

Life & Leisure

Sailors celebrate Navy's 239th Birthday

Story and photos by
MC3 Johans Chavarro

Navy Public Affairs Support
Element West, Det. Hawaii

Despite releasing heavy rains throughout the island, Hurricane Ana failed to keep service members, families, and friends in Hawaii from celebrating the U.S. Navy's 239th birthday during a Navy ball held Oct. 18 at the Sheraton Hotel in Waikiki.

The event began with a procession of colors, the playing of the national anthem by the Pacific Fleet Band, and video messages from Secretary of the Navy Ray Mabus and Chief of Naval Operations Adm. Jonathan Greenert.

Adm. Harry Harris, commander of U.S. Pacific Fleet and host for the evening, shared his appreciation for those in attendance.

"It's great to see so many folks in the audience," said Harris. "I want to extend a special welcome to you all tonight and your families because the Navy's birthday is about families as well."

After dinner, Harris introduced the guest

speaker for the evening, Congresswoman Tulsi Gabbard.

"Happy 239th birthday!" said Gabbard. "It's a special day to celebrate the great fighting force that each of you are a part of."

Gabbard addressed the significance of duty and honor in those who volunteer to serve and, most importantly, the role families and friends play in a service member's life.

"When we take that oath and we sign that contract, and every day that comes after that, the person to our left and right and always by our side is not the Sailor, the Soldier, the Marine, the Airman or the Coastie [Coast Guard], it is your spouse. It's your mother, or your father, or your loved one who makes it all possible," said Gabbard.

"Tonight is our opportunity to say thank you to those who support us. The family members of service members are truly the sometimes unseen and often unsung heroes."

Gabbard emphasized the sacrifice service members and their families make in their commitment to service and the importance in honoring both sides of the uniform.

"So whether we're talking about

those who wear the uniform, or we're talking about and celebrating our loved ones tonight, the common theme through all of this is service and the sacrifice that is born in executing that service," said Gabbard.

"It gives me great honor to thank each of you here tonight for your service, your sacrifice, both those wearing the uniform and those sitting next to you, because you truly are the fuel that makes our country great."

In keeping with Navy tradition, the event concluded with the oldest and youngest Sailors in attendance, Culinary Specialist 3rd Class Emilie Whittaker and Capt. Andrew Findley, cutting the ceremonial birthday cake with Harris and Gabbard. (See photo below.)

The Navy Ball is an annual event to celebrate the heritage and history of the fleet. This year's theme was remembering and thanking those who support Sailors and service members and knowing that the success the Navy has achieved has not been done alone.



Photo illustration

New leaders in Blue as 647th CES beats 15th MDG

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Playing under the bright lights of Thursday-night football, the 647th Civil Engineer Squadron (647 CES) took a huge leap forward by beating 15th Medical Group (15 MDG), 20-6, on Oct. 16 in a battle of the top-two teams in the Blue Division at Ward Field, Joint Base Pearl Harbor-Hickam.

The win raised the 647 CES into sole possession of first place with a record of 5-1, while the 15 MDG suffered their first loss of the season to fall into second place with a record of 4-1.

"Tonight the passing game was working for us," said 647 CES quarterback Staff Sgt. Chris Miranda about the team's big win. "We were running the right routes, and our defense came up big with the interception at the end."

While the 647 CES dominated the action for most of the game, it was the 15 MDG that struck first.

After stopping the 647 CES on downs to open the game, the 15 MDG, behind the direction of quarterback Tech. Sgt. Tommy Hazlewood, took their first possession all the way to the bank on an 11-play, 65-yard drive.

During the drive, Hazlewood picked up two clutch first downs on fourth, and then used his legs to punch in the final four yards for a touchdown and an early 6-0 lead.

After giving up the ball on their first possession, the



Staff Sgt. Chris Miranda avoids a pass rush before picking up yards downfield.

647 CES shook off the dust and responded with a scoring drive of their own.

Starting at his own 15, Miranda needed only nine plays to cover 65 yards and tie the score with an 11-yard scamper into the end zone.

The 647 CES took the lead at 7-6 when the team converted its extra point.

The 15 MDG switched quarterbacks early in the second half with Airman 1st Class Christopher McCloud moving behind center but with the 647 CES defense clicking on all cylinders, the

switch did little to jump-start the team's offense.

The 647 CES defense forced the 15 MDG to punt the ball away after only five downs, which set up Miranda in good field position at midfield.

On second down from the 35, Miranda went on the run and picked up six yards and then rushed two more times to place the ball on the three.

Facing second and goal-to-goal, Miranda lobbed a short toss into the end zone where Staff Sgt. Joseph Torres pulled it

down for six points and a 13-6 lead.

With Hazlewood back at signal caller, the 15 MDG moved the ball into striking distance but on second down with the ball at midfield, the quarterback's next pass was picked off by Marvell Summerow, who returned the ball to the MDG's 32.

"That was a crucial interception," Miranda said. "That pretty much turned the game over to us."

Four plays after the pick, Miranda took the ball into the end zone by

himself to go up by 14 points after the touchdown conversion.

The 15 MDG got the ball back with 3:30 on the clock but on the first play from scrimmage at their own 15, Hazlewood was picked off by Staff Sgt Brian Sanders to seal the win for the 647 CES.

"Their (647 CES) D-line was extremely fast and their man coverage did a great job," Hazlewood admitted. "It's only one loss (but) the playoffs are still in sight. It's back to the drawing board, look at

what we did wrong and get ready for next week. It's better to lose early in the season than later in the season."

The solid win by the 647 CES, Miranda said, shows just how good the team can be.

If they continue to improve, he pointed out, the 647 CES will definitely be in the hunt for a title.

"We're capable of winning the championship," he said. "We've tried really hard, put in a lot of time, and I think this might be our year."



Hopper goes double overtime to defeat Chung-Hoon

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Reserve quarterback Ensign Nick Movahan ended a double-overtime game by connecting with Electrician's Mate 2nd Class Julio Gordon for a touchdown to give USS Hopper (DDG 70) Spartans a 12-6 victory over USS Chung-Hoon (DDG 93) Koa Kai on Oct. 18 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Hopper improved their record to 4-2 and kept in the hunt for the division's top spot, while Chung-Hoon fell down to their third defeat against four victories.

With both teams evenly matched, the game turned into a defensive skirmish that was further muddled by the continuous rain brought on by tropical storm Ana.

The muddy conditions wreaked havoc on both teams as neither offense was able to utilize their vertical game effectively.

"I had two towels and a hand towel that's soaked," said Chung-Hoon quarterback Cryptologic Techni-

cian (Collection) 3rd Class Daniel Kelley. "It was difficult. I can throw it very far, and that opens up our offense because our receivers are fast. But you can't do that when the ball is slippery as soap."

The Hopper knocked on the door on their first possession but with fourth and goal on the Chung-Hoon's nine-yard line, quarterback Sonar Technician (Surface) 3rd Class Austin Conwell made a dash for the end zone only to come up short at the two-yard line.

In the second half, Chung-Hoon started their first possession from their own 19 and got down to the Hopper five-yard line.

However, like the Hopper's threat in the first half, Koa Kai's drive also stalled just outside of the end zone.

With the score deadlocked at 0-0 at the end of regulation, the game went into overtime.

Under intramural flag football rules, each team is given four downs to score from 10-yards outside of the end zone.

If the first team scores in four or less downs, the second team has to match the score in the same amount of downs.



Ensign Nick Movahan rushes the ball down to the one-yard line to set up a game-tying touchdown.

After winning the coin toss, Chung-Hoon got the first opportunity and, under the guidance of Kelley, managed to punch in a score on only three downs.

With their backs up against the wall, Hopper moved the ball nine yards on two plays before Movahan matched Koa Kai's TD with a short touchdown

pass to Fire Controlman 3rd Class Juan Delarosa to send the game into double OT.

Chung-Hoon failed to score on their next posses-

sion, which opened the door for Movahan and his Hopper teammates.

After misfiring on his first two passes, Movahan connected with Gordon for the game-winning touchdown.

"The safety on a couple of plays before had knocked that same pass away," Movahan said. "The safety was about a step further back than he had to be, so luckily he (Gordon) was open and I put it right into his body."

Kelley said that the team's inability to score had little to do with Hopper's defense.

"We haven't had much practice time," he said. "We'll be better next week."

While Movahan was able to get the team into the end zone twice, he downplayed any quarterback controversy by pointing out that you can't compare his time at QB with Conwell.

"I wasn't doing anything different," he said. "A short field from the 10-yard line is a lot different than a 60-yard field. It's a lot easier to drive and a lot harder on the defense to play a short field. I was just trying to do whatever I can to get the team a win."

MWR plans spook-tacular Halloween events this month

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation will hold activities this month to celebrate Halloween.

• A free spooky movie and costume contest will be held today at Hickam Pool 2. Signups for the costume contest will begin at 5:30 p.m. Judging will be by the other patrons at the pool. The movie "The Nightmare Before Christmas" will begin at 6 p.m. For more information, call 260-9736.

• Patrons ages 12 and older can make origami decorations for Halloween from 10:30 a.m. to noon Saturday at the Hickam Arts & Crafts Center. The cost is \$20 per session which includes supplies. For more information, call 448-9907.

• A free zombie 5K run will begin at 8 a.m. Saturday at the Hickam Fitness Center. Awards will be given to the top two finishers in men's, women's and youth ages 17 and younger categories. For more information, call 448-2214.

• A free candy hunt will begin at 1 p.m. Sunday at Scott Pool for ages 2 to 12. Children can dress up in their Halloween costumes and hunt for candy in the field by the pool. For more information, call 473-0394.

• Haunted Hawaii ghost stories will be held at Dole Plantation with Liberty on Sunday. Patrons will leave at the following times and locations: Express at 6 p.m., Beeman at 5 p.m., Instant at 5:15 p.m. and Makai Recreation at 5:30 p.m. The free event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

• Liberty's Halloween-themed "No Dough Dinner" will be held from 5 to 7 p.m. Oct. 29 at Beeman Center. This free event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

• A gymnastics "spooktacular" will be held from 4 to 8 p.m. Oct. 30 at the youth fitness gymnasium, Bloch Arena. The cost is \$5 per hour for members and \$7 per hour for nonmembers. Prizes will be

awarded at 5 and 7 p.m. for the most unique costume. For more information, call 422-2223.

• Halloween costume parties for children ages 12 and under will be held from 2:30 to 4:30 p.m. Oct. 31 at Hickam Bowling Center and Naval Station Bowling Center. Bowling games are \$1.50. Shoe rental is \$1.50. The event will also feature free punch and cookies. For more information, call 448-9959 or 473-2574.

• A free "trunk or treat" event will be held from 3:30 to 5:30 p.m. Oct. 31 at Hickam Beach. Patrons can pre-register at the MWR Outdoor Recreation-Hickam Harbor office. For more information, call 449-5215.

• A Halloween bowling party will be held from 5:30 to 8:30 p.m. Oct. 31 at the Escape Bowling Center, Wahiawa Annex. Bowling games are \$1.50, and shoe rental is \$1.50. For more information, call 473-2651.

• A haunted plantation with Liberty event will be held on Oct. 31. Participants will leave from the following Liberty locations at the following times: Express at 6 p.m., Beeman at 6:30 p.m., Instant at 6:45 p.m. and Makai Recreation at 7 p.m. The cost of the event is \$20 and includes a front-of-the-line pass. This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

• "Nightmare on McChord Street, Part II" Teen Center Lock-In will be held from 8 p.m. to 7 a.m. Oct. 31 to Nov. 1 at the Hickam Teen Center. The event is for youth ages 13 to 18. The cost is \$25, or \$20 with a canned food donation. The event will include scary games and a costume contest. Teens need to have a current registration form on file in order to attend. The form can be downloaded from www.greatlifeahawaii.com or patrons can stop by the teen center. For more information, call 448-0418.

• A free Halloween costume party will begin at 11:30 p.m. Oct. 31 at The Country Bar. Participants should register by 11 p.m. Prizes will be awarded for best male costume, best female costume and best overall couple. For more information, call 473-1743.

Joint base Halloween safety precautions announced

Don Robbins

Editor, Ho'okele

Halloween night trick or treating hours at Joint Base Pearl Harbor-Hickam will be from 6 to 8 p.m.

In addition, there will be free X-ray screening of candy inside joint base Air Mobility Command (AMC) Passenger Terminal from 6 to 10 p.m. to make sure there aren't any hidden tricks inside the treats. For more information on the screening, call 449-6833, option 7.

Below are some Halloween safety questions for adults and children to ask themselves.

For children:

• Do you buy or make costumes that are flame resistant and short enough to prevent tripping and falls? Do you wear shoes that fit and make sure accessories (such as swords) are of soft, flexible material?

• Do you wear costumes bright enough to be clearly visible to motorists?

• Do you decorate costumes with reflective tape that will glow in the car's headlights? Are your bags or sacks light colored or decorated with reflective tape?

• Do you use masks that don't restrict breathing or obscure vision? Try face painting instead.

• Do you carry a flashlight?

For parents

• Will children always be accompanied by an adult or older, responsible child?

• Will children visit homes where they know the residents and where the outside lights are on?

• Do you remind your children

that they shouldn't enter homes unless they are accompanied by an adult?

• Will you make sure that all treats are checked by an adult before eaten?

• Will you make sure children obey all traffic laws?

• Will you tell children not to run? Do you caution children against running out from between parked cars or across lawns and yards where ornaments or furniture present dangers?

• Do you make sure children use sidewalks, cross streets at corners or crosswalks, and obey all traffic signals when crossing streets?

• Do you make sure to set a curfew and stress the importance of returning home on time?

For homeowners:

• If you expect trick-or-treaters, do you turn on outdoor lights and prepare your lawns, steps and porches by removing anything that could be a tripping hazard?

• Will you use only battery operated lights for jack-o'-lanterns (no open flames)?

• Will you secure all pets inside the house to avoid contact with trick-or-treaters?

For motorists:

• Will you drive slowly in residential areas and watch out for children darting from behind and between parked cars?

• At night, will you watch for children in dark clothing walking down the road, in the shoulder of the road or on the median?

• Will you watch carefully for trick-or-treaters when backing vehicles out of driveways?

'Love shouldn't hurt:' October is Domestic Violence Awareness Month

Tech. Sgt. Terri Paden

15th Wing Public Affairs

October is Domestic Violence Awareness Month, and the theme for this year is "Relationships should be positive, safe and respectful."

Juli Robertson, family advocacy education program coordinator, said the point of this year's theme is to remind people that relationships should be healthy structures.

"A lot of time domestic violence is thought of as physical abuse, but emotional, verbal or financial abuse or withholding are not healthy relationship patterns," she said.

"This month is about empowerment and awareness of what domestic violence looks like. So many people have never been in a controlling or abusive relationship before, so they don't automatically recognize some of the signs

until it's too late," Robertson said.

To commemorate the month, the family advocacy program (FAP) has hosted several guest speaking engagements and informational tables displayed at joint base. Robertson said this year they wanted to shift the focus of the campaign from the victims of domestic violence to the offenders and prevention.

"The focus needs to be on prevention because that's when we succeed," she said. "The more opportunities we take to provide information and resources on prevention, the lower the cases of domestic violence we'll have in the military."

Robertson said the FAP offers a variety of preventive programs, including individual and couples counseling and anger management and stress management courses.

However, though domestic violence awareness is recog-

nized during a month which is closely associated to women and women's health issues, Kajsa Blansett, FAP education program coordinator, insists domestic violence is not just a women's issue.

"Domestic violence is always looked at as a women's issue, but it should also be a men's issue," she said. "We know domestic violence happens within both genders, so men should also be open to asking for help just as well as women."

Blansett also encouraged victims of domestic violence to seek help rather than retaliation.

"That's where family and couples counseling come in. The idea should be, 'Let's fix this before it gets out of hand,'" she said.

Though the hope would be to never have any instances of domestic violence, Blansett said knowing the signs of abuse, how to report, and what resources are available is key to putting an end to a bad situation

quickly.

"Know the signs and report it," she said. "It doesn't always have to be bruising; it can be concerning behavior or other red flags."

Blansett also advised withholding judgment of victims of domestic violence.

"Victim blaming is common, but there are many reasons a victim may stay," she said. "Fear, financial dependency and children are all common reasons."

Additionally, Blansett said many domestic violence victims are trapped in the cycle of abuse.

"Research shows that boys who saw their mother abused by their father are much more likely to become abusive in relationships as an adult. Likewise, women who witnessed domestic violence as a child are likely to accept abuse in a relationship as a normal pattern of behavior," she said.

1st Lt. Molly Morrissey, 15th Wing deputy sexual assault response coordinator,

said ultimately, violence stems from a need for power and control and ending violence of all kinds in the military will take a combined effort of wingman taking care of each other and creating an environment of dignity and respect where offenders are not able to operate.

To assist with empowering Airmen and their families with the resources that are at their disposal, the SAPR office has created a resource challenge that will give Airmen the opportunity to win incentives for their squadron while also learning about the various helping agencies and resources available.

"Our hope is that Airmen would be aware of sexual assault and domestic violence, not only in their designated months but all the time," she said.

"Our goal is that Airmen will be more aware of resources that are available for themselves or to be able to help others in need. Some-

times people are faced with situations where they want to help someone but do not know how. The best way to help a survivor of violence is to listen, be supportive, don't blame them for what happened, and try to connect them with additional resources for help such as the SARC, chaplain or DoD Safe Helpline," Morrissey said.

Additional resources include family advocacy and the domestic abuse victim advocate (DAVA) program, which allows service members and their family members to make a restricted report to a domestic abuse victim advocate and receive confidential support and information regarding domestic abuse without reporting to law enforcement or the member's chain of command. For more information on domestic violence or to reach a DAVA, call 808-474-1999.

For more information regarding sexual assaults, contact the SAPR office at 448-3192.



Live the Great Life

Gallery showcase reception shows off art

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Hickam Arts & Crafts Center held its second annual gallery showcase reception Oct. 15 in the gallery.

The event featured a total of 98 entries that were on display. The event also offered appetizers. Music was provided by ukulele player Terry Brown for the guests who browsed the gallery.

Pieces on display included sculptures, paintings of sunsets, portraits and landscape photography. Many of the artists, their families and friends also attended.

"Last year was great, but this year is even better with more participation," said Donna Sommer, cen-



The gallery showcasing the artistic talent of the local military community will be on display until Jan. 15.

ter director. She explained that the showcase entries are not judged but provide a chance for the military community to display their talents. There

aren't any winners or losers, and this promotes higher participation and comfort for the artist, she said. The artwork will be on

display until Jan. 15. Entry to the gallery is free and while visiting the gallery, patrons can inquire about upcoming art classes.

Sam Choy's unveils new lunch, dinner menus

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Sam Choy's Island Style Seafood Grille introduced updated menus Oct. 12, featuring new lunch and dinner items and a new Sunday brunch menu.

Sarah Wiggins, general manager, said that the updates are the brainchild of Harold Beltran, executive chef.

"Chef worked tirelessly to breathe life into our existing menus, updating them with new and exciting options to please every guest," Wiggins said.

One of the new items on the lunch menu, which Wiggins names as one of her favorites, is designed to appeal to health-conscious diners.

The fire-grilled veg-



The kailua pork tostada is a new appetizer on Sam Choy's menu.

etable sandwich is a combination of portobello mushrooms, zucchini and bell peppers, topped with alfalfa sprouts and ripened tomato. A variety of appetizers, soups, salads, sandwiches and entrees complete the menu.

Wiggins described one of the new entrees, sea scallops with soy-mustard butter sauce as "not only

delicious, but beautiful."

The biggest change is the new Sunday brunch menu, which Wiggins said is a response to customers looking for something apart from the traditional buffet.

In addition to the usual brunch items such as omelets and waffles, other choices now include appetizers, sandwiches, en-

trees, soups and salads. Wiggins said the menu now offers something for everyone, for every budget.

Wiggins said the Cajun ahi Benedict features Cajun-crusted ahi medallions, garnished with a relish of crabmeat, sweet peppers, Maui onions and shiitake mushrooms.

Members who sign up for the Ohana Club receive 10 percent off each time they dine at Sam Choy's.

"With our new menus providing delicious food and our breathtaking views, you've got the winning combination for any meal," Wiggins said.

Sam Choy's Island Style Seafood Grille is located on Mamala Bay Drive near the waterfront of Hickam Beach.

For more information or to make a reservation, call 422-3002.

Your Weekly Fun with MWR

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

Mamala Bay Course Championship will be held Saturday and Sunday at Mamala Bay Golf Course. Admission for spectators is free. FMI: 449-2304.

Intramural Racquetball Tournament will be held from 8 a.m. to 4 p.m. Saturday at the Hickam Fitness Center. The tournament is open to authorized fitness center users 18 years and older. Awards will be given to the first- and second-place winners in men's and women's categories. Admission for spectators is free. FMI: 448-2214.

Chinatown Food & Historic Tour will be held from 8:45 a.m. to 1 p.m. Saturday. The tour departs from the Information, Tickets & Travel-Hickam (ITT-Hickam) office. The cost is \$30 for adults and \$25 for children ages 3 to 11. FMI: 448-2295.

Painting People and Animals class will be held from 3:30 to 5 p.m. every Monday from Oct. 27 through Nov. 24 at the Hickam Arts & Crafts Center. Tuition is \$65. FMI: 448-9907.

Ford Island & Battleship Tour will be held from 8 a.m. to noon Oct. 29. Round-trip transportation from the ITT-Hickam office is included. The cost is \$38 for adults and \$30 for children ages 3 to 11. FMI: 448-2295.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. Oct. 3. The tour departs from the ITT-Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. The cost is \$45 for adults and \$40 for children. FMI: 448-2295.

Kayak Fishing trip will begin at 8 a.m. Nov. 1. Hickam Harbor's MWR Outdoor Recreation staff will take participants to coastal fishing spots. Kayak, fishing gear, bait and transportation will be provided. The cost is \$37. The sign-up deadline is Oct. 28. FMI: 449-5215.

Bottom Fishing excursion will depart at 8:30 a.m. Nov. 1 from Hickam Harbor. This trip is for both experts and beginners and includes gear, bait, guides and boat. The cost is \$30. The sign-up deadline is Oct. 29. FMI: 449-5215.

Learn to Stand-up Paddleboard at Magic Island excursion will begin at 9 a.m. Nov. 1. MWR Outdoor Adventure Center staff will take participants to a location for beginning paddleboarders. The cost is \$30. The sign-up deadline is Oct. 30. FMI: 473-1198.

Mountain Biking Kaena Point excursion will begin at 8:30 a.m. Nov. 2. MWR Outdoor Adventure Center staff will guide participants through an area that serves as a nesting site for some of Hawaii's native birds and as a rest stop for Hawaiian monk seals and green sea turtles. The cost is \$25 including a bicycle (or \$20 without). The sign-up deadline is Oct. 30. FMI: 473-1198.

OCTOBER

LANE CLOSURES ANNOUNCED

NOW — The outbound lane of Kuntz Gate is closed now 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.

A BETTER YOU EXPO

NOW TO 28 — A Better You Expo is being 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.

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 at the USS Arizona. During the next month, 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.

HARVEST FESTIVAL

TODAY — A harvest festival will be held from 5 to 8 p.m. at Pearl Harbor Memorial Chapel. The event will include costumes, free food, games, bounce houses, a puppet show, crafts and candy. FMI: 473-3971.

AMOW HAUNTED HOUSE

TODAY, SATURDAY, 31 — The 515 Air Mobility Operations Wing (AMOW) Booster Club will conduct its first haunted house fundraiser at building 1050 on Vickers Avenue. 6:30 to 8:30 p.m. on Oct. 24-25 and from 8:30 to midnight on Oct. 31.

BELLOWS BOOFEST

SATURDAY — Bellows Air Force Station will be held from 5 to 9 p.m. at Turtle Cove. Admission is free. The event will include a haunted village, costume contest, "trunk-or-treat," decoration stations and movies under the stars. The event will also include prizes, giveaways and food and beverages available for purchase. The event is open to active duty military members, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 259-4112 or www.bellowsafs.com.

ADOPT A FURRY FRIEND

SATURDAY, SUNDAY — Oahu SPCA will be in attendance from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange pet shop with dogs and cats available for adoption. The staff can walk patrons through the process of adopting to take pets home that day. Patrons are encouraged to arrive early for the best selection. FMI: 423-3287.

BLOOD DRIVES

Currently scheduled Tripler Army Medical Center blood drives include:

- Oct. 28, 9 a.m. to 1 p.m., 45th Sustainment Brigade, Schofield Barracks.
 - Nov. 3 and 4, 9 a.m. to 1 p.m., 3rd Radio Battalion, Marine Corps Base Hawaii.
- FMI: 433-6699 or 433-6148 or michelle.lele@amedd.army.mil.

TANG TECHNOLOGY EXPO

28, 29, 30 — The Tactical Advancements for the Next Generation (TANG) technology expo will be held from 9 a.m. to 4 p.m. Oct. 28 and 9 a.m. to 3 p.m. Oct. 29-30 at Lockwood Hall, Joint Base Pearl Harbor-Hickam. The event will include representatives from companies showcasing the latest in detection, communication, interaction and display technology possible for the future of the U.S. Navy.

NAVY ENERGY CONFERENCE

30 — Navy building managers, building energy monitors (BEMs) and other interested-military and civilian employees at Joint Base Pearl Harbor-Hickam are invited to attend an energy and water awareness event from 8:30 a.m. to 3 p.m. at the Ford Island Conference Center (building 89). The event is to educate Navy building managers and BEMs and includes 10 a.m. and 1 p.m. one-hour sessions. In observance of Energy Awareness Month, there will also be educational booths in the lobby. FMI: Amy Hanada, 474-5220, ext. 3, or Katie Ramirez, 471-0440, ext. 4.

VIETNAM WAR PILOTS

30 — Vietnam War pilots will reunite for a panel discussion and book signing beginning at 3 p.m. in hangar 37, Pacific Aviation Museum Pearl Harbor. Guest speakers include Gen. Lori Robinson, commanding general of Pacific Air Forces, Misty 40 pilot Dick Rutan, and Air Force Maj. Gen. Don Shephard. The museum's North American F-100 Super Sabre will be dedicated to Col. George "Bud" Day, Vietnam prisoner of war and Medal of Honor recipient at 5 p.m. FMI: 441-1000 or www.pacificaviationmuseum.org.



THE MAZE RUNNER (PG-13)

When Thomas wakes up trapped in a massive maze with a group of other boys, he has no memory of the outside world other than strange dreams about a mysterious organization known as W.C.K.D. Only by piecing together fragments of his past with clues he discovers in the maze can Thomas hope to uncover his true purpose and a way to escape.

SHARKEY THEATER

TODAY 10/24

7:00 p.m. The Equalizer (R)

SATURDAY 10/25

2:30 p.m. The Boxtrolls (3-D) (PG)
4:50 p.m. The Maze Runner (PG-13)
7:20 p.m. This Is Where I Leave You (R)

SUNDAY 10/26

2:30 p.m. The Boxtrolls (PG)
4:40 p.m. The Maze Runner (PG-13)
7:00 p.m. The Equalizer (R)

THURSDAY 10/30

7:00 p.m. The Maze Runner (PG-13)

HICKAM MEMORIAL THEATER

TODAY 10/24

6:00 p.m. The Maze Runner (PG-13)

SATURDAY 10/25

4:00 p.m. The Maze Runner (PG-13)
7:00 p.m. The Equalizer (R)

SUNDAY 10/26

2:00 p.m. The Maze Runner (PG13)

THURSDAY 10/30

7:00 p.m. The Equalizer (R)



Early detection key to combating breast cancer

Tech. Sgt. Terri Paden

15th Wing Public Affairs

October is national Breast Cancer Awareness Month and 15th Medical Group (15th MDG) personnel have launched a campaign to educate Airmen about the disease.

According to Staff Sgt. Jennifer Ferguson, 15th Medical Group Women's Health Flight NCOIC, early detection is the best protection from breast cancer.

The American Cancer Society cites breast cancer as the second leading cause of cancer death in women, noting that about one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

Armed with this knowledge, Ferguson reminds women that it's their responsibility to take a proactive role in their healthcare.

"Women in their 20s and 30s should have a clinical breast exam performed by a health professional every three years during their well woman exam," she said.

"Monthly self-exams are recommended for women starting in their 20s because it is a way for women to notice if any breast changes occur, in which case they should report it to their health professional right away," Ferguson advised.

In addition to monthly self-exams, women over the age of 40 are encouraged to have a yearly mammogram and clinical breast exam.

"When found early, the five-year survival rate for

breast cancer is 96 percent," Ferguson said.

Though breast cancer is widely thought to be a disease that affects only women, men should also educate themselves on the disease which, according to the American Cancer Society, affects about one in 1,000 men. To put it into perspective, roughly 2,369 new cases of invasive breast cancer will be diagnosed in men in 2014, and about 430 men will die from the disease.

"Men should do checks, too," said Lt. Col. Toneka Machado, 15th MDG chief nurse. "The earlier anyone can detect it, the better the prognosis."

Though October is officially recognized as Breast Cancer Awareness Month, Machado said preventive care and early detection should be a priority all year long.

"So many women are uncomfortable with the idea of breast cancer or they are uncomfortable talking about it in general," she said. "Some people think because there's no family history they are not at risk, but don't think it can't happen to you."

"Breast cancer is very real and it affects all parts of our society, both male and female. These are the things we want to bring awareness to," Machado said.

One Airman all too familiar with the reality of breast cancer is Staff Sgt. Amanda Dick of Pacific Air Forces Public Affairs. Dick was diagnosed with breast cancer Oct. 4, 2013 and attributes

her own awareness and early detection with saving her life.

"With such a high risk of cancer in my family, I've always been super conscious about this issue. I found the lump while conducting a routine self-breast examination," she said.

"When found, my lump was the size of a pea. By the time I had surgery three months later, it had grown to just smaller than the size of a lime. Because the lump was fairly small (by cancer standards) and found early, and the fact that the cancer hadn't spread to my lymph nodes, I was diagnosed as stage 2a," Dick explained.

A little over a year later, with two surgeries and eight chemo treatments behind her, Dick has a positive outlook on the future but insists being familiar with your body and detecting any abnormalities early are a must.

Dick suggested that Airmen use the month of October as a time to learn about their family history of cancer and educate themselves on the risks and symptoms of breast cancer.

Throughout the month of October, educational pamphlets and literature will be available for free in the family health clinic at the 15th MDG. Additionally, self-breast exam instructions and tracking calendars will also be available. For more information on breast cancer or to schedule a clinical breast exam or mammogram, contact your health care provider.

Airmen organize clothing drive for local shelter

Staff Sgt. Alexander Martinez

15th Wing Public Affairs

When Airmen at Joint Base Pearl Harbor-Hickam decided to organize a clothing drive within their work section, they had no idea the support and participation they would receive would be so big.

"We decided to do a clothing drive for the month of September for our building, but we ended up bringing in way more donations than we expected," said Airman 1st Class Cheyann Smith, 647th Force Support Squadron military personnel section (647th FSS MPS). "The amount of support we received was amazing."

Smith and her husband, Airman 1st Class Michael Smith, also 647th FSS MPS, frequently volunteer at Next Step Shelter, a local homeless shelter. After visiting the shelter a few times and speaking with people who use the shelter's support, most people said they are in need of clothing and shoes.

"We used to go to the store and purchase clothes and shoes for families at the shelter on our own, and one day decided we should use the resources we have and organize a drive so others could donate," Cheyann said.

The drive was initially in-

tended for their building, hangar 2, in an area which they share with the 15th Comptroller Squadron (15th CPTS), but eventually people from all over the base began to donate. The drive lasted through September and at its conclusion, collected more than 1,000 pounds of clothing and shoes.

While delivering the clothing over a few visits to the shelter, Cheyann also helped coordinate with a 15th Wing Chapel parish that organized a dinner at the shelter. The dinner gave several volunteers and donors the opportunity to visit the shelter and help distribute the clothing and shoes.

"This was a great opportunity to help people and to see people come together for a good cause," Cheyann said.

More than 200 people received food and were given the opportunity to receive the donations. Goodie bags were also passed out to shelter women and children.

Cheyann said organizing the drive wouldn't have been possible without the help of everyone involved, including her supervisor, Staff Sgt. Lakisha White, 647th FSS MPS, and Senior Master Sgt. Patrick Seiler, 15th CPTS.

"They were so supportive and helped encourage me to organize the drive," she said.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- Oct. 28, 9 a.m. to 1 p.m., 45th Sustainment Brigade, Schofield Barracks.
- Nov. 3 and 4, 9 a.m. to 1 p.m., 3rd Radio Battalion, Marine Corps Base Hawaii.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

Operation Homefront seeks Military Child of the Year nominations

WASHINGTON (AFNS) — Operation Homefront is seeking nominations for the 2015 Military Child of the Year awards.

Officials of the nonprofit organization, which provides aid to service members and their families, said they understand what military children go through in supporting their service members and want to recognize their contributions.

Parents, grandparents, Scout leaders, teachers, counselors, religious leaders and others can nominate a military child for the honor.

Operation Homefront presents the award to an outstanding military child from each branch — Army,

Navy, Marine Corps, Air Force and Coast Guard, honoring the award winners at the organization's annual gala in the nation's capital. The 2015 gala is scheduled for April 16.

The nominees must be the legal dependents of service members and be between 8 and 18 years old. They must be able to travel to Washington D.C. for the gala.

Nominees selected as finalists must provide letters of recommendation and agree to a background check. Winners will receive the award, a \$5,000 cash prize and a laptop computer. Nominations close Dec. 12.

My Favorite Photo...



Don Robbins, Ho'okele editor, took this photo recently on a sunny afternoon in Haleiwa.

How to submit: Email your (non-posed) photos to editor@hookelenews.com