

Life & Leisure

Making Strides to fight cancer



Military service members unite with more than 3,000 Hawaii residents, including breast cancer survivors, volunteers, and families, for a 3.1 mile Making Strides Against Breast Cancer walk on the Ford Island bridge.



Story and photos by MC2 Tiarra Fulgham

Navy Public Affairs Support
Element West Detachment Hawaii

Military service members united with Hawaii residents, including breast cancer survivors, volunteers and families, in a 3.1 mile Making Strides Against Breast Cancer walk held Oct. 4 across the Ford Island Bridge.

More than 5,000 participants of all ages expressed their support for women with breast cancer by wearing special clothing, accessories, pictures of loved ones and the international symbol of breast cancer awareness, the pink ribbon of hope.

"I am a two-time breast cancer survivor, and it's just amazing to be here and meet other survivors that have gone through it," said Navy Chief Warrant Officer Vanderla Akaka. "It's just overwhelming to see all the support and the love to make breast cancer go away, find a cure for it, and get more birthdays for everybody."

"It's just a great event to help everybody out. I am just so thankful. This is six years, so it's overwhelming for me," Akaka said.

Akaka was diagnosed with breast cancer in 2012 after a self-examination. She is one of the many "Portraits of Hope" for the American Cancer Society.

For the Honolulu Making Strides Chapter, this is the sixth annual non-competitive walk and one of more than 300 events being held across the country this year by the American Cancer Society. This year, the chapter raised more than \$150,000.

The events raise awareness and funds to help end breast cancer by supporting the society's efforts to find cures and support programs and services for all people facing the disease.

"I have been out here almost every year running and sometimes even pushing a stroller," said Glen Smith, a volunteer runner.

"I enjoy it, I enjoy hearing the supporters, the volunteers that tell us to keep going. Staying in shape and staying healthy is a good thing, but here it's not just that. It's the fact that we are out here today helping others get through the fight against cancer," Smith said.

Funds raised through the Making Strides Against Breast Cancer Walk enable the American Cancer Society to provide free resources and support to the one in two women newly diagnosed with breast cancer. The society invests in research to find, prevent, treat and cure breast cancer and ensures access to mammograms for women who need them.

Since the start in 1993, more than 9 million walkers across the United States have raised more than \$528 million to help fight breast cancer through "making strides" events. In 2013 alone, more than 1 million walkers across the country raised \$68 million to help finish the fight against this disease.

Service members who are interested in helping and supporting the fight against breast cancer can donate through the annual Hawaii Pacific Area Combined Federal Campaign, currently running through Oct. 31.

(Above) Volunteer walkers receive balloons in the shape of the internationally known pink ribbon during the walk.



Lady Paniolos stay perfect with win over Wahine Koa

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The defending champions, Lady Paniolos, may have driven the final stake through the heart of the once-powerful Wahine Koa by earning a 19-0 win on Oct. 5 in a season-ending Ohana Sports Alliance (OSA) women's flag football game at Keehi Lagoon Park, Honolulu, Hawaii.

The victory solidified the Paniolos grip on the league's top spot with a record of 6-0, while Wahine Koa, formerly Navy Sharks, ended the regular season in third place with their first losing season ever at 2-3-1.

Both the Lady Paniolos and Wahine Koa are a mixture of civilians and active-duty military or armed forces family members.

The teams are now headed into the playoffs. Check the official OSA site at www.ohanasportsalliance.com for updated standings and postseason brackets.

"Last season, our goal was a championship and this season is to repeat," said Paniolos head coach Army Sgt. Marcello McDade. "We stressed that to our girls and they just make it happen."

Like previous games, the recent matchup between the Paniolos and Koa was a hard-fought contest with both teams stepping up on defense.

While Wahine Koa cut the Paniolos first drive short with a turnover, the Lady P's forced back-to-back four-and-outs on Koa's first two possessions.

Then on the Paniolos second possession of the game, quarterback Kate Robinson got things going with a 12-yard run that moved the chains from the 20 to the 32.



Lady Paniolos defensive backs Summer Wegiel and Schnelle Smith sandwich Wahine Koa receiver Shardae Ingano to prevent a reception.

After getting it started on the ground, Robinson went to the air and found Army Spc. Abigail McKoy and Lauren Lupinetti twice to put the football in the red zone at the Wahine Koa nine-yard line.

On the very next play, the Paniolos appeared to have scored on a sweep by Schnelle Smith, but the play was called back on a penalty.

Another infraction put the ball all the way back to the 20, but the Paniolos still punched the ball into the end zone on a pass from Robinson to Britni Ronolo for a 6-0 lead.

The duo connected again for the point after touchdown to take a 7-0 advantage that stood up until halftime.

The Paniolos opened up the second half with the ball, but on first down from their own 30-yard line, Robinson was picked off by Gas Turbine System Technician (Mechanical) 2nd Class Shaluan Douglas, USS Chafee (DDG 90), who put the ball at midfield for the Wahine Koa.

The interception seemed to inject some life into the Koa's offense with quarterback Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, completing two passes to get the ball into Paniolos territory.

However, after absorbing a false-start penalty to put the ball on the 35, Dannenberger was intercepted by defensive back Summer Wegiel, who ran the pick back to her own 13.

"That interception was the turnaround for us," McDade admitted. "That was the turning point that we needed."

Four plays later, with the ball resting on the Paniolos 31, McKoy ran a sweep to

the left and broke out into the open for a 49-yard touchdown run that put the Lady P's up at 13-0.

"I just saw an open field," McKoy said. "I just read my blocks and then I was able to just run through. Even though the defenders came my way, I was just going to go for it."

Later in the half, the Paniolos got a one-yard sweep into the end zone from Smith to put the game away.

"We're headed to the playoffs, not to mention tomorrow is my birthday," a smiling McDade said after the game. "That was a good win for our team overall."

While it looks like an uphill climb for Wahine Koa, head coach August Young said that he still believes that there is hope for the once unbeatable Koa, whose legacy includes three straight titles.

Having never experienced a losing season, Young remained upbeat that Koa still has what it takes to come through in the playoffs.

"One game at a time," Young said. "I'm a firm believer that the regular season does not really mean anything. You fine tune throughout the season, playoffs is what you're made of. Anything can happen. Just because one team is favored, it doesn't mean that team will win. You got to fight for what you want and these girls want it."

McDade understands that the Lady P's are the favorites and said that he doesn't want it any other way.

"It does you no good to make it to that big game and you come out with an 'L,'" McDade said. "We're going to keep playing ball like we play and keep the pressure on. We feel like no team matches up with us player-for-player."

Chafee Bulldogs get mercy-rule win over Port Royal

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

In a battle of undefeated teams, USS Chafee (DDG 90) Bulldogs got three interceptions from their defense and quarterback Boatswain's Mate 3rd Class Cole Swanson threw for four touchdowns to send USS Port Royal (CG 73) home early on Oct. 5 in a mercy-rule victory during an Afloat Division flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win kept the Bulldogs' record perfect at 3-0, while Port Royal fell in back of the league leaders with a mark of 3-1.

"Just keep moving, keep running," said Electrician's Mate Fireman Steven Dadd, whose interception late in the game secured the team's win. "We kept up our motivation. That's what got us through the game — teamwork and motivation."

From the opening whistle, the Bulldogs made it known that they came to play and quickly mounted a scoring drive right out of the gate.

Moving the ball down to the Port Royal 21, Swanson zeroed in on his first TD pass of the game by connecting with Ship's Serviceman 2nd Class Kevin Sledge for a catch-and-run to the end zone and a 6-0 lead.

Then on Port Royal's first possession, quarterback Information Systems Technician 3rd Class Angelo Messina, facing a first down at his own 22, dropped back to pass and hurled the ball into Chafee territory, only to have his toss picked off by Seaman Daivontae Lumpkin at the Bulldogs 34.

Still hot from the first



Ship's Serviceman 2nd Class Kevin Sledge keeps his eyes on the ball before making a catch during an Afloat Division intramural flag football game.

drive, Swanson needed only three plays to put the ball down at the Port Royal six-yard line before finding Sledge again for six and a 12-0 lead.

The Bulldogs converted their point-after-touchdown attempt to take a 13-0 advantage with only a few minutes off the clock.

Not wanting to be swept away, Port Royal finally got things going on their next possession.

After misfiring on his first attempt, Messina snuck in two short passes to put the ball at his own 25 before finding Seaman

Michael Elzen with a catch-and-run that covered 55 yards and a touchdown to narrow the margin down to seven at 13-6.

With halftime approaching, the Bulldogs got another chance to cash in and they delivered.

Starting at his own 15, Swanson, with no pass rush coming from Port Royal, picked apart the secondary with three straight completions to put the ball at the 39.

A sack and incompletion put the Bulldogs back at the 32, but facing fourth and eight yards to go,

Swanson got loose and scampered all the way down to the Port Royal 25 to pick up a clutch first down.

Two plays later, Swanson hit Logistics Specialist Seaman Recruit Tyron Davis with his third touchdown of the game to take a commanding 20-6 lead into halftime.

Coming out of intermission, Port Royal appeared to rally by taking the first drive of the second half all the way down to the Chafee 16-yard line on six plays.

However, on the very next snap, Messina got

caught for pick number three on a takeaway by Dadd inside the end zone.

"They lost all momentum," said Dadd about his interception. "I looked around, and I saw a wide open person going in back of the linebacker. I just jumped right on it."

Seeing the opportunity to put the game away, the Bulldogs seized the day and in only three plays, the team traveled 75 yards to pay dirt with the final 11 yards being covered on a pass from Swanson to Davis for the final score of the day.

"They had a lot of third- and fourth-down conversions and we couldn't get our defense off the field," said Messina about the Port Royal's poor showing. "Our offensive would be driving the ball and we just turn it over. We just couldn't put it in. We'll regroup. We get back to practice on Monday. I feel really bad for the next team that plays us."

While some may look at the win by the Bulldogs as an upset, Dadd said that this was well deserved.

"This makes us believe that we can win anytime," he said.

Last-minute touchdown raises Warriors over Wolfpack

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The 735th Air Mobility Command (735 AMC) Warriors punched in a touchdown with 51 seconds remaining on the clock to sneak past Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) Wolfpack, 13-6, on Oct. 7 in a Red Division intramural flag football matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

With time running out and the ball resting on the Wolfpack's four-yard line, Warriors quarterback Tech. Sgt. Marco Knight connected with Staff Sgt. Logan Kurtz for the game-winning score and kept the Warriors' at the top of the division with a perfect 5-0 record.

The Wolfpack, coming off a three-game winning streak, dropped their second loss of the season and now hold a 3-2 mark.

"They got one deep one on us to score, but other than that, our defense stepped up," said 1st Sgt. Blane Woodard. "They (defense) made some key plays that kept us in the game."

While the Warriors defense was holding the Wolfpack at bay, key plays were also made from the offense—especially from the hands of Sgt. Jason Huestis.

The Warriors receiver/defensive back factored in on two big plays for the offense and even recorded a pick on defense.

Midway through the first half, Huestis got the Warriors on the scoreboard by catching a one-yard toss in the end zone from Knight for a 6-0 lead.

The play completed a 61-yard drive that started on the Warriors own 19 and was followed by only six



1st Sgt. Blane Woodard keeps his concentration on the ball and makes the grab for a one-point conversion.

plays before the catch.

Right after scoring the first TD of the game, Huestis intercepted a pass to give his team possession at its own 32.

The turnover seemed to be enough to preserve the Warriors' lead, but after handing the ball back on downs to the Wolfpack, the

735 AMC defense got burned just before halftime.

With only 12 seconds on the clock, Electronics Technician 2nd Class Jesse Gauf hauled in a long bomb that covered 45 yards and a game-tying touchdown just before intermission.

The second half belonged to the defense of both teams, as neither squad could advance the ball without a turnover.

For the Wolfpack, Fire Controlman 2nd Class Frank Lofton came up with two drive-stopping interceptions to keep his team in contention.

Lofton's second pick stopped the Warriors at the Wolfpack's four-yard line, but after averting disaster, the Wolfpack returned the favor and gave the ball back to the Warriors on a pick by Senior Airman Coby Hargrove at the 2:50 mark on the clock. "That was exactly what

we needed," Woodard said about Hargrove's pick. "The rush got in there to force their quarterback to release earlier than what he wanted. He (Hargrove) floated to midfield where he broke on it and it was ours."

The Warriors easily picked up a first down at the Wolfpack's 39, but the offense could only pick up one yard over the next two plays.

Then, facing third down and long, Knight went back to Huestis, who made an acrobatic, one-handed catch at the Wolfpack's 10-yard line with only 1:28 in the game.

A pass to Hargrove put the ball at the four and then Knight got the game-winner to Kurtz before connecting with Woodard for the extra-point and 13-6 final score.

Lofton, whose outstanding plays on defense were overshadowed by the loss, said that it was just one of those nights where the offense couldn't get going, but he promised that the team would bounce right back.

"I think it was just confusion," he said. "We weren't ready for their (Warriors) blitz. We're definitely going to win the next game."

As the only unbeaten team in the division, Woodard said that he knows that other teams will be gunning to take them down.

Instead of worrying about the pressure, Woodard said that his team is geared up to meet the challenge.

"We just have to continue to play our game," he said. "We can't worry about what anybody else is doing. (If) we start worrying about what every other team is doing, we'll get out of what got us here to this point."



Live the Great Life

BayFest to return to MCBH Oct. 17-19

Marine Corps
Community Services

Marine Corps Base Hawaii

BayFest is a three-day music and family fun festival, which will be held Oct. 17-19 at Marine Corps Base Hawaii, Kaneohe Bay. Activities include concerts, carnival rides, games and military static displays.

Friday will feature a concert by Smash Mouth, the band whose hits include "All-Star," "Walkin' on the Sun," "Then the Morning Comes" and "I'm a Believer." Their special guest will be Uncle Kracker, who counts "Follow Me," "Smile" and "Drift Away" among his hits.

Saturday will feature Capital Cities, the Los Angeles-based band behind the hit single "Safe and Sound."

Sunday traditionally has been the day for country music at Bayfest and that holds true again. This year brings the return of Rodney Atkins, the award-winning country singer with hits like "Take a Back Road," "Watching You," and "If You're Going Through Hell." He will be joined by Rose Falcon, a songwriter based out of Nashville known for "19th Avenue – The EP."



Photo courtesy of Marine Corps Community Services

BayFest will include a variety of activities for families.

Other events and activities include a new car show, fitness competition, sponsor expo, bike demonstration, boat rides and fireworks on Friday night.

Carnival ride wristbands (good for 10 rides) will be sold on Saturday and Sunday from noon to 5 p.m. for \$25 each. The wristbands need to be purchased prior to 5 p.m.

Tickets are available for purchase now at all Joint Base Pearl Harbor-

Hickam Information, Tickets & Travel (ITT) offices. General admission is \$5 and includes entry to the carnival midway (no concert). From now until Oct. 16, single concert tickets can be purchased for \$35, which includes general admission and carnival midway. Single concert tickets purchased the day of the event are \$40. Children ages 5 and under are admitted free. For more information, visit www.bayfesthawaii.com.

Gallery showcase reception set for next week

Justin Hirai

Joint Base Pearl Harbor-
Hickam Morale, Welfare
and Recreation

The Hickam Arts & Crafts Center has received many pieces of art for the 2014 Gallery Showcase. A special gallery opening reception, including appetizers, will be held from 5:30 to 8 p.m. Oct. 15.

Patrons can also stop by the gallery from 9 a.m. to 5 p.m. Monday through Friday to see the artwork. All submissions will be on display at the center gallery from Oct. 15 to Jan. 15.

Submissions were pro-



MWR Marketing photo

Art submissions will be on display at the gallery showcase reception Oct. 15.

vided by active duty military and their families, Department of Defense civilians, contractors, re-

servists and retirees. Each entrant was allowed to submit up to three entries per category. This year there

are three categories available and three age groups, including adults 18 years and up, youth 13-17 years old and youth 6-12 years old.

The categories included "artist-craftsman," which includes any two-dimensional or three-dimensional artwork and crafts. The second category, "photography," covered any black and white or color, digital or film photographs. This year's new category is "digitally created," which includes computer generated visual media, 3-D still imagery and animated imagery.

For more information, call 448-9907.

Your Weekly Fun with MWR



Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.

Navy Birthday Party will be held from 4:30 to 6:30 p.m. today at Brews & Cues. There will be free hot dogs and birthday cake, a pool challenge and giveaways for patrons to celebrate the Navy's 239th birthday. FMI: 473-1743.

Single Airmen & Sailors Cosmic Bowling Night will be held from 7 to 9 p.m. today at Naval Station Bowling Center. Transportation to the event will depart from Liberty Express at 5 p.m., Beeman Center at 5:30 p.m., Instant Liberty at 5:45 p.m., and Makai Rec Center at 6 p.m. This free event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

Free Golf Clinic will begin at 9 a.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304.

Halloween Origami parent and child class will be held from 10:30 a.m. to noon Saturday at the Hickam Arts & Crafts Center. Children ages 6 to 12 years old and a parent can learn to make origami decorations for Halloween. No folding experience is needed. Tuition is \$20 and includes supplies. FMI: 448-9907.

A **Liberty Navy Birthday celebration** will be held from 5 to 7 p.m. Oct. 13 at Instant Liberty. The free event will include barbecue on the lanai and prizes for Navy trivia game winners. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

Papier Mâché Masks class will be held from 3:30 to 5:30 p.m. every Tuesday from Oct. 14 through Oct. 28 at the Hickam Arts & Crafts Center. Youth ages seven through 14 years old can make their own Halloween masks. Tuition is \$50 and includes supplies. FMI: 448-9907.

MWR Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. Oct. 15 in the ballroom at the Tradewinds Club. There will be a free buffet lunch, MWR information booths, sponsor tables and giveaways, and activities for children. This event is open to all military-affiliated personnel. Registration can be done online. FMI: www.greatlifehawaii.com.

Monthly Teen Parent Night will be held from 5:30 to 7:30 p.m. Oct. 16 at the Hickam Teen Center. Parents and families of teens ages 13 to 18 years old are welcome at this free event to learn more about the center. FMI: 448-0418.

Movies in the Park will be shown Oct. 17 on the grassy area at Hickam Harbor. Moviegoers may bring blankets, drinks and snacks. The free movie, which is to be announced, will be suitable for all ages. Patrons can call for show time. FMI: 449-5215.

OCTOBER

LANE CLOSURES ANNOUNCED

NOW — Ongoing through Oct. 22, turn lanes into the parking lot next to the Pacific Air Forces (PACAF) headquarters building are closed off daily from O'Malley Boulevard and Atterbury Circle to access communication manholes. The work schedule will be from 9 a.m. to 2 p.m. Vehicle and pedestrian traffic control will be provided during the lane closures by the contractor, including signs, cones and flag personnel. Motorists should seek alternate routes during this time and plan for delays. In addition, the outbound lane of Kuntz Gate will be closed from Oct. 20 through Dec. 3 for repaving. Motorists should obey all lane closure signs and traffic cones, which will be posted throughout the repair work. Large trucks exiting the base should use O'Malley Gate.

COMBINED FEDERAL CAMPAIGN

NOW — The 2014 Hawaii-Pacific Area Combined Federal Campaign (CFC) began Sept. 15 and will continue through Oct. 31. The CFC is the annual fund-raising drive conducted by federal employees in their workplace. The mission of the CFC is to encourage philanthropy and to provide all federal employees the opportunity to improve the quality of life for all. FMI: www.cfc-hawaii.org.

USS ARIZONA MEMORIAL SHRINE ROOM WORK

NOW — The National Park Service is replacing the marble panels on the shrine room wall. During the next month or so, access to the shrine room will be limited. Wreath presentations should be considered for the area near the flagpole or viewing well. Work days will be after public hours until approximately 10 p.m.

TRAFFIC PATTERN CHANGE

NOW — Aloha Tripler Army Medical Center (TAMC) ohana directorate of emergency services has initiated a traffic pattern change at the TAMC gate. Between the hours of 2 to 5 p.m., the merge will move from its previous location after the gate to its new location after the speed bumps on Krukowski Road to reduce the risk of a motor vehicle accident. The left lane for outbound traffic starts after the traffic board between the hours of 2 to 5 p.m., Monday through Friday (excluding holidays). FMI: 433-2809.

COSTUME FUN RUN

SATURDAY — The 515th Air Mobility Operations Wing (515 AMOW) costume 5K fun run will begin at 7:45 a.m. Registration and sign-in will be from 7 to 7:30 a.m. The run will be on the Missing Man trail behind Hickam Elementary School. Those with a Common Access Card (CAC) are welcome to participate in addition to those with a military sponsor. Trophies will be awarded for best costumes, fastest male and fastest female. Registration is open now on www.active.com. Registration fees are \$30 until today. After that date, the fee will be \$35. FMI: Tech Sgt. Andrea Conn at 448-0000 or email andrea.conn@us.af.mil or Tech. Sgt. William Vanek at 448-6562 or email william.vanek@us.af.mil.

BOOT CAMP FOR NEW DADS

SATURDAY — A "Boot Camp for New Dads" will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center. This is a workshop for first-time fathers-to-be. FMI: www.greatlifehawaii.com or 474-1999.

COMMISSARIES HOLIDAY HOURS

13 — In observance of the Columbus Day/Discoverer's Day holiday, the Pearl Harbor Commissary hours of operation will be 9 a.m. to 5 p.m. The Hickam Commissary will be open from 10 a.m. to 6 p.m. FMI: Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

HISPANIC HERITAGE MONTH LUNCHEON

15 — A Hispanic Heritage Month special luncheon will be served from 11 a.m. to 12:30 p.m. at Silver Dolphin Bistro. The cost of the meal is \$4.65. The meal will be open to active duty military members, Department of Defense CAC personnel, retirees and their families. Guests are advised to bring exact change. FMI: 473-2948.

A BETTER YOU EXPO

15 TO 28 — A Better You Expo will be held from 10 a.m. to 2 p.m. daily at the Pearl Harbor Navy Exchange second floor. The event will include participation from Morale, Welfare and Recreation fitness, Naval Health Clinic Hawaii, Tripler Army Medical Center and other health care organizations. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

SPACE 'A' BRIEF

16 — A "space available" brief to those interested in the benefit will be held at 11 a.m. at Hickam Memorial Theater. FMI: 449-6833 or <http://www.facebook.com/HickamAMC>.

BIKE PATH CLEANUP

18 — The Joint Base Pearl Harbor-Hickam community and other military volunteers can participate in the Pearl Harbor Bike Path cleanup, led by the City and County of Honolulu, from 8:30 to 11 a.m. Volunteers should meet at the bike path behind Pearl Kai Shopping Center by 8:30 a.m. FMI: MAC William Matteson, william.n.matteson@navy.mil or (209) 216-7190 to volunteer. FMI: Lt. j.g. Eric Galassi at 473-0660 or email eric.galassi@navy.mil or Tom Clements, Navy Region Hawaii outreach at 473-0662.

OPEN COCKPIT DAY

18 — An Open Cockpit Day will be held from 10 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can climb into the cockpit of one of several historic aircraft and talk story with pilots. Flight suits and helmets will be provided. The event is free with museum admission and to museum members. FMI: 441-1000 or www.pacificaviationmuseum.org.



DOLPHIN TALE 2 (PG)

It has been several years since young Sawyer Nelson and the dedicated team at the Clearwater Marine Hospital, headed by Dr. Clay Haskett, rescued Winter. With the help of Dr. Cameron McCarthy, who developed a unique prosthetic tail for the injured dolphin, they were able to save her life. Yet their fight is not over. Winter's surrogate mother has passed away, leaving Winter without the only poolmate she has ever known. The team must find a companion for her before Clearwater loses their beloved Winter to another aquarium.

SHARKEY THEATER

TODAY 10/10

7:00 p.m. No Good Deed (PG-13)

SATURDAY 10/11

2:30 p.m. Dolphin Tale 2 (PG)
7:00 p.m. Sneak Peek of "Fury" starring Brad Pitt. Admission is free to the first 400 authorized patrons. Active-duty can receive up to four tickets. Military family members, DoD cardholders and retirees can receive up to two tickets. The ticket booth will open at 5:30 p.m. FMI: www.greatlifehawaii.com.

SUNDAY 10/12

2:30 p.m. Dolphin Tale 2 (PG)
5:10 p.m. The Identical (PG)
7:20 p.m. Chef (R)

THURSDAY 10/16

7:00 p.m. No Good Deed (PG-13)

HICKAM MEMORIAL THEATER

TODAY 10/10

6:00 p.m. Dolphin Tale 2 (PG)

SATURDAY 10/11

4:00 p.m. Dolphin Tale 2 (PG)
7:00 p.m. The Identical (PG)

SUNDAY 10/12

2:00 p.m. Dolphin Tale 2 (PG)

THURSDAY 10/16

7:00 p.m. Dolphin Tale 2 (PG)



New league aims to give women hoop dreams

Randy Dela Cruz

Sports Editor, Ho'okele

After running a successful season of men's flag football, Mike Todd, a military veteran and current Department of Defense civilian at Joint Intelligence Operation Center, is now venturing into groundbreaking territory by set-

ting up a basketball league for adult women.

Todd, who has participated in intramural sports at Joint Base Pearl Harbor-Hickam (JBPHH) for many years, noticed that very few organizations cater their leagues toward women and he is determined to change that.

Starting Oct. 18, Todd embarks upon his dream by

starting an all-women's basketball league, which will hold games from 5 to 9 p.m. at Whitmore Community Park in Wahiawa. The season will run until Dec. 20.

Currently, Todd has secured five squads and promises, like his men's flag football league, that the women's basketball league would be a place

where military personnel and their families are welcomed to mingle with the local community.

In his men's flag football league, Todd got commitments from six all-military squads, with half of them coming directly out of JBPHH.

"They don't have anything for women," Todd said. "This league is for any

women, over 18, who want to play. We welcome any level and ability. It's all for fun."

After watching women's flag football teams, such as Wahine Koa, Lady Paniolos and the Bombshells play, Todd said he loves the passion that women bring to sports.

Hopefully, he said, the addition of a basketball

league will open the door for many more opportunities for women, such as softball and volleyball.

"They (women) play all-out," Todd said. "I hope to turn this into something big for them (women)."

For more information about the league, contact Todd at Hawaii's Finest Sports at 808-782-4347.

Take care when talking politics on social media sites

Lt. Cmdr. Robert Carr

Navy Region Hawaii Public Affairs

Discussing politics online—especially as election day draws near—can be a landmine of problems for military personnel if care is not used.

While activism can incite positive change, it can also go the wrong way, according to some Sailors.

"I just don't talk about politics on social media," said Machinist's Mate 2nd Class Nilantonio Echevarriadiatz, a native of Puerto Rico who works for Navy Submarine Support Command at Joint Base Pearl Harbor-Hickam. "It's difficult, because if people have strong beliefs they don't want to back down, similar to talking about religion; it's hard to be open-minded."

Officially, the Navy encourages Sailors to participate in social media. Department of Defense Instruction 8550.01, released in late 2012, required that all low-side Navy computers be configured to provide access to social media.

All military personnel, including government contractors, are encouraged to discuss their experiences online, as social media is one of the best ways today to get positive Department of Defense messages out to the public. Personnel are encouraged to identify themselves by rank and/or position when commenting online, though Secretary of the Navy guidance suggests a disclaimer that explains the comments do not officially reflect the views of the DoD. Also, "liking" and "following" while on personal time is generally considered acceptable.

However, all military personnel are prohibited from posting or reposting content about a business, organization, media or charity if the post, based on how it's placed online, can be perceived as a military endorsement. Similarly, personnel also cannot use their military status or job, while on social media, to promote a political candidate or issue, or use government equipment (i.e. computers, cell phones) to promote such messages.

Yeoman 2nd Class Sammell Humphries with the Joint POW/MIA Accounting Command said he thinks it's great to have social media to exchange free thoughts about politics, but agrees that Sailors should be careful about appearing to promote a message.

"You can't look like you're taking a particular side," Humphries said. "We have to maintain a professional image for the Navy and not look like we're for or against a particular party."

The following are the Navy's social media rules pertaining to elections as explained by the office of the assistant secretary of defense/public affairs:

- An active duty member may not post or make direct links to a political party, partisan political candidate, campaign, group, or cause because such activity is the equivalent of distributing literature on behalf of those entities or individuals.

- An active duty member may not post or comment on the Facebook pages or tweet at the Twitter accounts of a political party, or partisan political candidate, campaign, group or cause, as such activity would be engaging in partisan political activity through a medium sponsored or controlled by said entities.

- Active duty members will refrain from engaging in

activities with respect to those entities' social media accounts that would constitute political activity. This would include, for example, suggesting that others like, friend or follow the political party, partisan political candidate, campaign, group, or cause, or forwarding an invitation or solicitation from said entities to others.

- Active duty members are subject to additional restrictions based on the Joint Ethics Regulation, the Uniform Code of Military Justice, and service-specific rules, including rules governing the use of government resources and governmental communications systems, such as email and Internet usage.

- Members of the armed forces not on active duty are not subject to the social media restrictions listed above as long as the member does not act in a manner that could reasonably create the perception or appearance of official sponsorship, approval or endorsement by the DoD or the member's service.

Hispanic heritage events planned for Oct. 15

A Hispanic Heritage Month event will be held from 10 to 11 a.m. Oct. 15 at Sharkey Theater, Joint Base Pearl Harbor-Hickam.

In addition, a special Hispanic Heritage Month luncheon will be served from 11 a.m. to 12:30 p.m. Oct. 15 at Silver Dolphin Bistro. The cost of the meal is \$4.65 and guests are advised to bring exact change. The meal is open to active duty military members, Department of Defense Common Access Card personnel, retirees and their families.

Shielding eyes can save sight

Don Sparrow

Vision Center of Excellence Strategic Planning Officer

October is Eye Injury Prevention Month. Have you ever stopped to imagine what life would be like if you couldn't see? If we all did, then chances are, protecting our eyes would be a higher priority. Instead, the precious sense of sight is often overlooked when in the field, in training, fixing the house or playing a pick-up game. Eye injuries can happen within an instant and can cause permanent damage with even a fleck of debris.

So what do you need to do to shield your sight?

Wear your protective eyewear—without exception. This is super important. Choose your military combat eye protection (MCEP) from military accredited sources like the authorized protective eyewear list (APEL) or Air Force's flight protective eyewear list (FPEL). Spectacles and goggles on the list are designed to withstand battlefield conditions like ballistic fragmentation, as well as environmental factors like wind and sand. Simply stated—donning your protective eyewear will keep you in the fight and your eyes protected from injury that could take your sight. While thousands of eye injuries happen each year, 90 percent of them are preventable by wearing the appropriate protective safety glasses because shields save sight.

Where/when do you need to shield your eyes?

It may be easier to say when you shouldn't, because shielding your eyes should happen all the time to guard against accidents. It's a given to shield while in combat and in training, not just because it's policy, but also because of the conditions.

However, wearing protective eye gear also makes sense if your task entails welding or cutting of materials, essentially anytime there are debris and particles flying in the area. Injuries also happen at home, so eye protection can protect your vision when trimming trees or cleaning the oven. You might also need to shield with hobbies like riding a motorcycle when things

are flying at your face or hitting the court where elbows and hands to the face are part of strategy.

What do you do if an eye injury is sustained?

Place a rigid eye shield. For example, what if your buddy sustains an eye injury. Your first instinct may be to wrap it or put pressure on it like a body wound, but this is the absolute worst thing to do for an eye injury. Instead you will want to use a rigid eye shield at the point of injury (POI) to prevent pressure from getting to the eye and to prevent further trauma.

The Army's revised "individual first aid kit (IFAK) II" includes rigid eye-shields—which are basically a small, curved, aluminum disk with padding on the edges. It keeps the pressure off the eye post-injury until the injured service member can receive proper medical treatment by an ophthalmologist. If the aluminum shield isn't available, then you'll need to improvise with anything that creates a hard, dome cover over the eye area.

Good substitutions include putting the eye protection back on or even the bottom of a disposable cup. Place the shield over the eye and secure it with tape on the edges—with nothing underneath. Using a shield to protect keeps the pressure off the eye which can prevent additional injury and potentially help save your buddy's sight.

Summing it up

Shields save sight: It is that simple. Be proactive in protecting your sight from most hazards on the job or while having fun by wearing APEL protective eyewear. Be smart in properly responding to an eye injury if you are the first on-site of an accident. Using a shield and keeping pressure off the eye could save someone's vision. The Vision Center of Excellence urges all service members to take the proper precautions at home to protect themselves and their families not only for this Eye Injury Prevention Month, but every day.

For more information on eye safety and tips on preventing and basic care for eye injuries, visit vce.health.mil and join the community on Facebook and Twitter.

JBPHH center offers services to military community

The Joint Base Pearl Harbor-Hickam Military and Family Support Center is a joint service center combining the previously named Pearl Harbor's Fleet & Family Support Center and Hickam's Airman & Family Readiness Center.

The center provides services to single or married active duty, Reserve, retired personnel, family members,

and Department of Defense employees.

The center offers a range of services from clinical counseling and employment assistance to financial management and relocation assistance.

Services include an annual job fair and classes for deployment readiness, family life skills, new parent support, transition assistance and more. In addition, the center has domestic

abuse victim advocate and sexual assault prevention and response programs and a retired activities office for retirees.

For more information, call 474-1999, visit www.greatlifeohawaii.com to see available monthly classes, or check out the center's Facebook page at <https://www.facebook.com/JBPHH.MFSC>.