

Hawaii Marine

'Blue Angels' bring on heat



Cpl. Reece Lodder | Hawaii Marine

A wall of fire erupts behind a Blue Angels F/A-18 Hornet aircraft as part of a Marine Air-Ground Task Force demonstration during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28. Thousands of visitors flocked to the air show, Saturday and Sunday, to witness stunning performances by the Blue Angels and a variety of other military and civilian craft. Service members enjoyed a military appreciation day during the event's Sept. 28 rehearsal. The free event was open to the public and celebrated the centennial of Marine Corps aviation.



Rochelle Smolinski | Hawaii Marine

HONOLULU — Adm. Thomas B. Fargo (left) and David J. McIntyre (right), 2012 Medal of Honor Convention co-chairmen, watch as Paul Andes (center) and Karl Kiyokawa (second from right), 2012 Medal of Honor Convention operations co-chairmen, unveil the Medal of Honor Memorial Stone during its dedication at the National Memorial Cemetery of the Pacific, Wednesday.

Medal of Honor ceremony attendees honor fallen

Rochelle Smolinski
Photojournalist

HONOLULU — White stars on a blue ribbon is a neck order few military personnel wear. It is an award for acts of valor above and beyond the call of duty, a military award held in the highest regard.

The Medal of Honor draped proudly about the necks of more than 50 military veterans attending the events of the Medal of Honor Convention Oct. 1 through 6.

One event included a stone dedication ceremony honoring 32 Medal of Honor recipients interred at the National Memorial Cemetery of the Pacific,

Wednesday.

Retired Col. Gene Castagnetti, director of the National Memorial Cemetery of the Pacific was pleased with the turnout honoring the active and deceased members of the prestigious military award.

"I think it was an awesome ceremony and a great outpouring of the Honolulu community," Castagnetti said.

The keynote speaker, retired Navy Capt. Gerald L. Coffee, moved the audience with his story about maintaining the chain of command while held captive in a prisoner of war camp in North Vietnam.

See MEDAL, A-7

Medal of Honor recipients meet latest generation of Marines



Cpl. James A. Sauter | Hawaii Marine

Retired Marine Maj. Gen. James Livingston (center), a Vietnam-era Medal of Honor recipient, hands Sgt. Maj. Justin LeHew (left), 3rd Marine Regiment sergeant major, a biographical book about Medal of Honor recipients during a professional military education session on Marine Corps Base Hawaii, Thursday. Three Medal of Honor recipients talked with Marines from 3rd Marines about esprit de corps and the bonds between the older and younger generation of Marines. The recipients visited the 2012 Kaneohe Bay Air Show, Sunday, the current Sergeants' Course class and ate lunch at Anderson Hall, Thursday.



Zumba!
Semper Fit Center celebrates National Hispanic Heritage Month with special class, **B-1**



Hike it!
Take in an easy hike and a beautiful view on the Pillbox Hiking Trail in Kailua, **C-1**

Saturday
High 82
Low 72

Sunday
High 81
Low 71

NEWS BRIEFS

Traffic alert: 2012 Medal of Honor Convention downtown block party

As part of the 2012 Medal of Honor Convention, please expect traffic slowdowns as a result of vehicle convoys traveling throughout Honolulu as follows:

Today, from 6 to 7 p.m., a vehicle convoy is scheduled to travel from Waikiki to Downtown Honolulu with police and EMS escort. The block party will be near Murphy's Bar and Grill on Nimitz Highway (between Smith Street and Nuuanu Avenue). Medal of Honor recipients will be treated to entertainment by Gary Sinise and the Lt. Dan Band. The block party runs from 5 to 10 p.m. and is open to the public.

No roads will be closed as a result of the 2012 Medal of Honor Convention. For more information visit MedalofHonorConvention2012.com or email sponsor@MedalOfHonorConvention2012.com.

New earthquake app brings American Red Cross safety information to mobile devices

The American Red Cross has launched its official Earthquake App, putting lifesaving information right in the hands of people who live in or who visit earthquake-prone areas. This free app is available for use on both iPhone and Android platforms.

Features of the app include earthquake notifications showing the epicenter, magnitude and intensity maps; one touch "I'm safe" messaging that allows users to broadcast reassurance to family and friends via social media outlets; and interactive quizzes.

The Earthquake App can be found in the Apple App Store and the Google Play Store for Android. For more information, visit <http://www.hawaii-redcross.org> or call 739-8109.

MCMAP Instructor Course

For those interested in upgrading their MCMAP belt, SOI-West Detachment Hawaii will be running an Instructor Course from Oct. 15 through Nov. 2. Applicants must meet the following criteria for acceptance into the course:

- Corporal or above
- First class PFT/CFT
- Within height/weight standards
- Gray belt or higher

Additional prerequisites can be found on the Command Screening Checklist (NAVMC 11749). Interested applicants should contact their unit training representatives for additional details and registration via MC-TIMS. For questions contact the MAIC staff at 257-0839.

AFCEA Hawaii Chapter monthly luncheon

Maj. Gen. Norman J. Brozenick, Jr., the commander of Special Operations Command Pacific, is scheduled to be a guest speaker at "Visionary changes coming to the Special Operations Forces and SOCPAC: the impact on C4 requirements," at Fort Shafter Hale Ikena on Tuesday, from 11 a.m. to 1 p.m. To register visit <http://www.afceahawaii.org/program/default.htm>.

Base Legal closures

The Legal Services Center at building 215 will be closed at noon today and will reopen at 7:30 a.m., Thursday. If you need immediate legal assistance contact the Navy Legal Services Office, Pearl Harbor at 473-4717. For questions, call Master Sgt. Pennington at 257-7801.

Important phone numbers

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

Hawaii Marine

www.mcbh.usmc.mil

| | |
|--------------------------------------|-------------------------------|
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Wounded Warriors fly in WWII aircraft for K-Bay Air Show



Cpl. James A. Sauter | Hawaii Marine

Retired Coast Guard Cmdr. Bruce Mayes, SNJ-5B Texan pilot, helps Cpl. Clifford Sandy, a wounded warrior with Wounded Warrior Battalion West — Detachment Hawaii, climb into the aircraft's cockpit for a ride during the 2012 Kaneohe Bay Air Show at Marine Corps Air Station, Kaneohe Bay, Sunday. Three of Marine Corps Base Hawaii's wounded warriors rode the aircraft during the weekend.

Medal of Honor recipients visit Kaneohe Bay Air Show prior to annual convention



Cpl. James A. Sauter | Hawaii Marine

Retired Navy Capt. Gerald Coffee and Retired Air Force Col. George "Bud" Day converse during the 2012 Kaneohe Bay Air Show at Marine Corps Air Station, Kaneohe Bay, before the start of the 2012 Medal of Honor Convention, Sunday. Their friendship started when they shared a prison cell at the infamous "Hanoi Hilton" during the Vietnam War. For his bravery inside this war prison, Day was awarded the Medal of Honor. Day also served in the Army and Marines.

'Watts for lunch?'

Facilities Department encourages energy conservation



Kristen Wong | Hawaii Marine

Christopher Blanchard, chief of staff, Marine Corps Base Hawaii, turns off his computer in honor of the "Watts for Lunch" event. "Watts for Lunch" was held base-wide on Wednesday. Everyone who lives and works on base were encouraged to turn off one piece of electronic equipment for one hour, from noon to 1 p.m. The initiative was inspired by "Earth Hour," a worldwide campaign that takes place in spring, and encourages people everywhere to turn off their lights for one hour. The first "Watts for Lunch" was held in 2010 on base, and had 55 percent participation. Another "Watts for Lunch" is scheduled on Oct. 24.

AROUND THE CORPS

Peleliu Amphibious Ready Group resupplies, relaxes in Hawaii

Lance Cpl. Timothy Childers
15th Marine Expeditionary Unit

USS RUSHMORE — After spending a week at sea, Marines and sailors aboard the USS Rushmore, part of the USS Peleliu Amphibious Ready Group, were given a break when they arrived at Joint Base Pearl Harbor-Hickam in Hawaii. Many took the opportunity to relax on Hawaiian beaches or shop for souvenirs before continuing on their Western Pacific deployment.

The PELARG left the piers of Hawaii, Sept. 25, after spending a day resupplying, refueling and relaxing. The USS Rushmore, USS Green Bay and USS Peleliu will continue their deployment that began the week before.

"After we depart Hawaii we will head to the Western Pacific where we plan to conduct theater security cooperation exercises with foreign nations," said Maj. Bryan Boyle, executive officer, Combat Logistics Battalion 15, 15th MEU. "Apart from training exercises, we also plan to provide humanitarian assistance with engineering, medical and dental aid to other nations."

The service members have a long float ahead of them as they travel thousands of miles west, but many of them are ready and well rested after spending some free-time on the tropical island of Oahu.

"It's nice to have some time away from work every once in a while," said Lance Cpl. Christopher Moore, field artillery cannoner, Battery B, BLT 3/5, 15th MEU. "I wouldn't be able to go to Hawaii on my own outside the Marine Corps. The time we had in Hawaii made me look forward to future destinations," added the 20 year-old Columbia, Mo., native.

An important aspect of mission readiness is troop



A Marine from the 15th Marine Expeditionary Unit watches as the USS Rushmore leaves Joint Base Pearl Harbor-Hickam, a week into the unit's Western Pacific Deployment, Sept. 25.

welfare. Even a few liberty stops overseas can raise the moral of shipmates while they are underway and away from home.

"It's good to have liberty ports. Everyone needs time to relax," said Lance Cpl. Jeffrey C. Cook, fire direction controller, Battery B, Battalion Landing Team 3/5, 15th MEU. "I'm afforded the opportunity to visit foreign nations that I would normally not be able to go to. It makes the deployment far more enjoyable," added the 20 year-old Orlando, Fla. native.

Besides being able to unwind, the troops took something more away with them while visiting Hawaii.

"Liberty is a good thing for Marines. Service members are exposed to and learn about different cultures and those cultures are able to see our Marines and sailors and learn a little about us," said Boyle, a 41-year-old native of Wilkes-Barre, Pa. "It also gives Marines a chance to relax and decompress from being at-sea for long periods of times."

After spending the day docked, the Marines and sailors mustered on board the following morning before the ship pulled away from dock. They were rested, motivated, happy and ready to take on the challenges that awaited them.

'One Bullet Away Day' puts NCOs in command

Lance Cpl. Devin Nichols
2nd Marine Logistics Group

CAMP LEJEUNE, N.C. — Noncommissioned officers with 2nd Maintenance Battalion, Combat Logistics Regiment 25, 2nd Marine Logistics Group took the reins of the battalion during the One Bullet Away Day here, Sept. 20.

During One Bullet Away Day, all leadership billets from staff noncommissioned officer in charge to battalion commander were filled by noncommissioned officers who were chosen after a rigorous selection process.

"It is somewhat overwhelming, but we went through a strict interview process and were selected into these positions by the battalion commanding officer and sergeant major," said Sgt. Jeffery R. Keller, who was selected to be the battalion's acting sergeant major for the day. "I take it as a big responsibility."

"It's an honor to be selected for this position," said Sgt. Matthew J. Stotts, the acting battalion commanding officer for the day. "It is a good feeling to know you are doing a good job, and it speaks volumes of what you do as an NCO."

Despite the change in leadership, the battalion's mission still rolled on. The Marines of 2nd Maint. Bn. are responsible for maintaining the equipment of II

Marine Expeditionary Force, to include ordnance, motor vehicles, communications electronics and engineering equipment.

In addition to mission accomplishment, the NCOs in charge had to look out for their troops' welfare.

"We need to make sure the Marines are getting taken care of, and make certain the work is getting done," said Cpl. Cody A. Spinhirne, who was the acting Headquarters Company platoon sergeant. "Formations are being put in place to ensure all the Marines know what they are doing today."

The battalion consists of six companies and more than 1,400 Marines, so organization is paramount — especially without the key leaders.

Throughout the day, the acting leadership filled the big shoes by conducting daily business and ensuring safety throughout the maintenance garages, but there were some curveballs. The NCOs in charge responded to simulated drunk driving, drug and traffic incidents.

"The Marines did very well with the leadership positions given to them," said Stotts.

With their day as senior leadership completed, the Marines retired to assume their normal duties in the morning.



An M1A1 Main Battle Tank fires from its main gun Sept. 26 during a practice shoot for the 2012 Tiger Competition aboard Camp Lejeune.

Cpl. Tommy Bellegarde
2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Marines from 2nd Tank Battalion, 2nd Marine Division, claimed the title as best tank crew in the Marine Corps for 2012 by placing first in the 10th annual Tiger Competition aboard Camp Lejeune Sept. 27.

The crew consisting of Sgt. Linh Ngo, tank commander; Cpl. Ryan Hanna, gunner; Lance Cpl. Delio Linares,

loader; and Lance Cpl. Domenic Kalaski, driver; defeated crews from 1st Tank Battalion and 4th Tank Battalion to win the tournament and capture the Gunnery Sergeant Robert H. McCard Cup for 2012. The victory put an exclamation point on a successful year of training for the crew from 2nd Tanks, who qualified for competition by achieving the battalion's highest score during a gunnery shoot earlier in the year. The crews from 1st and 4th Tanks also qualified for competition by being

2nd Tank Battalion crew earns title as Marine Corps' best tank crew for 2012

the high shooters for their respective battalions.

"These Marines are the best shooters from 1st Tank Battalion, 2nd Tank Battalion and 4th Tank Battalion," said Gunnery Sgt. Daniel Formella, who is the master gunner instructor liaison at Marine Corps detachment Fort Benning, Ga., and was also one of three official scorers for the event. "I've never been in their shoes, but it's a goal as a tank commander to make it to the Tiger Comp., win that trophy and claim, 'we're the best tank crew in the Marine Corps.'"

Ngo was proud of his crew's performance during the competition.

"I was nervous (coming in) because this is a big competition," said Ngo. "But everyone did an outstanding job."

The crew from 2nd Tank Battalion trained daily two weeks prior to the tournament, working many hours with senior enlisted personnel from the battalion to ensure they performed well during the competition, explained Ngo.

"The guys who helped us for this competition are Staff Sergeant Robert King and Gunny (Steven P.) Sigafose," said Ngo. "Before we came out here, Staff Sergeant King came off leave to

help us train. Gunny Sigafose, the battalion (master gunner), pretty much gave us one-on-one coaching ... critiquing us, like every little thing. He'd critique us to the point where (we) were almost perfect."

A crew from 2nd Tank Battalion also won the McCard Cup during the 2011 Tiger Competition in Boise, Idaho. With this victory, 2nd Tanks maintains possession of the trophy for at least another year.

"This means a lot to me because the battalion gets to keep the trophy, and our crew got a big win before I get out of the Marine Corps," said Linares.

Before being presented the McCard Cup, each member of the winning tank crew received a Navy and Marine Corps Achievement Medal in recognition of their dedication. With their victory in the competition, the crew's countless hours of training, preparation and repetition ultimately paid dividends.

"The tanker community in the Marine Corps is very small," said Kalaski. "Word travels fast, and to qualify and then actually win the Tiger Comp. is a really big deal. It's a great honor for the battalion."

Air time at Kaneohe Bay Air Show

Fast aircraft, stunts, walls of fire dazzle more than 100,000

Cpl. James A. Sauter
Combat Correspondent

Aircraft of all different types lined the flight line viewing area for thousands of spectators to enjoy. Visitors stood in amazement as they walked inside a behemoth aircraft known as the C-5 Galaxy, or got a close-up glimpse of the sleek design of the F-22 Raptor fighter jet. But their attention quickly turned to the roar of the Blue Angels as they flew overhead in their tight diamond formation.

Approximately 100,000 people flocked to Marine Corps Air Station, Kaneohe Bay, to watch the 2012 Kaneohe Bay Air Show, Sept. 28-30. The show included aerobatics and plane stunts from a variety of acts such as the U.S. Navy Flight Demonstration Squadron, the Blue Angels, small fixed-wing aircraft, rocket truck, a Marine Air-Ground Task Force demonstration with CH-53E Super Stallions and AH-1W Super Cobras and UH-1Y Huey helicopters.

"I'm really amazed by how far we've come in aviation and technology," said Cpl. Clifford Sandy, a patient at Wounded Warrior Battalion West — Detachment Hawaii and native of Blue Ridge, Texas. "It's really cool how much we graduated from planes like the World War II SNJ-56B Texan aircraft to the (aircraft like the F-16 Fighting Falcon)."

At the beginning of the Blue Angels' finale performance, the squadron's all-Marine air crew flew the C-130 Hercules aircraft known as "Fat Albert" at high speeds over the crowd, showing that even a gigantic aircraft can perform air stunts. While impressive from the ground, the stunts were even more so for the lucky few who rode inside "Fat Albert" for the performance.

"When I was up in 'Fat Albert,' I was just expecting to see a neat view but they gave me an awesome opportunity to sit inside an open hatch and that was quite an experience," said Pfc. Alejandro Acosta, Headquarters Battalion base fuels specialist. "When the plane dropped into zero gravity, I was enjoying the view and suddenly I flew out of my seat and I had to grab onto it ... I felt like I was going to fly away."

After "Fat Albert" completed its show, the six Blue Angels' F/A-18 Hornet aircraft took off to a rendition of "Kickstart My Heart" by Motley Crue. For a half-hour, the blue and yellow fighter jets screamed and howled over Kaneohe Bay while performing amazing aerobatic stunts.

The flight show ended with the Blue Angels' famous starburst formation. Afterward, visitors had the chance to meet and take photos with pilots.

"This show was really for all of the service members," said retired Coast Guard Cmdr. Bruce Myles, a pilot performing at the air show. "The planes both on display and flying really show how far this country has come in the growth of aviation."



Cpl. Reece Lodder | Hawaii Marine

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, demonstrate choreographed flight skills in F/A-18 aircraft during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28. Thousands of visitors flocked to the air show, Saturday and Sunday, to witness stunning performances by the Blue Angels and a variety of other military and civilian aircraft. Service members enjoyed a military appreciation day during the event's Sept. 28 rehearsal. The free event was open to the public and celebrated the centennial of Marine Corps aviation.



Cpl. James A. Sauter | Hawaii Marine

Lt. Cmdr. John Kitty, a F/A-18 Hornet pilot, gives the thumbs-up to a visitor after the Blue Angels' performance at the 2012 Kaneohe Bay Air Show, Sunday.



Cpl. Reece Lodder | Hawaii Marine



Cpl. Reece Lodder | Hawaii Marine

A U.S. Navy SEAL and member of the Navy Parachute Team, the Leap Frogs, sails to the ground during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.



Cpl. Reece Lodder | Hawaii Marine

ABOVE: The U.S. Navy Flight Demonstration Squadron, the Blue Angels, demonstrate choreographed flight skills in F/A-18 Hornet aircraft during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.

LEFT: Aerobatic performer Kirby Chambliss flies his Red Bull Edge 540 aircraft upside down while performing during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.



Cpl. Reece Lodder | Hawaii Marine

An Air Force C-130 (top left) performs an aerial refueling of two CH-53E Super Stallions under the watch of an UH-1Y Huey and an AH-1W Super Cobra attack helicopter (bottom) during the 2012 Kaneohe Bay Air Show on Marine Corps Air Station, Kaneohe Bay, Hawaii, Sept. 28.

Invisible wounds

Domestic violence survivor speaks at base chapel

Kristen Wong

Photojournalist



Kristen Wong | Hawaii Marine

Mildred Muhammad, the executive director of After The Trauma, Inc., a nonprofit organization, speaks to Marines, sailors and civilians at the base chapel aboard Marine Corps Base Hawaii, Sept. 26. Behind Muhammad is a cutout bearing the name of a local victim of domestic violence. Several cutouts were placed around the chapel, each representing a victim who lived in Hawaii.

“Ordinarily I would say it’s an honor and a pleasure to introduce you to this woman,” said Capt. Christopher P. Ramsden, the commanding officer of Commander, Patrol and Reconnaissance Wing 2. “But while I can say it is an honor it’s really not a pleasure and the reason it’s not a pleasure is because domestic violence is not something (that should be happening). I think we’ve all been touched by domestic violence in our past, if not ourselves, certainly our loved ones.”

Mildred Muhammad’s husband, John was an Army sergeant. Married for more than 12 years, Mildred Muhammad and her husband had three children. She described him as a “go-to man” everyone loved. But when he returned from deployment in support of Operation Desert Storm, something changed.

To this day she said she is not sure

what happened to John Muhammad while he was in the Middle East, because much of the information was classified. Not only was he diagnosed with post-traumatic stress disorder, he “was a different person” to her, and there weren’t as many resources for PTSD support in the early 1990s as there are now.

Eventually, Mildred Muhammad chose to end their marriage. But while going through the divorce, John Muhammad continued to call her, intrude in her house, and threaten to end her life.

“You are my enemy ... and as my enemy I’m going to kill you,” were his words, as she recalled.

Her family dismissed John Muhammad’s threats as a “joke,” but one day, Mildred Muhammad’s three children went with their father on a normal weekend visit and did not come

home, neither were they in school. She also found her bank accounts had been emptied.

Mildred Muhammad would spend eight months in a women’s shelter hiding from her ex-husband. Eventually, the authorities found John Muhammad, and after a custody hearing, the children were returned to her. In 2002, Mildred Muhammad’s ex-husband was eventually arrested for killing 10 people, and became known as the “DC Sniper.”

“The man I married, the man that fathered my children, could not be capable of such a thing,” Mildred wrote in her 2009 memoir, “Scared Silent.”

“I sat in a hotel room riveted to the television set as images of John flashed across the screen,” she said. “It was surreal. I walked up to the TV, put my hand on the screen — and whispered, ‘What happened to you?’ I had just left a police station where an officer had looked me in the eyes and proclaimed, ‘Ms. Muhammad, we’re going to name your ex-husband as the sniper.’”

Muhammad’s children are now grown, and she has remarried. She continues to speak in various venues across the nation. She encourages anyone who has gone through trauma to speak to someone, and seek help if necessary. She is available to answer questions at afterthetrauma@yahoo.com or you can visit <http://www.afterthetrauma.org> for more information.

Domestic Violence Awareness Month has been observed during the month of October since 1987. New initiatives have been introduced since then to support victims of domestic violence, including the Violence Against Women Act, and the opportunity for domestic violence screening within the Affordable Care Act.

President Barack Obama’s Oct. 2 presidential proclamation encourages those who are seeking help with domestic violence issues can call the National Domestic Violence Hotline at 1-800-799-SAFE.

For more information about Domestic Violence Awareness Month, visit <http://www.ncadv.org>.

New Chemical Biological Radiological and Nuclear training

Press Release

USMC College of Distance Education and Training

The Marine Corps College of Distance Education and Training is pleased to announce the activation of the Chemical, Biological, Radiological, and Nuclear Individual Survival Measures course on MarineNet. The CBRN ISM course improves the fundamental, individual skills necessary to maintain individual protective equipment; donning, doffing, and exchanging equipment; and sus-

taining a protected posture in a CBRN environment. This course is intended for MOS 5700 Marines awaiting training, as follow-on training for CBRN personnel, Unit training, Non-57xx Marines, 57xx Reserve billets (Marine Forces Reserve), and as individual self-study elective training. The CBRN ISM interactive multimedia instructional courseware is comprised of a pre-test, eleven lessons in four modules, an end-of-course practice test, and an end-of-course exam. This instructional material developed by CDET in collaboration with and

guidance by the subject matter experts from the USMC Chemical, Biological, Radiological, and Nuclear School at Fort Leonard Wood, Missouri. This new course is now available on MarineNet by searching for course code CBRNISM010. Enrollment is open to all active duty and reserve Marines. For more information, contact CDET at 1-800-992-9210, or the MarineNet Help desk at 1-888-4DL-USMC (1-888-435-8762). Additional information can be found on the CDET/MarineNet Facebook page or CDET website.

CLEARED FOR KICK-OFF MCB HAWAII, KANEHOE BAY AIR SHOW PERFORMERS CELEBRATE AT THE OFFICERS' CLUB



Photos by Kristen Wong | Hawaii Marine

ABOVE: Jim Woods, the safety officers for the Leap Frogs U.S. Navy Parachute Team prepares to slice a piece of cake for Madison Pochup, 7, during a kick-off party for the Kaneohe Bay Air Show, Sept. 28. **RIGHT:** Navy Lt. Mark Tedrow, the narrator for the Blue Angels Navy Flight Demonstration Squadron, meets Leilani Cook, 3. The Marine Corps Base Hawaii community was invited to attend a small party at the Officers' Club in the evening after the Kaneohe Bay Air Show's military day. There was food, entertainment by hula dancers, a special mermaid guest appearance and an opportunity to meet the Blue Angels.



LEFT: Lt. Cmdr. Todd Rolyes, events coordinator for the Blue Angels Navy Flight Demonstration Squadron, signs an autograph for Jessie Blaine.

RIGHT: Col. Brian P. Annichiarico, the commanding officer of Marine Corps Base Hawaii, presents a plaque as a token of appreciation to Navy Capt. Greg McWherter, the commanding officer of the Blue Angels.



MEDAL, from A-1

He described the Morse reminiscent tap-code fellow prisoners used to communicate and performed several tap-code salutations for the gathering. He rapped out the codes for “G.B.,” “God Bless;” “G.N.,” “Good night;” and “G.B.A.,” “God Bless America” on the podium before him and also tapped out “A-M-E-R-I-C-A” to a standing ovation.

Coffee modestly told the crowd he had been in the right place at the right time and insisted what he did was nothing special; there is a hero in all of us.

“We are all equipped to be heroes,” Coffee said.

Staff Sgt. Monica Preston, a clarinet player in the U.S. Marine Corps Forces, Pacific Band, from Cleveland, Ohio, has served seven years in the Marine Corps. She performed in the musical numbers of the program. Preston said the ceremony was deeply moving and she was amazed to see so many Medal of Honor recipients in one place.

If Preston had one thing to say to one of the fallen Medal of Honor recipients in the National Memorial Cemetery of the Pacific, she would tell the service member she’s “Not quite sure words can actually describe it. They gave their fullest measure of devotion to America. Thank you from the bottom of my heart. All of America thanks you; you are not forgotten, you’ll always be remembered in our thoughts, hearts and prayers.”

The Medal of Honor Convention will continue to host events through Saturday. Today, there is a Downtown Honolulu Block Party at Murphy’s Bar and Grill from 6:30 to 11 p.m. On Saturday, there is a book signing at the Hale Koa Hotel from 9 a.m. to 1 p.m. and a Patriot Award Dinner at the Battleship Missouri Memorial from 4:30 to 9:30 pm.

Medal of Honor recipient assists veterans

Kristen Wong

Photojournalist

At age 15, Allan J. Kellogg Jr. wanted to do two things — “get tattoos and be a MO-reen.” Today, the Medal of Honor recipient has done both.

Kellogg, a current Kailua resident and a native of Bethel, Conn., joined more than 50 Medal of Honor recipients in Honolulu for the 2012 Medal of Honor Convention events this week.

Kellogg said he was very impressed by the Kaneohe Bay Air Show, which he and other recipients attended on Saturday, and also attended a ceremony at the National Memorial of the Pacific on Wednesday, dedicated to all fallen Medal of Honor recipients.

Born on Oct. 1, 1943, Kellogg attended Bethel High School for only two years before enlisting in the Marine Corps in 1960. He has been stationed in various places including Marine Corps Base Camp Lejeune, N.C., as part of 3rd Battalion, 8th Marine Regiment, and Marine Corps Base Camp Pendleton, Calif., as part of 1st Battalion, 4th Marine Regiment.

As a staff sergeant, Kellogg was deployed to the Republic of Vietnam. On March 11, 1970, while leading a platoon of nine in Quang Nam Province, Kellogg and his fellow Marines encountered a booby trap. The trap wounded three of his men, and killed one.

A helicopter evacuated the three wounded, but the platoon was told another would arrive for the deceased due to limited space.

“It started getting dark out and the area I was in was no place to be after sundown,” Kellogg said.

The platoon later found itself in an ambush of 45 to 50 enemy forces attacking with multiple weapons, from machine guns to rocket-propelled grenades.

“They were closing in on us,” Kellogg said. “They snuck up on me and reached over the dike and dropped a grenade right in my lap.”

Kellogg remembers shouting “GRENADE!” and attempting to smother it by forcing it down into the mud. When it detonated, he lost consciousness.

When he came to, Kellogg remembers breathing in the mud of the paddy he had fallen in, moaning quietly for help, thinking he was going to die. But in the



Kristen Wong | Hawaii Marine

Retired Sgt. Maj. Allan J. Kellogg Jr. holds his hand over his heart during the Kaneohe Klipper Memorial Ceremony on Marine Corps Base Hawaii, Dec. 7, 2010.

end, Kellogg made it out of Vietnam and was awarded a Medal of Honor for his actions.

Retired Lt. Col. Jon Gangloff, of Friendswood, Texas, called Kellogg an “exceptional individual.”

Gangloff was Kellogg’s company commander in 4th Battalion, 9th Marine Regiment, in Okinawa, Japan. He said Kellogg always made himself available to support junior Marines.

“He never used excuses,” Gangloff said. “He was always a first class individual. He’s still helping Marines today ... I think he deserves a lot of credit for that.”

In 1990, Kellogg retired after serving as 1st Marine Expeditionary Brigade sergeant major, when the brigade was headquartered in Hawaii.

That same year, Kellogg became a permanent resident of Hawaii. Of his 30 years of service he said he was most proud of having earned his rank as a senior enlisted leader.

In 1995, he started working as a benefits counselor at the local Department of Veterans Affairs.

He said he chose to work for the VA to continue what he did in the Corps, which was helping veterans and people in need.

Now 69 years old, and a widower with seven children, Kellogg is an incarcerated veterans re-entry specialist and also does homeless veteran outreach. He supports homeless veterans with food, clothes, identification cards and more.

Kellogg said the average veteran he supports is around 61 years old, and some turned to drug and alcohol abuse. He said the most rewarding aspect of his job is when a veteran released from jail manages to quit drugs and alcohol and transition successfully into society, though it doesn’t always happen.

“I can only do so much for a homeless veteran and an incarcerated veteran,” Kellogg said. “At some time the veteran has to take a step forward and help himself.”

For retired Sgt. Maj. Robert W. Holub, Kellogg has been a support system both in and out of the service. Holub, a sergeant major of U.S. Marine Corps Forces, Pacific until 2001, said he frequently sought Kellogg’s advice.

“When I first made sergeant major, I wanted an infantry battalion in the worst way,” said Holub, 56. “He said, ‘No matter what job you get, do your best. Take care of your Marines.’”

While supporting Marines, Kellogg was also always straightforward with his peers. Holub called Kellogg an example of “the utmost in professionalism.”

“If you weren’t cutting the mustard or if you weren’t living up to the standards of the staff noncommissioned officer he’d come down on you,” Holub said. “By God, you always knew where you stood with him.”

Kellogg also interviewed Holub at the VA when he retired from the military.

Today, as Kellogg continues his work at the VA, and attends various ceremonies such as Medal of Honor Convention events.

“He didn’t quit taking care of Marines when he retired,” Holub said. “He still takes care of them every day.”

But it’s not every day a service member is able to meet a Medal of Honor recipient. For those currently serving in the military or who hope to be in the military some day, Kellogg shared these words with the Hawaii Marine.

“Keep your act together and be prepared for whatever might happen, you never know what might be around the corner.”

Sports & Health

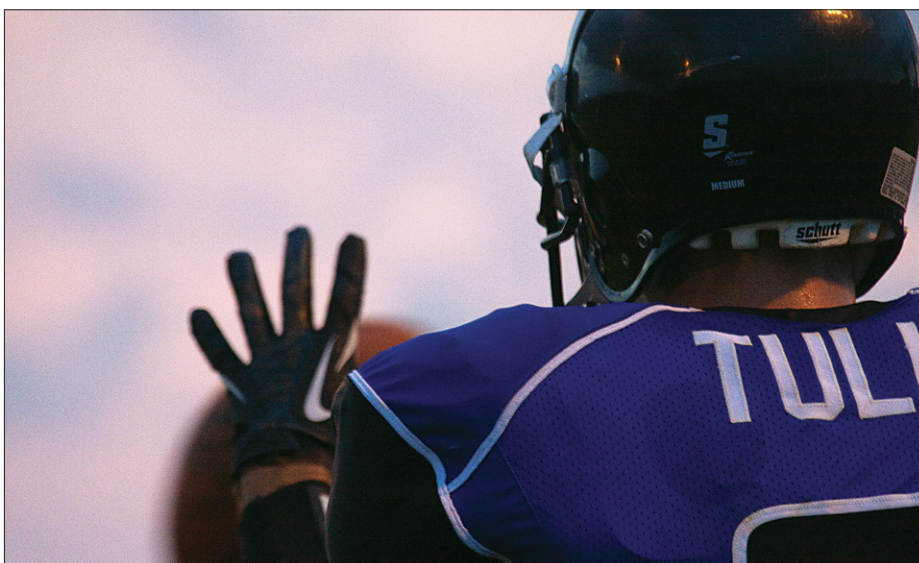
There can only be one undefeated team

Sgt. D. R. Cotton
Press Chief



Photos by Sgt. D.R. Cotton | Hawaii Marine

Quarterback Jeremy Fowler, 1st Battalion, 12th Marine Regiment Savages, gets sacked by the Headquarters Battalion Warriors defense, Tuesday. "They have the best offense in the league, and we have the best defense," said Kelvin Brown, Warriors head coach. "It came down to who was better that day. We expected it to be a good game and we got it."



Headquarters Battalion Warriors quarterback Coleman Tull takes a warm-up snap before the Warriors' Tuesday night matchup against the Savages of 1st Battalion, 12th Marine Regiment. The Warriors went on to defeat the Savages, 18-15.



Headquarters Battalion Warriors discuss their game plan before the Warriors' Tuesday night matchup against the Savages of 1st Battalion, 12th Marine Regiment.

and two-point conversion that led to their failed on-side attempt.

"Fatigue was the biggest factor in the game," Brown said. "There offensive line got tired and our linebackers got

tired." Both Brown and Fowler said keeping composure in the face of fatigue makes a difference in finishing the intramural games.

Hispanic Heritage observed in Latin-based Zumba

Rochelle Smolinski
Photojournalist

Created when fitness instructor Alberto Perez forgot his aerobic music tapes and ad-libbed his class with salsa and merengue mixes, Zumba has become one of the world's most popular dance-fitness programs.

With its Latin-themed roots, the program naturally goes hand in hand with National Hispanic Heritage Month observed from Sept. 15 to Oct. 15.

In lieu of luncheons, speakers, Spanish song and speaking lessons, base equal opportunity advisor Gunnery Sgt. Curtis Bradley proposed the base raise Hispanic heritage awareness by having Marines exchange Physical Training for the renowned Latin-based exercise.

"This being Hispanic Heritage month, I hadn't seen too much going on around the base and so I was pondering what would be a good idea," Bradley said. "Typically they would have a speaker come in, or a luncheon ... but I was thinking of a way to bring us all together with something a little more fun and we all get exercise out of it."

Bradley arranged to set aside a special Zumba class at the Semper Fit Center, Thursday, celebrating Hispanic Heritage month with salsa beats and dancing feats. All units on the base were encouraged to attend the class.

Instructor Honey Cushman, a five-year veteran instructor for military fitness programs, has been a certified Zumba instructor for three years. She said her routines are simple and she ensures her students will be challenged but able to keep up.

"If you think about it, people don't usually just get up and dance for an hour, but in Zumba you're constantly on the go, go, go," Cushman said. "For an hour, you're on your feet dancing, moving, jumping ... program that works with the music."

More than 35 people attended the special Zumba session, nearly half of which were Marines. Cushman said she was excited to host the class for her regulars and the participating units.



Rochelle Smolinski | Hawaii Marine

Zumba instructor Honey Cushman and equal opportunity advisor Gunnery Sgt. Curtis Bradley pump each other up with shouts of encouragement toward the end of the special Hispanic Heritage Zumba class, Thursday.

"It was fantastic," Cushman said. "The crowd was good, everyone was enjoying it and we all had a good time."

The units certainly were. For one hour Marines stepped, jumped and kicked their way to fitness instead of running the usual PT regimen.

Sgt. Raphael Cervantes, Wounded Warrior Battalion West — Detachment Hawaii, had never

done Zumba before but said he enjoyed the class and would consider going again in lieu of PT.

"It's good to change it up every once in awhile," Cervantes said. "People get bored of doing the same thing."

However Hispanic Heritage Month is observed, consider celebrating the Hispanic influence by dancing your way through the Latin roots of Zumba.



Sgt. Danny Woodall vs. Sgt. D.R. Cotton

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing 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.

Is is time for the Cowboys to dump Romo?

COTTON: After one of the worst showings of any quarterback this season, we ask ourselves again whether or not, Dallas Cowboys quarterback Tony Romo has a place as the long-time franchise quarterback for one of the most prolific NFL clubs.

Romo was picked off five times, which would have been bad enough, but these were all in very bad places in the game. There are lots of reasons why Dallas may want to dump their ROMOance and get with someone worth a proper commitment; he can't perform well in the playoffs, he hasn't performed well enough with great teams, he doesn't play up to his expectation, he can't lead, all his detractors come at bad times, or maybe he is just plain-old unlucky. Anyway, after watching Monday's game with retrospect on his career, it's time to get Bearish on Romo.

WOODALL: Let's cut out the clever puns and rhetoric and get down to brass tax. Look, I've been a Cowboys fan my entire life (even through the Dave Campo years) and I'm not about to turn my back on the Holy Romo Empire. The Cowboys aren't in "rebuilding"

mode, they're merely building ROMOmentum before making a playoff push. Similar to 2011, the NFC East will be decided in weeks 16 and 17. Romo and the 'Boys have shown they can win in the playoffs — our defeat of the Philadelphia Eagles in the wildcard round of the 2009 Playoffs. Romo is a gun-slinging quarterback in the style of Brett Favre. Imagine if the Packers benched Favre — the NFL's all-time interception leader — in the mid-90s ... disastrous. Sure, Romo will have his five-interception games, but he's also capable of throwing for 400-plus yards and five touchdowns like any other elite quarterback.

COTTON: Although the Cowboys haven't started their season at 1-7 this year and might even make the playoffs, that doesn't mean Romo should stay. On the contrary, he's worth a lot to trade because of his inflated stats. He's not even in the top 10 quarterbacks of the NFL Top 100 player poll, yet he has always been treated like Brady, Manning, Rodgers, and then him, Romo? I don't think so. They have only had one playoff win in more than a decade and a half, that makes this era the least productive in Cowboys

history, which Romo has presided over half. Statistically, he is a better clutch quarterback than Eli Manning (who I loathe as a Patriots fan). Are we meant to believe this? This is why it comes down to the intangibles of winning in the NFL. Romo has got to go.

WOODALL: The President of the United States has the second-most stressful job in America. The first? Starting quarterback for the Dallas Cowboys. Rather than lambasting Romo, perhaps we should ask ourselves why he's developed as an amazing scrambler passer and not a decent pocket passer — it's because he doesn't have an offensive line to protect him. Without a legitimate starting front, Romo has to force a lot of plays. Thanks to his skill, he usually gets the job done. Unfortunately, this also leads to the occasional multi-interception performance. On another note, you want to talk about the intangibles?

You can't be the face of the Dallas Cowboys unless you possess all of the right off-the-field intangibles. This includes (but is not limited to): attractive celebrity girlfriend, pleasant disposition, and good bone structure.



COTTON

COTTON: The only qualification Romo has to be quarterback of the Dallas Cowboys is that he is Jerry Jones' sycophant. All of the things you said, besides the scrambling, are against Bill Parcells' 11 Quarterback Commandments. Most of all, he doesn't have the kind of stoic consistency that is reminiscent of all quarterbacks in their roads to Super Bowl victories. He is great when it's not critical and terrible when it counts the most throughout the game. He hasn't developed to the level he should be at, to include Brett Favre.

WOODALL: First of all, two-time Super Bowl winner Eli Manning doesn't have "stoic consistency" either. His calm demeanor stems from an inability to speak or read above a fourth-grade level. But again, all good things come with time. Romo is on the cusp of greatness, he just needs the appropriate support to get there. Sure, Romo isn't ready to be a "top three" quarterback, but he's better than anyone the Cowboys can muster right now — through their depth chart, free agency, or otherwise. With Romo, the Cowboys at least have a fighting chance in a very tough NFC East.



WOODALL

SPOTLIGHT ON SPORTS

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Turkey Trot 10K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Dewey Square. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7590.

Youth Sports

Sign your child up for winter baseball and basketball programs or become a youth sports volunteer coach.

Registration continues through Oct. 23 from 9 a.m. to 5 p.m. For more information call 254-7473.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For more information, call Semper Fit at 254-7597.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays.

Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon

entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The base marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing Small Boat Certification, valid at marinas across the nation. The cost includes book and certification. To register, call 254-7666.

New Outdoor Recreation and Equipment Center open at base marina

Check out the fun at building 6800. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.

Sail around Coconut Island

Come sailing with us, and we'll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own

refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane's special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Female Flag Football Schedule

Oct. 14

Game site to be determined
2 p.m.- Army's Angels v. TNT
3:30 p.m.- Sharks v. War Dawgz
5 p.m.- Falcons v. Maniax

Oct. 21

Game site to be determined
2 p.m.- Falcons v. Sharks
3:30 p.m.- Vixens v. TNT
5 p.m.- Army's Angels v. War Dawgz
For more information about joining a team or the schedule, email: hawaii_female_flagfootball@yahoo.com.



Students perform stationary cardio exercises and strength training during a TRX class at the Semper Fit Center, Tuesday. The TRX training system has garnered a devout following and popularity, especially among professional athletes and military members. Utilizing a pair of straps and nothing else but gravity, TRX emphasizes calisthenics exercises coupled with body stability to create a challenging workout.

Blasting the body with TRX training

**Story and photos by
Cpl. James A. Sauter**
Combat Correspondent

From a first look at the class, running in place, jump roping without a rope and strength building using TRX straps while keeping in-time with 1980s workout music would seem like a butt-kicking workout that flirts with insanity. To Cpl. Daniel Law, the workout is everything he puts into it down to the last grunt and drop of sweat.

Service and family members participated in a grueling one-hour workout session of TRX training at the Semper Fit Center, Tuesday.

The TRX training system has garnered a devout following and popularity, especially among professional athletes and military members. Utilizing a pair of straps and nothing else but gravity, TRX emphasizes calisthenics exercises coupled with body stability to create a challenging workout.

"I've been doing the gut-cut class with [Semper Fit center fitness instructor] Honey Cushman a couple times during the week and she said, 'Hey, you should go to this,'" Law said. "This class is probably the best one they have at the gym."

To keep the class interesting and fun for newcomers and returning participants, Cushman plays different music ranging from the 1980s to modern day pop and hip hop. Dependent on the number of students in a class, Cushman has them alternate between TRX bands and stationary cardio exercises.

"One, two, three and four ... keep going, keep going, and switch!" Cushman shouts to the class, already beat from the nonstop workout. Groans, moans, laughter and smiles were had by all as they dripped sweat on the gym floor. Finally, after an hour, Cushman ended



Cpl. Daniel Law and other students perform leg exercises using straps and their body weight during a TRX class at the Semper Fit Center, Tuesday.

the workout and finished the class with stretching.

"What I find the most helpful in this class is having the people to the left and right of you to keep you pushing harder and harder until you're done," Law

said. "This class has pretty much everything ... it's amazing."

For more information about classes, contact the Semper Fit Center at 257- 7594.



Honey Cushman, Semper Fit Center fitness instructor, performs a stationary cardio exercise along with her students during a TRX class at Semper Fit, Tuesday. To keep the class interesting and fun for newcomers and returning participants, Cushman plays different music ranging from the 1980s to modern day pop and hip hop. Dependent on the number of students in a class, Cushman has them alternate between TRX bands and stationary cardio exercises.

Mass flu exercise brings services together

News Release

Pacific Regional Medical Command

HONOLULU — Installations around the island held a mass flu vaccination exercise, Sept. 18-20, with the goal of vaccinating as many Oahu-based active duty service members and emergency-essential civilians as possible.

In previous years, each service would individually hold shot exercises where they would immunize their personnel. This year, all services coordinated together and held a mass joint immunization exercise.

“We wanted to test our capability to mass immunize against a potential pandemic,” explained Lance Golder, analyst, Military Vaccine Agency.

During the 72-hour exercise, more than 21,000 Department of Defense uniformed and civilian personnel were vaccinated across the island.

“Vaccinating over 21,000 people in three days is no small feat,” Golder said. “(We) did it at 12 different locations with multi-service staff both working and getting vaccinated. One of the comments I heard over and over as I visited (the) sites is that (the personnel) could immunize at least double the numbers with little effort.”

The mass vaccination exercise used a closed point of dispensing system, or PODs, which is different than traditional vaccination or medication dispensing sites, because it brings the vaccine to where soldiers and emergency-essential civilians are.

“The (point of distribution) layout at the Makai Recreation Center has been designed to accommodate approximately a 10-minute processing time for units consisting of 200 personnel,” said Air Force Staff Sgt. Aimee Braxton, noncommissioned officer-in-charge, Hickam Immunizations clinic and Joint Vaccine Working Group representative.

“Following a catastrophic health event, the ability to dispense medical countermeasures to affected populations quickly and efficiently is crucial,” added Thomas Bookman, emergency operations manager, Pacific Regional Medical Command and Tripler Army Medical Center.



Stephanie Bryant | Tripler Army Medical Center Public Affairs

Spc. Leonard Tovar, Sedation Center, Department of Pediatrics, Tripler Army Medical Center, administers the influenza vaccine to an active duty service member, Sept. 20, in the TAMC Gym as part of a joint mass immunization exercise that was held Sept. 18-20.

The flu vaccine isn't important for just service members and emergency-essential civilians — everyone in Hawaii should consider getting vaccinated and take precautionary measures to avoid spreading the flu.

“Each year in the U.S., approximately 25 million cases of influenza get reported,” Golder explained. “These cases result in about 150,000 hospitalizations due to serious complications and more than 30,000 people die from influenza annually in the U.S. alone. The seasonal influenza vaccine is one of the most beneficial tools in modern medicine for reducing sicknesses, deaths, health care costs and conserving

fighting strength.”

“The influenza vaccine is particularly important for everyone living in Hawaii because we see influenza cases all year around,” Golder explained. “It is important to remember that Hawaii is a gateway to the world. We have travelers arriving from both hemispheres where their peak influenza season may be in full bloom.”

Vaccines are now available to all Tricare beneficiaries at military medical treatment facilities in Hawaii. Vaccines will be available at post exchanges throughout October and local schools in October and November.

NAVFAC Pacific contract award bolsters environmental restoration program

News Release

NAVFAC Pacific Public Affairs Office

PEARL HARBOR — Naval Facilities Engineering Command Pacific on Sept. 27 awarded AECOM Technical Services Inc. a cost-plus-award fee, indefinite-quantity, indefinite-delivery contract with a maximum amount of \$85 million for architect, engineer, environmental, technical and engineering services in support of the Navy's Environmental Restoration Program in the Pacific.

“Our Environmental Restoration Program is a key element upon which we rely to manage our responsibility towards protection and preservation of the environment,” said Capt. Pete Lynch, vice commander, NAVFAC Pacific. “The Navy continues to take this duty to environmental stewardship very seriously as we work to remediate areas on our active bases.”

The work may include performing field investigations; analyzing environmental samples; validating and evaluat-

ing analytical data; performing human health and ecological risk assessments; providing community relations support; preparing remedial designs; performing construction oversight; and preparing project reports.

“The Navy's restoration program includes the Installation Restoration Program and Munitions Response Program,” said Karen Sumida, environmental business line manager. “This contract award is essential for the sustainability of these programs as we con-

tinue to meet our compliance mandates under the Comprehensive Environmental Response, Compensation, and Liability Act.”

Work on this contract will be predominantly performed at various Navy and Marine Corps Activities within the NAVFAC Pacific area of responsibility including Hawaii and Guam. Work may include services for other Department of Defense or federal agencies. The term of this contract is not to exceed five years.



PMO



Crime Prevention Tip of the Month:

Per base policy, runners and walkers must be aware of traffic even when crossing streets or using crosswalks and are not allowed to use headphones when running or walking on sidewalks. PMO will be responsible for enforcing this policy.

PMO Contact Numbers & Locations

- To report suspicious activity/behavior or for non-emergency calls contact the desk sergeant:
257-1018/2123; Bldg. 1096
 - For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095
 - For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:
257-1821; Bldg. 3099
 - For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCB Hawaii and 477-8734/8735; Bldg. 601 for Camp H.M. Smith
 - For information regarding traffic regulations, citations, or traffic court contact the Traffic Court bailiff:
257-6991/6992; Bldg. 1095
 - For all other numbers not listed contact Base Information:
449-7110
- For more information visit the PMO website:
<http://www.mcbh.usmc.mil/mp/default.htm>

Topic of the Month

While operating a bicycle aboard MCB Hawaii installations be sure to follow Base Order 5500.15B regarding bicycle regulations. Bicycles are only permitted on streets, roads, and parking areas; only children operating foot powered device with a height of less than 16 inches are allowed to ride on sidewalks. While riding a bicycle you may not be towed by another vehicle or tow another vehicle, you may not wear headsets, earphones, or other devices that obstruct hearing, and if caught riding a bicycle while under the influence of alcohol or other drugs you will be subject to the same penalties as for driving a motor vehicle under the influence of alcohol or drugs. While operating a bicycle the operator is required to wear a fastened bicycle helmet at all times. While operating a bicycle at night the bicycle must be equipped with a front white light that is visible 500 feet. For a list of all the requirements refer to Base Order 5500.15B Paragraph 7011. For more information, call base safety at 257-1830 or the PMO Accident Investigation Division at 257-6987.

IN CASE OF EMERGENCY DIAL 911

ENVIRONMENTAL CORNER

DISCOVER wildlife and historic significance of MCB Hawaii

Sign up today for L.E.A. — Local Environmental Awareness class, Oct. 17. You'll discover wildlife living here and the historic and cultural significance of this Mokapu Peninsula. Meet Environmental Compliance and Protection Department staff and energy managers who will answer your questions and reveal ways you can make a difference. Topics cover volunteer opportunities, recycling, ways to conserve energy and protect our oceans, how to prevent pollution while saving money, and more. Taking care of our environment enables our Marines and sailors to continue training here in a healthy place.

The Hawaiians have a word, "pono" which embodies being respectful and in balance with all areas of life. This includes caring for the land, leaving it as good as or better than when we found it. Success of our mission at MCB Hawaii relies on the quality of this environment.

You and I play a vital role in caring for it. Let's live "pono." Sign up for LEA today! Class is 7:30 a.m. to noon and fulfills MCO P5090.2A awareness requirements. Individual Letters of Completion are issued for your records. Contact the environmental department at 257-9974 or Michele.chang@usmc.mil.



Red-footed Booby Bird on MCB Hawaii

BASE/COMMUNITY/VOLUNTEER EVENTS

Talk Story Festival

The 24th annual free Talk Story Festival is scheduled for Oct. 19 and 20, from 6 to 9 p.m. at McCoy Pavilion (in the center of Ala Moana Beach Park). Storytellers will be telling scary stories on Oct. 19 and family-oriented stories on Oct. 20. For details, contact Jeff Gere at jgere@honolulu.gov, or call 768-3032.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions, including accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

Waimea Valley events

Kanikapila Sundays are scheduled on Oct. 21, Nov. 18 and Dec. 16. This freestyle music circle is held in the Waimea Valley pavilion area and free to the public. Bring your instruments or just come and listen to the music from 1 to 4 p.m. Moon Walks are scheduled on Oct. 26, Nov. 30, Dec. 28.

This special monthly, 1.5-mile round-trip walk will take you from the ticket booth area to the waterfall area and back. There is a small fee. There is also an Arbor Day Annual Tree Give-Away on Saturday, Nov. 3 scheduled to start at 9 a.m. with an annual plant sale. Waimea Valley's annual Makahiki Celebration on Saturday, Dec. 1. This is a time-honored celebration paying tribute to Lono, the Hawaiian deity of the harvest, with hula, music, traditional games and crafts. For more information, call 638-7766 or visit <http://www.waimeavalley.net>.

Halloween Teen Dance

Teens and guests ages 10-14 who are Marine Corps Base Hawaii CYTP members are invited to the annual Halloween dance on Oct. 26 from 6 to 9 p.m.

A costume contest with prizes will be held and pizza and drinks will be available for purchase. This event will be held at the Youth Activities Center and will be supervised by Youth Activities staff. For ticket purchase and more information call 257-2030.

Bellows Boofest

Bellows Boofest will be held Saturday, Oct. 27, from 11 a.m. to 9 p.m. at Bellows Air Force Station. For a small fee, there will be a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, storytelling, a movie, and a Kiddieland to include bouncers, water slide, face painting, arts/crafts, and a live DJ. Bring your family and have a fun, safe and Happy Halloween at Bellows AFS. For details, visit <http://www.bellowsafs.com>.

USO Hawaii seeks volunteers

USO Hawaii is seeking volunteers for the Medal of Honor Convention 2012. The convention will be held in Honolulu from Oct. 1 to 6.

There are volunteer opportunities until Oct. 10. To obtain a volunteer application form, please visit <http://medalofhonorconvention2012.com/volunteerform>. For more information, email BTroegner@uso.org.

Oktoberfest

Raise your mug and join the festivities at Kaneohe Bay Officer's Club Friday, Oct. 12, at 5:30 p.m. for your little slice of Bavaria. Dine on German cuisine, sample a variety of beers during a beer tasting, and enjoy a cultured evening beside Hilltop pool with family and friends.

The event is open to E6 and above, admission is \$10. For more information call 254-7650.

Harvest Fest Celebration

The Youth Activities Center is the venue for the 3rd annual Harvest Fest Celebration set for Friday, Oct. 19 from 4 to 6:30 p.m. This is a free event for all base youth and families.

Scheduled activities include a petting zoo, fire engine rides, a pumpkin patch, a haunted house, arts and crafts, games, rides, and our fabulous Trunk or Treat event where children receive Halloween candy.

Young Marines Program open house

Young Marines are opening a unit on Kaneohe Bay, and there will be an open house at the Mololani Community Center, 1931 Campion Drive, at 6 p.m., Oct. 16. We are also looking for adult staff volunteers to begin building our program.

This is a great opportunity for community service, and helping us "Strengthen the Lives of America's Youth." Must be at least 18 years to apply.

For more information send us an email at: PyramidRockYM@gmail.com or call: 443-975-6805/6807, please leave a message if we are unable to answer.

General "Howlin Mad" Smith 5K Run/Walk

Join HQSVC Bn MarForPac for the General "Howlin Mad" Smith 5K Run/Walk Saturday Oct. 27 beginning at 7:30 a.m. at the Kailua Beach Park.

Feel free to run in your Halloween costume! For more information and registration visit <http://www.active.com/running/kailua-hi/general-howlin-mad-smith-5k-2012>.

Entry fee before Oct. 15 is \$25. All proceeds benefit the MARFORPAC Birthday Ball. For more information, call 477-8359.

MOKAPU BRIEFS

Box Tops for Education submissions are due on Oct. 12.

There is no school on Monday in observance of **Columbus/Discoverers' Day**.

Bingo Night is scheduled for Oct. 12. For more information about Bingo Night, email PTAMokapu@gmail.com.

MARINE MAKEPONO

Apartment for rent. Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

Washer and dryer for sale. Like new, extra large capacity, top-loading Kenmore washer and electric dryer set for sale. Excellent condition. \$450 obo. Call 910-750-2386.

Coffee table for sale. Made of solid oak, natural wood finish. Lightweight but sturdy. Excellent condition. Call 520-204-0144.

Car for sale. 2001 Saturn LS 200, 4-door sedan, dark green. 95,000 miles, great condition. Perfect island car, second vehicle or starter for teens. Moving, must sell by Oct. 10. \$1,900. Call 520-204-0144.

Apple accessories for sale. iPad photo connector docks, USB and SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. Call 520-204-0144.

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.

Lifestyles

The best (free) view in Kailua



A lone hand-drawn sign marks the entrance to the Pillbox Hiking Trail in Kailua's Lanikai neighborhood. The short 0.7-mile (one way) hike is free, family friendly and features a beautiful view of Oahu's Windward coast and inland.

Story and photos by
Cpl. Reece Lodder
Combat Correspondent

KAILUA — Perched high above Kailua's world-famous Lanikai Beach, the Pillbox Hiking Trail is Windward Oahu's most rewarding outdoor destination.

Short yet easy to trek, the 0.7-mile hike (one way) is free, family friendly and features a breathtaking 360-degree view of Oahu's Windward coast and inland.

The inconspicuous entrance is found along Lanikai's Kaelepulu Drive, nestled between the Mid-Pacific Country Club and two townhouse communities. Street parking is plentiful, leaving hikers with only a short walk uphill to the trailhead marked by a hand-drawn sign.

A short uphill climb, marked by guide ropes and steps formed in dirt, is gradual enough for young children and older hikers alike. While the semi-steep beginning won't allow for baby strollers, parents can safely trek it with baby carriers or backpacks.

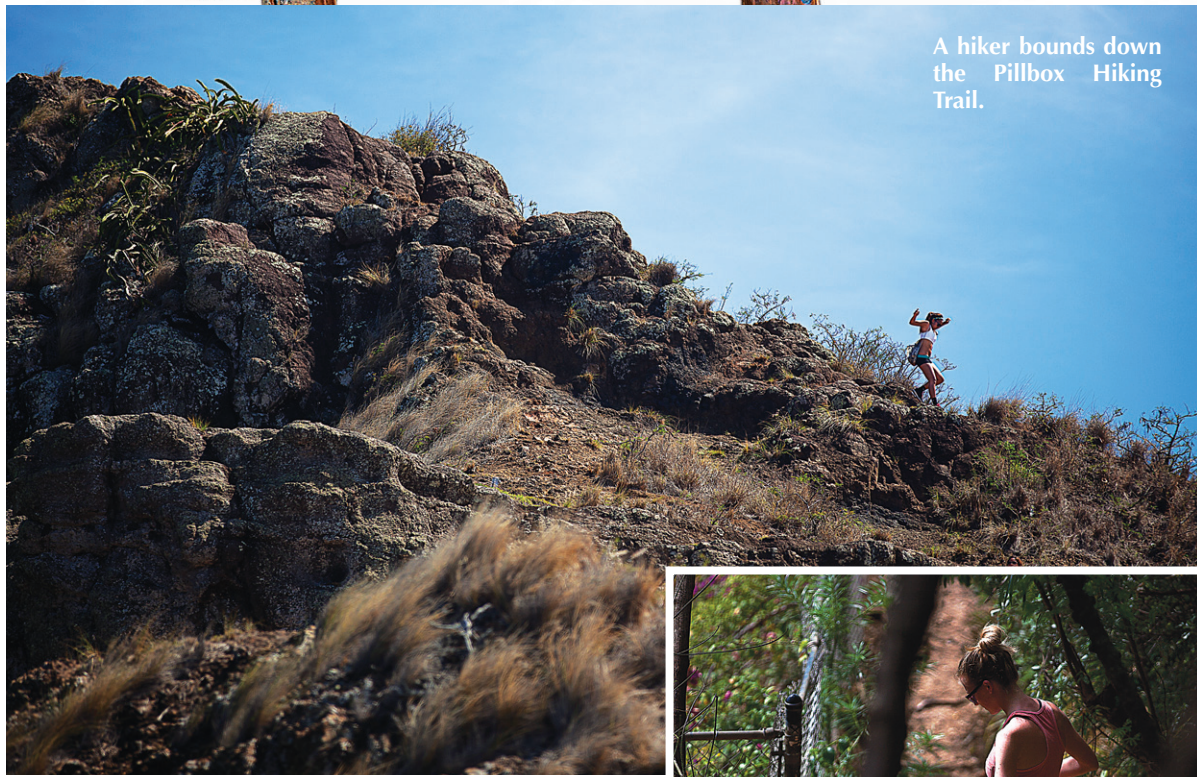
The incline quickly levels off and the trail continues along a ridgeline toward the first pillbox, leaving plenty of hiking room from its edge. Mere minutes after setting foot on the trail, hikers witness the stunning view below.

The golden sand of Lanikai Beach meets the ocean's shallow emerald water to their north; the twin Mokulua Islands lay shortly beyond. With their head on a swivel, hikers can also take in Kailua, Kaneohe and Waimanalo. The majestic Koolau Mountain Range is perfectly visible to their south.

"Growing up here, I've hiked a lot around the islands," said Kailua resident Gordon Ching. "This hike has the best view of the Windward side of the island for the amount of effort it takes to complete it."

As hikers continue along the ridgeline toward the pillboxes, strong gusts of wind rustle through the dry brush and against the rock. Even in the early morning, the searing Hawaiian sun demands that hikers protect themselves with sunscreen. The only respite from the heat is found within the trail's two abandoned World War II-era pillboxes.

Local officials and historians believe Army engineers constructed the pillboxes in late 1941 to strengthen defenses on Oahu's Windward side. During World War II, they were used as observation posts from which to ob-



A hiker bounds down the Pillbox Hiking Trail.

serve approaching enemy ships. Today, hikers pose for photos and enjoy Oahu's most beautiful scenery from atop the graffitied concrete bunkers.

"The view from the top is spectacular," said Charles Wong, a visitor from Fremont, Calif. "This is an enjoyable hike ... not overly strenuous, but not too easy either. I enjoy it every time I visit the island."

Though most hikers turn around at the second and final pillbox, the trail continues past it and divides into a variety of others. The most popular ends at the Lanikai Loop; from there, hikers can return to their vehicles by walking through the residential neighborhood.

Before trekking out to take on the Pillbox Hiking Trail, it's advised to lather up with sunscreen, fill a water bottle and slip into a pair of sturdy hiking shoes. Don't be the hiker seen struggling to descend a rocky hill in a pair of Crocs.



A hiker descends the Pillbox Hiking Trail.



Jeff Kim and Keira Baker, from Honolulu's Salt Lake neighborhood, enjoy the breathtaking view of Kailua's Lanikai Beach and Mokulua Islands from atop a World War II-era bunker on the Pillbox Hiking Trail in Kailua.

PASS ^{IN} REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, 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 ...

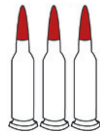
1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



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 you have nothing better to do.



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

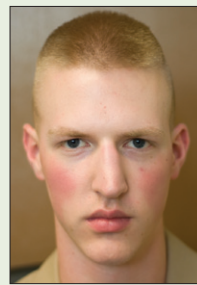


4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



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

Better Know A Critic



SAUTER

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



COTTON

Sgt. D.R. Cotton has rejected the misguided hype of video game consoles forever in favor of PC first-person shooters. The easiest way to appease him with a multiplayer FPS is with a multilayered online multiplayer experience. Only competitiveness will sustain the appeasement — if there's any competition left after two minutes of gameplay.

Back away from this failing movie

Cpl. James A. Sauter
Combat Correspondent

Among the controversy that can be debated with absolute futility by both the political elite and concerned parents is the eroding of the public school system. The issue of whether public schools are actually preparing children to be competitive in the economy has been discussed for several decades with countless studies and attempts to bring change. Ultimately, it has failed.

In 2010, a documentary titled "Waiting for Superman" gave modern audiences a well-summarized look at why a staggering number of public schools are failing, particularly those in heavily urbanized areas. The film bridges the tie between failing schools, communities and rising crime rates. "Waiting for Superman" nailed the issue on the head, but the newly released "Won't Back Down" hammered its thumb when addressing the same issues.

"Won't Back Down" is inspired by true events but follows a cliché script.

This results in a happy ending that makes the audience feel good about something near impossible to achieve — overcoming the status quo and bureaucratic mess that entangles the public school system.

The movie stars Maggie Gyllenhaal as Jamie, a near-poverty level bartender, car saleswoman and single mother of a dyslexic eight-year-old daughter. Despite her situation, Jamie is obsessed with giving her daughter a better life and sees the necessity of a good education.

The catch is the local school

is failing due to inept, tenured teachers and cancerous apathy from parents and teachers. In this environment, no reform can take place. Jamie discovers a recently passed law allows parents to sign



a petition to collectively overrule the school administration and teacher union to fix their wrongs. However, the greatest fight for Jamie is persuading people to abandon the status quo the system has created.

I'm not blind to the seriousness of bad schools failing our children, even in basic skills like reading, writing and mathematics, and I'm not dismissing the message

this movie tries to convey. I only wish "Won't Back Down" didn't oversimplify the problems, present easy fixes and end it with sunshine, rainbows and unicorns.

Every character this movie presents couldn't be more stereotypical than they're presented. The white mother is poor, slightly scantily dressed but optimistic and the black mother is upper-middle class, pessimistic but slightly hopeful the white woman's idea can work in a heavily black and Hispanic neighborhood. Come on, give me a break.

This movie is trying to paint a picture of a serious issue but fails to capture both the problem and solution. If anyone wants to learn more about the failing school system, they're better off sticking with "Waiting For Superman." Stay away from this film.

1/4



(No Impact, No Idea)

Borderlands 2 'vaults' classic to new heights

Sgt. D. R. Cotton
Press Chief

2K Games' released "Borderlands 2," a multiplayer first-person co-op that is meant to be as entertaining as it is challenging, Sept. 18. From the developer who brought you variations of "Civilization," "Mafia," "Civilization," and "Close Combat: First to Fight" (our Marine Corps video game from 2005), B2 is an interesting addition to the line-up and offers a good, but raunchy, time for your PlayStation 3, Xbox 360 or Windows PC.

The plot starts out with a group of "vault hunters," who are on a quest to find a vault of alien technology (carried over from the original Borderlands game), who get blown up on a train and are saved by their guardian angel. They follow the witty, wacky and weird little robot, Claptrap, to find their way to Sanctuary, the last non-Handsome Jack city.

Handsome Jack, on the other hand, is this games antagonist and is trying to rule the planet, Pandora (a desert wild-west type planet that pre-dates the one from Avatar, and oh ya, no blue space hippies), with an iron fist. Our four main character, which you can play, team up with an array of entertaining secondary characters to attempt to thwart Handsome Jack and his insane posse of miscreants, getting closer the vaults.

Borderlands 2 is built on a heavily modified Unreal Engine 3 like "Gears of War." As far as graphics go, the combination of Gears of War with "Max Payne"-type crazies and cut-scenes, but B2 has

mostly a very original flavor. The game play is excellent. I have had no issues with executing any of the game mechanics. The weapons, ammunition and gear are well organized and prepared. There are nearly limitless combinations of each of the types of weapons. The missions are intermittent and easy to follow, but not unchallenging. There are four different classes you can play.

Salvador the "gunzerker," a dual-weapon wielding tank-type; Maya the "siren," a support-type of character; Axton the commando, a bruiser-type; and Zer0 the "assassin," a sniper-stealth character;

each can be chosen and played in any combination online with others. Each of their abilities are effective enough to want to craft a team for a certain mission, but not so vital as to take away the casual nature of the gameplay.

Besides the learning curve and glitches a new game has and that will likely be corrected, I could find nothing of significance to criticize. The game is good, but very very vulgar (cannot emphasize enough).

Although this is my first excursion with the Borderlands franchise, B2 is a fantastic multiplayer time with a reminiscence of "Goldeneye" (I know what you're thinking, "I bet he says that to all the new first-person shooters").

This comparison is well deserved, as it brings that versus-style multiplayer fun to the online co-op mode. The graphics

are great, and it hits on the most important factor — the fun factor.



4/4



(Confirmed Kill)



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.



"The Odd Life of Timothy Green" PG-13 Today | 7:15 p.m.

"The Watch" R Today | 9:45 p.m.

"Bourne Legacy" PG-13 Saturday | 7:15 p.m.

"The Campaign" R Saturday | 9:45 p.m.

"Diary of a Wimpy Dog: Dog Days" PG Sunday | 2 p.m.

"Step Up Revolution" PG-13 Sunday | 6:30 p.m.

"Bourne Legacy" PG-13 Wednesday | 6:30 p.m.