

WHO'OKELE

Life & Leisure



Military 'joins forces' with community at air show

Story and photos by
MC2 Johans Chavarro

Navy Public Affairs Support Element
Detachment Hawaii

KANEOHE BAY, Hawaii — Marine Corps Base Hawaii (MCBH) opened its gates to the public Oct. 17-18 for the 2015 Kaneohe Bay Air Show.

This year's theme for the show was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

Stepping foot onto the MCBH flight line, community members were greeted by static displays of various vintage and modern airplanes and military equipment, as well as merchandise booths and food vendors. On the flight line was also a 65-foot Ferris wheel and other carnival rides and games for guests and kids to enjoy.

For Cpl. John Ketzler, assigned to Marine Corps Base Hawaii, interacting with community members proved to be one of the highlights for his first air show experience.

"This is the first air show I've done," said Ketzler. "But seeing everyone come out and getting the chance to show and teach them about the things I get to do is really great. They're generally interested and are usually like, 'Wow, I didn't realize you guys did this stuff.'"

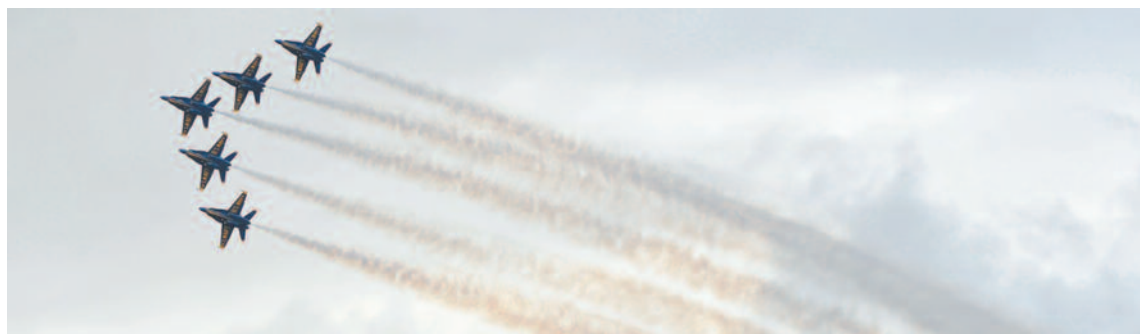
In dizzying displays of turns, dips and flips, civilian performers like Rob Holland, Hank Bruckner and Jacquie B took center stage to showcase their acrobatic know-how. The event even hosted a speeding truck-top landing by Alan Miller in his 1964 Aeronca "Champ."

"It's awesome," said Coast Guard Fireman Alex Milster, assigned to USGC Sherman (WHEC 720). "I've never been this close to one of the shows. I'm usually in the bleachers way in the back, so this is awesome."

During the show, community members were also introduced to a gamut of ground-to-air capabilities: from choreographed explosions and wall of fire in a simulated combined offensive by the Marine Air-Ground Task Force, to echoing jet noise by the Navy's premier flight demonstration team, the Blue Angels.

"I've always loved the Blue Angels," said Milster. "Actually, my parents met at a Blue Angels' show."

Concluding the show, guests were invited to enjoy carnival rides and games until the gates closed.



Top left, Children play with model airplanes of the U.S. Navy Flight Demonstration Squadron, the Blue Angels. The U.S. Coast Guard, top right, performs a search and rescue demonstration. Above, The Blue Angels perform aerial acrobatics.



Above, The U.S. Marine Corps Color Guard parade the colors during the 2015 Kaneohe Air Show at Marine Corps Base Hawaii. Below, Capt. Thomas Frosch, commanding officer of the U.S. Navy Flight Demonstration Squadron, the Blue Angels, boards his airplane.



Defense, big plays lead 690th COS to victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Quarterback Senior Airman Kyle Wyatt threw for two touchdowns and ran for another to lead the 690th Cyberspace Operations Squadron (690 COS) to a 24-6 mercy-rule win over Commander, Navy Region Hawaii/ Middle Pacific (CNRH/MIDPAC) on Oct. 20 in a Red Division intramural flag football game held at Ward Field, Joint Base Pearl Harbor-Hickam.

The win raised the 690's record to a respectable 4-2, while CNRH/MIDPAC fell to 1-4.

Wyatt, who only recently took over the team's signal calling, threw a scoring pass on the 690 COS first drive of the game and then came back in the second half to throw two more to nail down the win.

Wyatt said that getting the first score of the game was critical to the team's game plan.

"It was the best thing for us to get the ball rolling," Wyatt stated. "Our team is real strong if we come out strong. Once we get the ball rolling, we keep it going."

Wyatt completed the first drive on a scoring toss to Staff Sgt. Jacee Lawary for an early 6-0 lead.

After the touchdown, Wyatt immediately got another shot at the ball when ball-hawking defensive back Staff Sgt. Chris Terrell picked off a pass to give the 690 COS great field position at the CNRH/MIDPAC 32.

This time, however, Wyatt came up short, and the team was forced to hand the ball over on downs.

With CNRH/MIDPAC back on offense, quarterback Lt. Cmdr. Paul Murch went deep on the first play from scrimmage.

Terrell instead came up



Staff Sgt. Chris Terrell eyes the open field ahead of him after coming down with his second interception of the game.

with a huge play by gathering in his second interception of the game.

Terrell, who has already

stolen 11 passes for the season, made the grab at his own 32, and then raced down the left sideline for a

pick six and a 12-0 lead that stood up through halftime.

"It's pivotal that our defense comes out," Wyatt

said about the interception.

"If they score, it's all the best for us. The pressure isn't on us anymore, it's

back on the other team."

In the second half, Wyatt, with the help of an athletic receiving corps, continued to move the team forward.

On the team's second series on offense, Wyatt, with the ball resting on his own 38, zipped a pass to the middle to Senior Airman Omar Henry.

Henry bobbled the pass but recovered in time to secure the football and turn it upfield.

The speedy wide receiver then raised a chorus of cheers from the crowd by eluding defenders with a sick 360 spin move before taking it to the house and giving the 690 COS an 18-0 advantage.

"He (Wyatt) hit me before I saw it," Henry explained about the bobble. "I was able to adjust and I made a play. I knew that I had to make some space and I made some space."

CNRH/MIDPAC finally got on the scoreboard, when on third down from his own 15, Murch completed a short pass to Information Systems Technician 2nd Class Michael Birdy.

Birdy reached down to make the catch and then broke all the way downfield for a touchdown.

However, on the 690 COS next series, Wyatt finished off a 65-yard drive by scrambling into the end zone from eight yards out for the final score of the game.

After the final whistle, Wyatt gave a cautious thumb up to the team's recent hot streak, saying that he doesn't want to think too far ahead.

Lawary, on the other hand, said that if everyone were able to come out and play, the 690 COS would continue their winning ways.

"The games we lost, it was the work schedule, and a lot of people couldn't make it to practice," he said. "We'll see next week."

SAPR survey launches

Sexual Assault and Pre-vention Response Program, Navy Region Hawaii.

The SAPR (Sexual Assault and Prevention Response) Command Triad Survey launched Oct. 23 and will continue through Nov. 6.

The survey is mainly geared to all personnel who are commanding officers, officers in charge, executive officers, chiefs of the boat, and command master chiefs at Navy commands on Oahu and Kauai.

The Navy Region Hawaii SAPR office is requesting inputs, explaining that the survey takes only about three minutes to complete and can help to enhance SAPR services. The survey consists of five questions specifically targeted to command leadership.

The objective of the survey will help regional and installation SARCs (sexual assault response coordinators) and civilian victim advocates to:

- Gain a better understanding of the top local SAPR challenges faced by command leaders.
- Identify which of these challenges the SAPR staff can realistically help address/mitigate.
- Develop ideas/strategies on how to enhance support and assistance to commands who are addressing victim care management issues.

The end point will result in an overall higher quality of care for victims, according to the SAPR team at Navy Region Hawaii.

(For more information, contact the SAPR office at CNI_PRLH_SAPRHawaii@navy.mil or 474-1999.)

PMRF to offer weekly remote care to Kauai veterans

Pacific Missile Range Facility Public Affairs

PACIFIC MISSILE RANGE FACILITY, Kauai (NNS) — Naval Health Clinic PMRF (Pacific Missile Range Facility) and Veterans Affairs (VA) Kauai Community-Based Outpatient Clinic recently signed a sharing agreement, linking both organizations in providing specific types of medical care to current Veterans Affairs eligible beneficiaries.

The Bureau of Medicine and Surgery, Navy Medicine West and Naval Health Clinic Hawaii were instrumental in establishing a memorandum of understanding with the Veterans Administration so the clinic could open.

Capt. Bruce Hay, PMRF commanding officer, and

Chief Hospital Corpsman Frank Thompson were joined by Todd Gordon, director of the rural health program and mental health social worker, and Charlene Burgess, primary care social worker from the Department of Veterans Affairs, to conduct a ribbon-cutting ceremony Oct. 8 at the Naval Health Clinic at PMRF.

"Captain Hay's vision of his base having the ability to work with the Department of Veterans Affairs has come to light," said Thompson. "The active duty staff have been excited at the idea since its arduous beginning through all appropriate VA and Navy medical channels."

Brand new spaces are now available on PMRF to be used by the VA staff to provide care to local veter-

ans in a comfortable and private setting.

Also in attendance at the ribbon cutting was Elizabeth Joyce, the VA nurse practitioner who will be providing care to the veterans. As part of the Army Reserve, she said the care for veterans is a cause near and dear to her heart.

"I am so excited to start this program. It has been a long time coming. Being part of the Reserves, I am really looking forward to helping veterans and working closely with the Navy," said Joyce. "I am really looking forward to the collaboration."

With approximately 6,000 veterans on Kauai eligible for the program, Hay is fully invested in assisting them to receive quality health care without the sometimes long jour-

neys across the island to the VA clinic.

"It took a lot of hard work on the part of both the Navy and the Department of Veterans Affairs to get here today, but anything worth doing is worth doing well," said Hay.

"By providing weekly remote care to our veterans, we are helping take care of those who wore the cloth of our nation and stood the watch before some of us were even born. It is my sincere hope that this program will flourish and be a model for other bases in other parts of the country," he said.

Healthcare will be provided to eligible veterans who have scheduled appointments through the Veterans Affairs every Thursday at times given during appointment scheduling.



Marco Fabara watches the flight of the ball as it sails past Staff Sgt. Chris Voight.

Challenger fights off MXG to win soccer title

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Marco Fabara, a Department of Defense (DoD) civilian, scored a goal late in the game that raised Challenger, Shipyard, to a 1-0 victory over 15th Maintenance Group (15 MXG) on Oct. 17 to win the 2015 Summer Soccer League championship at Earhart Field, Joint Base Pearl Harbor-Hickam.

Fabara finally broke the 0-0 deadlock on an isolation play from the right wing.

After taking the ball down the sideline, Fabara appeared to look for a pass to the middle of the field but instead did a 180 spin move that opened a window

for him to shoot the ball.

The shot zipped past the goalkeeper and hit the left side of the net for the only goal of the game.

"I saw the other guy standing behind the other defender, so it was impossible for me to go that side," Fabara said. "I faked (to the middle), so that they (the defenders) would go to that side, and then I went to the other side and took the shot."

Although Challenger entered the playoffs as the defending champions and the past season's Joint Base intramural titlist, the team had its back up against a wall when only a fraction of the squad showed up to compete in the two-bracket playoffs.

After taking care of

United States Coast Guard (USCG), 3-1, in the semifinals, Challenger was in danger of forfeiting the title game when the team appeared to be short on players.

Instead, the head captains of both squads met at midfield and agreed to play with Challenger taking the field with two players short of a full starting unit.

Playing seven against nine, Challenger got one more player to lessen the handicap, but early in the first half, DoD civilian Joe Grogan, who is one of the team's top scorers, suffered a leg injury.

After the injury, Grogan managed to stay in the game but was never at 100 percent for the rest of the matchup.

Then shortly after Grogan's mishap on the field, Challenger lost their team captain Moussa Niang (DoD), who had to leave the game due to leg cramps.

Back to playing seven on nine, with another player (Grogan) severely limited, Challenger retreated into a defensive mode and focused their effort on stopping 15 MXG.

"We were playing the back, defense and whenever we had the chance to go up, we were going up," Fabara said. "That's how we passed the semifinals."

Challenger goalkeeper Keoni Wongwai (DoD) was put to the test but instead of wilting under pressure, Wongwai not only directed traffic from his position, but

also stopped everything that came his way.

"That's my job, to lead them from the backline," he stated. "I use my vision to notify and keep them (teammates) going. Being two guys down is hard. It was very tough and very emotional. I had to play hard. This was maybe the last championship that my mom can see me play."

Despite so much adversity, both Wongwai and Fabara said that of the three straight titles that the team has won, this was Challenger's greatest achievement.

"We were short people, we got a lot of injured people, we had three or four people with cramps," Fabara pointed out. "We

were playing four versus nine, so we couldn't run, and whenever we had to defend the goal, we couldn't run very much. But everybody sucked it up and did everything that they could and we pulled it off. It was a team effort."

Niang, who reentered the game late in the second half, agreed with Fabara and added that no matter the odds, Challenger came to defend their title at all costs.

"We came in with that mentality," Niang admitted. "Even though we were down two players, we kept reminding that this is it, we have to repeat. This is one of the sweetest championships that I've ever won. Going against a great team too, it's amazing."

Louisville's improbable comeback derails Jefferson City



Sonar Technician (Submarine) 3rd Class Louis Green reaches up to secure a pass and convert a PAT.

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

USS Louisville (SSN 724) rallied from a 20-point deficit to steal a come-from-behind victory, 21-20, versus USS Jefferson City (SSN 759) on Oct. 17 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win by Louisville was only the second against three defeats, while Jefferson City saw their record drop to 3-2.

"Louisville is a resilient bunch," said quarterback Chief Fire Control Technician Derek Downen, who directed three scoring drives to tie and then beat Jefferson City. "We always rally together. We knew we could pull it out. We just did what we needed to do and executed our offense."

Right out of the gates, it appeared that Louisville were gearing up for an upset as Sonar Technician (Submarine) 3rd Class Louis Green picked off a pass to give Louisville their first scoring opportunity.

Louisville moved the chains 10 yards from the Jefferson City 37 to the 27, but on fourth and seven to go for a first down, the next pass was intercepted by Culinary Specialist 2nd Class James Baylis, who made the grab at the 23 and took off down the left sideline for 57 yards and a pick six.

The team converted on its

point after touchdown (PAT) to take a quick 7-0 lead.

Things turned out to be more of the same for Louisville on their second set of downs.

Facing a first and long from their own 15, Jefferson City encountered a second pick six, when Sonar Technician (Submarine) 3rd Class Darnell Barbour snared the ball out of the air and returned it all the way to the house for a 13-0 lead.

Jefferson City failed to convert their PAT this time, and the missed single point would come back to haunt the team.

Jefferson City got the ball back when the defense forced Louisville to punt the ball away on fourth down.

On Jefferson City's first play from their own 39, quarterback Logistics Specialist 1st Class Luis Ortiz went downtown to find Electrician's Mate 3rd Class Brandon Britt.

Britt beat the defense and leaped up to make the grab before stumbling into the end zone for a touchdown.

The PAT was good and put Louisville behind the eight ball, facing a 20-0 mountain to climb.

Just before halftime, Louisville got one step closer when Downen completed a six-play, 65-yard drive on a short scoring toss to Fire Control Technician 3rd Class Tyler Zak before converting on their PAT to go into the break behind only two scores at 20-7.

Then, coming out of intermission, Downen drew

Louisville back into the game with another 65-yard drive that ended on an eight-yard completion into the end zone to Machinist's Mate Fireman Apprentice Benjamin Gomez.

Another PAT conversion placed Louisville on the verge of completing the comeback, with the score favoring Jefferson City by only six at 20-14.

Louisville forced Jefferson City to punt the ball and, with time running out, the team had one last possession to pull out a win.

Starting at their own 18, Louisville marched the ball down to Jefferson City's eight-yard line on only five plays.

On first and goal from the eight, Downen went back to the air and found Fire Control Technician 3rd Class Tyler Dias in the end zone to tie the score at 20-20. Louisville then converted their third consecutive PAT to win by the slimmest of margins at 21-20.

"A lot of our guys have the ability to read what's going on out there," Downen said about the team's comeback. "We saw that we had some opportunities in the middle, so we changed our offense up and our defense held strong."

While a faster start could have averted the drama for Louisville, Downen said that he was just happy to get the win.

"A win is a win," he said. "Whether we start off strong or end strong, a win is a win."

Battleship Missouri Memorial to honor veterans at Nov. 11 ceremony



Photo courtesy of the Battleship Missouri Memorial

Today, the Battleship Missouri Memorial rests in the heart of Pearl Harbor at the 1,000-foot Pier Foxtrot-5 on Ford Island.

Battleship Missouri Memorial Association

A special Veterans Day sunset ceremony will be held Nov. 11 aboard the Battleship Missouri Memorial.

The event runs from 4:30 to 5:30 p.m. and is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

This free event will honor the service of all the nation's veterans and feature a special tribute to those who served in the Vietnam War, as this year marks the 40th anniversary of its conclusion.

"It is an honor to host our nation's final Veterans Day service on board the majestic USS Missouri, which today stands in the waters of Pearl Harbor as a historic symbol of peace that reflects all of our veterans' steadfast courage and commitment," said Michael Carr, president and CEO of the USS Missouri Memorial Association.

"We look forward to honoring America's heroes and their families who have sacrificed so much to protect the country and freedoms we cherish every day."

U.S. Rep. and combat veteran Tulsi Gabbard (HI-02) will deliver the keynote address.

Gabbard is a member of both the House Armed Services Committee and House Committee on Foreign Affairs. She also serves as a military police major in the Hawaii Army National Guard, where she served two tours of duty in the Middle East.

Retired Navy Capt. Gerald "Jerry" Coffee, Vietnam War veteran and prisoner of war for seven years, will address attendees as the ceremony's distinguished guest speaker. Tim Guard, chairman of the board for the USS Missouri Memorial Association and a Vietnam veteran, will also present remarks.

(For more information, call (toll-free) 1-877-644-4896 or visit USSMissouri.org.)

Your Weekly Fun with MWR

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Works of local talents revealed at the gallery showcase opening night

Story and photo by Gaea Armour

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

An array of crafts, art compositions and sculptures from military-affiliated artists was on display at the third annual Joint Base Pearl Harbor-Hickam Arts & Crafts Center gallery showcase opening night on Oct. 14.

Submissions were divided into three categories: artist-craftsman (any two-dimensional or three-dimensional creation), digital art and photography. The event was open to artists of all ages, including children.

"I would love to meet the other artists to talk to them about the process," said Erinn Wang, a Navy spouse who submitted two forms in the artists-craftsman category: "Java Daydream," a still life graphite and charcoal composition and an oil painting titled "Mil Spouse Life." This is her first time showcasing her work in public.

Digital photography was also in the spotlight for the event. Scott Vecchione, former active duty Air Force and current Air Force spouse and budding landscape photographer, submitted three digital photography compositions: "Wall of Waterfalls," "Crash" and "Makapu'u."

"I've been taking pictures forever and just decided to put them out there and see what people think," said Vecchione. He thought the event was a great way for people to show their work. "A lot of people do this as a hobby and people don't ever see it, so it's a great idea."

All submissions will be on display for viewers at the JBHH Arts & Crafts Center gallery through Jan. 15, 2016. The gallery is open Monday through Friday, 9 a.m. to 5 p.m. Admission is free. For more information about the showcase and how to enter next year, call the arts and crafts center at 448-9907.



MWR Marketing photo

"Makapu'u" was one of three pieces submitted to the third annual JBPHH Arts & Crafts Center gallery showcase by Scott Vecchione.

OCTOBER

HARVEST FESTIVAL

TODAY — A harvest festival will be held from 5:30 to 8:30 p.m. at Pearl Harbor Memorial Chapel, building 1601. The family-oriented event will include free food, candy, costumes, bounce house, games, crafts, prizes, face painting, a puppet show and a photo booth. FMI: 473-3971.

WATER FOR THE WORLD REGISTRATION

TODAY, SATURDAY — Registration for the upcoming Water for the World 5K walk/run will be held from 11 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange mall shoe department. The Water for the World event will be held on Dec. 26 at Waikiki Shell, with the focus on supplying clean water across the globe. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

AMERICAN CANCER SOCIETY WALK

SATURDAY — The American Cancer Society will hold its seventh annual Making Strides Against Breast Cancer walk from 6 to 10:30 a.m. at Joint Base Pearl Harbor-Hickam. The three-mile route will begin and end at Richardson Field and include the Ford Island Bridge and park. Lanes will be coned for a short time but the bridge will not be closed. FMI: Katie Burses at honoluluhistrides@cancer.org or www.makingstrideswalk.org/hawaii.

HICKAM ELEMENTARY COLOR RUN

SATURDAY — The Hickam Elementary School Booster Club will hold a color run from 8 to 10 a.m. The school run is open to participants with a valid Department of Defense ID. FMI: Sara Huiss at 447-9922 or sara.huiss@us.af.mil.

WOMEN'S SYMPOSIUM

26 — Naval Surface Group Middle Pacific will host the annual Women's Symposium from 8 a.m. to 4:30 p.m. at Ford Island Conference Center. The event is open to military men and women of all services and ranks and Department of Defense civilians. The target audience is all active duty service members in leadership positions who lead women. The event will include interactive discussion panels, speed mentoring, discussion groups and an informational networking lunch and briefs. Pacific Fleet Master Chief Susan Whitman will be the

keynote speaker, and participants will include ship officers and military leaders from around Oahu. FMI: 473-1781 or noelle.murphy@navy.mil.

FIRE DEPARTMENT INFORMATION BOOTH

30 — Federal Fire Department Hawaii will host an information booth at the Hickam Makai Center Fall Festival. The event will include a stop, drop and roll learning station and fire extinguisher training at 4 and 6:30 p.m. FMI: 471-3303, ext. 617.

UH MILITARY APPRECIATION DAY

31 — The University of Hawaii's ninth annual Military Appreciation Day will begin at 4:30 p.m. as the Rainbow Warriors host the United States Air Force Academy at Aloha Stadium. The pre-game show will feature the Navy League honoring a key spouse from each branch of service. The ceremony will also honor a number of local Vietnam veterans. For anyone interested in purchasing tickets to the Military Appreciation Day game, discounted tickets are available. Active duty, Reservists, retired members of the military and Department of Defense civilians will receive 50 percent off select adult tickets (maximum of eight) to the game on military night. A valid military identification card is required when purchasing tickets at the Stan Sheriff Center Box Office in advance or at the Aloha Stadium box office in advance or on game day. Tickets are in special sections and supplies are limited. The U.S. Air Force Academy athletic department will also hold an impromptu pep rally beginning at 3 p.m. Oct. 30 in front of the Missing Man Formation at Joint Base Pearl Harbor-Hickam. This is a family friendly event and will include both the academy's cheerleaders and dance team. FMI: scott.heinlein@us.af.mil

NOVEMBER

KAPUAIKAULA MAKAHIKI

7 — The annual makahiki (festival) at Kapuaikaula (Hickam) will begin at 9 a.m. at Hickam Harbor Beach. The event honors Hawaii's rich past and heritage with an annual celebration involving a procession of canoes from Iroquois Point, offering of ho'okupu (gifts) and popular games of skill for all guests. The Joint Base population is invited to participate. FMI: Patty Coleman at 473-0369 or Grace Hewlen at 473-2926.



HOTEL TRANSYLVANIA 2

Now that Dracula (Adam Sandler) has opened the Hotel Transylvania's doors to humans, things are changing for the better; however, Drac is secretly worried that his half-human grandson, Dennis, isn't showing his vampire side. So, while Mavis and Johnny are away, Drac enlists his friends to help him put the boy through a "monster-in-training" boot camp. But things really get batty when Drac's cantankerous, old-school dad (Mel Brooks) pays an unexpected visit.

Movie Showtimes

SHARKEY THEATER

TODAY 10/23
7:00 PM Hotel Transylvania 2 (3-D) (PG)

SATURDAY 10/24
2:30 PM Hotel Transylvania 2 (3-D) (PG)
5:00 PM Everest (3-D) (PG)
7:30 PM The Intern (PG-13)

SUNDAY 10/25
2:30 PM Hotel Transylvania 2 (3-D) (PG)
4:40 PM The Intern (PG)
7:10 PM A Walk In The Woods (R)

THURSDAY 10/29
7:00 PM Everest (PG)

HICKAM MEMORIAL THEATER

TODAY 10/23
6:00 PM Maze Runner: The Scorch Trials (PG-13)

SATURDAY 10/24
2:00 PM The Visit (PG-13)
6:00 PM The Perfect Guy (PG-13)

SUNDAY 10/25
2:00 PM Maze Runner: The Scorch Trials (PG-13)
6:00 PM Black Mass (R)

THURSDAY 10/29
7:00 PM The Perfect Guy (PG-13)



Sea Cadets learn leadership, scuba skills

Don Robbins

Editor, Ho'okele

Senior members of the Battleship Missouri Hawaii Division of the United States Naval Sea Cadet Corps conducted a Petty Officer Leadership Academy Oct. 4-11 at Joint Base Pearl Harbor-Hickam.

In addition, the cadets spent their evenings learning basic scuba skills and put their training to the test, as they earned their basic scuba certification in cooperation with Dive Oahu.

Cadet Seaman Daria Savchenko has been a member of the Sea Cadets for four years.

"I love the Sea Cadets because they have fascinating trainings, down-to-earth good people, and it develops professional skills and values in me, such as leadership, communication and respect," Savchenko said.

"At the end of the week, I saw a huge transformation in our cadets. They seemed to stand taller and lead prouder," Savchenko added.

"I feel much more confident in taking what I have learned back to my unit and leading them to success. If there was one thing that really stuck in my head was that if you are in charge, 'know your knowledge.' Your followers are counting on you to get from point A to point B, so it is important that you actually know how to get to point B," Savchenko said.

"They (the Sea Cadets) had a complete blast. That was my main focus. I



Photo by Lt. Erik Booher

Hawaii Division of the U.S. Naval Sea Cadet Corps Sea Cadets learn basic scuba skills during this month's training sessions.

helped organize this as smooth as I could, so that they could see how amazing diving is," said Yaritza Nieves, who organized the dive portion of the training.

These two training events allowed the cadets to begin developing the leadership skills that, like the scuba open water diver certification, they will carry with them for the rest of their lives," said Navy Lt.

Erik Booher, training officer for the Battleship Missouri-Hawaii Division U.S. Naval Sea Cadet Corps.

"For the first time, the cadets faced both academic and practical challenges that pushed them to think beyond themselves and focus on responsibility for planning, preparing and carrying-out missions for the team," Booher said.

"They also learned that good leaders are also good followers and good managers of time, people and resources. We all learned a lot and, most importantly, we had fun doing it," Booher added.

The U.S. Naval Sea Cadets Corps is a youth program for young people ages 11-17. The cadets receive training on naval history and traditions, participate in commu-

nity service and learn teamwork, discipline and leadership they will take with them for the rest of their lives.

For those cadets who join the military and have successfully completed necessary cadet requirements, they are eligible to enter military service as high in rank as an E-3. The Battleship Missouri Sea Cadets drill, conduct train-

ing and attend classes aboard the Battleship Missouri Memorial.

The cadets are led by instructors who represent Navy, Coast Guard, Army and civilian personnel.

(For more information, email recruiting@hawaii-seacadets.com or visit the website www.hawaii-seacadets.com or www.facebook.com/hawaii-seacadets.)

Women's health: Take time to get checked

Actions you can take to live a healthy life:

- Maintain a healthy weight.
- Exercise for at least 30 minutes at least five days a week.
- Limit alcohol use.
- Quit smoking.
- Practice safe sex.
- Get seven to eight hours of sleep per night.
- See your health care provider every year.
- Get appropriate screenings as recommended by your health care provider.



Tricare

Each October during Breast Cancer Awareness Month, women are reminded to put themselves first and make time for their health. Making health a priority helps people stay in optimum shape and keeps illnesses and disease at bay.

Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Using preventive care is one of the best ways for someone to stay healthy.

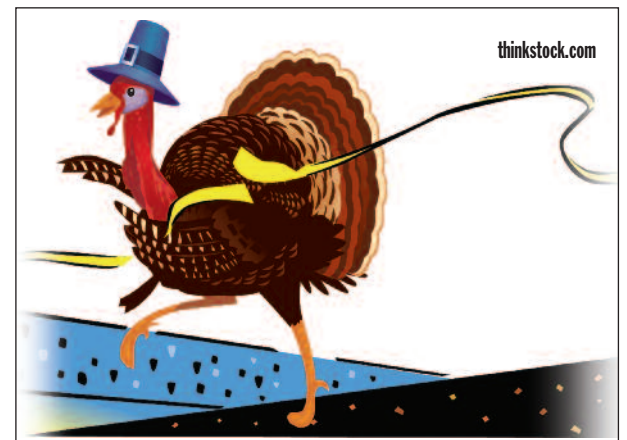
Each year, women should get a well-woman exam. Typically during the exam, blood pressure is checked and women should talk to their health care provider about what other screenings, immunizations or family planning they might need based on their age, health habits, and family and medical history.

The American Cancer Society recommends all women should begin cervical cancer screening at age 21. Women from ages 21 to 29 should have a Pap test every three years. Thanks to the

Patient Protection and Affordable Care Act, most private health plans must cover this and other preventive care services at no cost. TRICARE also covers annual preventive women's health services that may include a Pap test, pelvic and breast exam, and mammogram at no cost.

It's important to get screenings, especially if someone is at a higher risk for certain diseases like breast cancer or diabetes. Talk to a health care provider about family, emotions, stress and non-physical concerns as well. Life events can bring higher stress with symptoms of anxiety, depression and sleep difficulties. These concerns are just as important to discuss as physical health in order to stay or become healthier.

(For more information on best health practices pertaining to age, visit the Office of Women's Health website. For more information about TRICARE, visit "Is It Covered?" on the TRICARE website <http://www.tricare.mil/CoveredServices/IsItCovered.aspx>.)



Turkey Trot set for Nov. 7

A turkey trot 10K race will begin at 7 a.m. Nov. 7 at Dewey Square, Marine Corps Base Hawaii Kaneohe Bay.

The event is open to the public. Participants can register at the Semper Fit Center or online at mccshawaii.com/races. Online registration closes Nov. 3.



Joint Base Pearl Harbor-Hickam Public Affairs

events will scare up some fun

- The Seabees will hold a haunted warehouse from 5 to 10 p.m. today and Saturday and Oct. 29 and 30 at 350 Port Royal St., Joint Base Pearl Harbor-Hickam. The entrance fee is \$5. The event will include a spooky jump house, creepy dunk tank and scary face painting. (For more information, call 222-3493.)

- A pre-teen event will be held from 10 a.m. to 1:30 p.m. Saturday at Makai Recreation Center for ages 9 to 12 years. As Halloween approaches, participants are encouraged to wear orange and black for the event. The cost is \$5. (For more information, call 448-0418.)

- The 515th Air Mobility Operations Wing will hold its annual haunted house Saturday and Oct. 30 at 290 Vickers Ave., building 1050 on the Hickam side of Joint Base Pearl Harbor-Hickam. Doors open at 7 p.m. Admission is \$10 for ages 13 and up and \$5 for children ages 12 and below. (For more information, call Tech Sgt. Daniel Wooten at 789-9930.)

- An Orbs of Oahu Ghost Tour with Liberty will be held Oct. 27 as guides take participants around the island to spooky places. Participants will leave from Liberty Express at 5 p.m., Beeman Center at 5:30 p.m., Instant Liberty at 5:45 p.m. and Makai Recreation Center at 6 p.m. Check-in is at the great lawn of Hilton Hawaiian Village. This event is open to single, active-duty military from E1 to E6 only. (For more information, call 473-2583.)

- A Halloween party for patrons ages 21 and older will be held from 6 to 10 p.m. Oct. 30 at Sam Choy's Island Style Seafood & Grille. Patrons can listen to music from a DJ, and the event will include a costume contest, games and prizes. It will be held on the Hapa Deck and Bar and there will be a \$5 cover charge. (For more information call 422-3002.)

- Joint Base Morale, Welfare and Recreation's free pre-Halloween family bash will be held from 4 to 7 p.m. Oct. 30 at the Makai Recreation Center parking lot and basketball courts, on the Hickam side of Joint Base at 1859 McChord St. The event will include "trunk-or-treating," a pumpkin carving contest, a costume contest and make-n-take crafts. Food will be available for purchase. The event is free and open to military and Department of Defense civilian families. Visit www.greatlifeohawaii.com to enter the costume or pumpkin carving contests or to be a volunteer in the "trunk-or-treat." There will be no signups on the day of the event for either contest.

- A Halloween dinner with Liberty will be held from 6 to 7 p.m. Oct. 30 at Beeman Center. Participants can dress in costumes. Pumpkins will be available for carving. The event is open to single, active-duty military E1 to E6 only. (For more information, call 473-2583.)

- A Hawaii Academy Gymnastics Spooktacular will be held from 5 to 9 p.m. Oct. 30 at building 1680, near Bloch Arena. The event is open to all ages. An adult needs to accompany children under age 5. The event cost is \$7 per hour for non-members and \$5 for members. Mini-lessons will be taught by instructors and participants are encouraged to wear costumes for the costume contest. Games and prizes will be featured throughout the night. (For more information, call 422-2223.)

- Joint Base Morale, Welfare and Recreation will hold its free Massacre on McChord Street haunted house from 7 to 9:30 p.m. Oct. 30 at Makai Recreation Center. The event is open to all military, Department of Defense employees and their family members ages 13 and older. There will be five rooms filled with terrifying creatures, Hollywood madmen and bloody scenes. The line will open at 6:30 p.m. in front of the Makai Recreation Center main entrance. (For more information, visit www.greatlifeohawaii.com.)

- A Halloween parade and trick-or-treating for children ages 12 and under will be held Oct. 31 throughout the Hickam Exchange. A costume contest, prizes and games will be held from 11 a.m. to 1 p.m. (For more information, email newmanbe@aafes.com.)

- A Spooktacular Halloween with Hello Kitty will be held from 11 a.m. to 1 p.m. Oct. 31 at the Pearl Harbor Navy Exchange mall children's department. Authorized patrons can meet Hello Kitty and get a free balloon. (For more information, call 423-3287 or email Stephanie.Lau@nexweb.org.)

- A Halloween costume contest will begin at 1 p.m. Oct. 31 at Sharkey Theater. The event will include free treats and free movie passes to the 2:30 p.m. movie for all patrons dressed in costume. Prizes will be awarded by age categories. (For more information, call 473-0726.)

- A cosmic bowling Halloween party will be held from 3:30 to 5:30 p.m. Oct. 31 at the bowling center on the Pearl Harbor side of Joint Base. Participants can buy one game of bowling and get one free. In addition, free treats will be available. Shoe rental will be available for an extra cost. (For more information, call 473-2574.)

- A Circus of the Dead haunted house with Liberty will begin at 8 p.m. Oct. 31 at Pearlridge Center. Transportation will leave from Liberty Express at 6 p.m., Beeman Center at 6:30 p.m., Instant Liberty at 6:45 p.m. and Makai Recreation Center at 7 p.m. Participants who sign up with Liberty will receive a fast pass valued at \$25 to avoid lines. Participants are encouraged to dress up in Halloween costumes. The event is open to single, active-duty military E1 to E6 only. (For more information, call 473-2583.)

- A Halloween party and costume contest for adults will begin at 11 p.m. Oct. 31 at The Country Bar, Joint Base Pearl Harbor-Hickam. The event is open to ages 18 and older. Participants can dress in their favorite costume to enter a contest to win prizes. Contest categories include male, female and couples. The bar will open at 8:30 p.m. Those who would like to enter the costume contest need to sign up before 11 p.m. There is no cover charge for this event. (For more information, call 473-1743.)

Upcoming blood drives

- Nov. 2 and 3, 9 a.m. to 1 p.m., room 2A207, Tripler Army Medical Center.
- Nov. 4, 11 a.m. to 3 p.m., main exchange, Schofield Barracks.
- Nov. 12, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- Nov. 13, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
- Nov. 16, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam



(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

'Navigate' to Ho'okele website



www.hookelenews.com