a haunting, so I was not surprised that the movie started slow, without all the bells and whistles of a regular horror movie.

Through "The Conjuring," I was given insight into the lives of the Warrens, who helped many families find strength, but at the same time struggled to keep their own family safe and strong. In nearly two hours, I got to know the Warrens and the Perrons, sympathizing with both. The movie intrigued me, and as I write this review, I am eagerly awaiting the arrival of Andrea Perron's book about her family's experience in the house.

For those of you who were just looking for a good scare and are willing to stick it out, your patience will be rewarded. There were several gasps and "whoas." The girl next to me held her hand over her eyes like a sun visor for the better part of the movie. So, you be the judge.



(Confirmed Kill)

Movie Times

"White House Down" PG-13	Today | 7:15 p.m.
"This Is the End" R	Today | 9:45 p.m.
"World War Z" PG-13	Saturday | 7:15 p.m.
"The Heat" R	Saturday | 9:45 p.m.
"Monsters University" G	Sunday | 2 p.m.
"White House Down" PG-13	Sunday | 6:30 p.m.
"World War Z" PG-13	Wednesday | 6:30 p.m.

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

Good to be Green

Jim Sibert, the manager of the Marine Corps Base Hawaii Recycling Center, explains to Marines and sailors how cardboard boxes must have multiple layers rather than be single-ply to be recycled, July 18. The group learned about how base officials protect the environment by properly disposing recyclables and hazardous waste in free quarterly training offered by the base's Environmental Protection and Compliance Department.

Christine Cabalo | Hawaii Marine

Environmental Corner

What's that stinky smell?

Pew! Have you ever noticed a stinky odor in the air while driving near the H-3 gate? It's not there every day, just on random days. Is it Marine Corps Base Hawaii? Yes and no.

According to the natural resources manager at the Environmental Compliance and Protection Department, the source of the odor is partly from decaying vegetation in the Nuupia Ponds and partly from the Kailua Wastewater Treatment Plant on Kaneohe Bay Drive just outside the H-3 gate.

For several years Kailua residents have asked the city to fix the odor problem at the plant. The city has spent millions of dollars in attempts to stop the odor but complaints still come in. The smell is primarily caused by the release of hydrogen sulfide and volatile acids. Ordinarily, cool northeasterly "trade winds" blow the odor away from the residents of MCB Hawaii.

When the wind occasionally shifts to the southeast, residents catch a whiff of the odor both from the ponds and the plant. In August 2010 the City and County of Honolulu started work on odor control improvements at the Kailua Regional Wastewater Treatment Plant. "This important project is part of our continuing effort to upgrade our island's wastewater infrastructure," said then-acting Mayor Kirk Caldwell in a press release. "It will help eliminate the hauna smell that changing wind conditions sometimes blow toward nearby homes."

Sources: http://www.staradvertiser.com, http://www.hawaiinewsnow.com, http://www1.honolulu.gov/menu/

Marine Corps Base Hawaii teaches youth drug abuse prevention

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

Lance Cpl. Nathan Knapke | Hawaii Marine

Cpl. Luke Johnson, 25, a patrolman for the Provost Marshal's Office gets a special pie in the face, filled with assorted ingredients after a Drug Education for Youth program activity at the PMO Field, Tuesday. Each participant either was blindfolded or led a blindfolded partner through an obstacle course, while their peers distracted them in various ways. Johnson, a native of St. Augustine, Fla., is currently volunteering as a mentor for the DEFY program.

Volunteers and children gathered at a field next to the Provost Marshal's Office, Tuesday, to compete in an obstacle course during the two-week Drug Education For Youth program, July 11 through 24.

DEFY provides leadership and life skills training for children ages 9 through 12. Some of the skills include team building, conflict resolution, goal setting and self-confidence.

The program consists of four phases, which will cover a yearlong experience. Phase One kicks off the DEFY program with a summer camp that promotes a fun environment while learning essential life skills.

The children were finishing the summer camp portion of the DEFY program with fun exercises and trust building activities.

In the obstacle course, two participants paired up as a team and stood at the front of a slipping slide and waited for the signal to start the obsticle course. The team of two would jump face first onto a wet and soapy slipping slide. As the soapy water covered them they made it to the next station. This would be the cleanest they would be for the rest of the obstacle course.

The two team members were in a three-legged race with one of their ankles tied together and one of them blindfolded. The partner without the blindfold guided his or her teammate through the rest of the obstacles.

To make matters worse, volunteers threw water balloons, shot squirt guns, sprayed chocolate syrup, ketchup, mustard, whipped cream and silly string on the contestants to try and distract them.

The rest of the obstacle course consisted of getting all four legs into a hula hoop eight separate times, stepping over objects and balancing an egg on their heads all while tied together and one partner blindfolded.

"Being here is really fun because of all the cool activities," said Kanyon Rice, 7, a participant in the competition. "My favorite part was getting messy and playing in the mud. I learned that we shouldn't steal and don't listen to people who are trying to make me do bad things."

At the beginning of the competition, the competitors were told the fastest team would be allowed to throw a pie at any volunteer they wanted too. Instead, each team received a pie and had a free for all on the volunteers who had been teaching and mentoring them throughout the DEFY summer camp.

"How often are kids allowed to have a food fight," said Lance Cpl. Jordan Ham, 21, a patrolman with PMO on base, and Amboy, Wash. native. "I love seeing the smiles on the kids faces and helping them make better decisions to keep them out of trouble."

After every team completed the course and were done throwing pies, a volunteer sprayed everyone with a hose so they could clean themselves.

Although the camp has come to an end, the program continues to help the children with the next phase. DEFY's Phase Two pairs a youth with an adult mentor for 10 months during the school year. They meet once a month to reinforce skills and techniques taught in Phase One. They attend workshops and participate in special activities such as community service and cultural events.

"The kids really learn to develop healthy relationships and understand how to make better decisions," said Elizabeth Turner, camp coordinator. "This is a great program and I firmly believe that it truly helps kids who are involved."