

HALLOWEEN HAPPENINGS

(Compiled by Brister Thomas, Contributing Writer)

While there may be many explanations as to the correct history of the celebration of Halloween on Oct. 31, what brings smiles to children's faces in America is the thought of carving pumpkins and dressing up in costumes to go trick-or-treating.

To help you get into the spirit, the USS Paul Hamilton's First Class Petty Officers Association is hosting its annual haunted ship from 1 to 5 p.m. Oct. 30 at pier B-23. The event is free for all military and their family members.

The Seabees are sponsoring a haunted house daily through Oct. 30 at the self help warehouse, building 292, at Pearl Harbor. Suggested donations are \$5 for adults and \$3 for children. Visitors will be led by ghouls, ghosts and goblins through a series of scary rooms and creepy corridors. Visitors are encouraged to wear costumes. Children are welcome.

Here are some additional activities to help celebrate this year's Halloween:

Halloween costume dance

Win prizes at the teen center's Halloween dances - tonight for ages 10-14 and Saturday for ages 14-18. Both dances are from 6 to 9 p.m. and will offer a snack bar, costume contests, games and a DJ. No reservations are needed. The cost is \$5 per person. For more information, call 448-2296.

Haunted Lagoon at Polynesian Cultural Center

The Polynesian Cultural Center offers a spook-filled night of dining and entertainment at Haunted Lagoon through Oct. 30. Information, Tickets and Travel Office has discounted packages available that include a fast pass to the Haunted Lagoon ride. For more information, visit your nearest Information, Ticket and Travel office or call 473-0792.

Halloween spiced with curry

Tradewinds Enlisted Club at Hickam will host an exotic, gourmet club event tonight. Dress in costume to win prizes. The event in the Oahu Room begins at 5:30 p.m. for cocktails with dinner at 6:30 p.m. The cost is \$35 for members and \$40 for non-members. For more information, call 448-2271.

Halloween movie at the pool

The Great Pumpkin Event from 6 to 9 p.m. tonight is free and is being held at Hickam's pool 2. Bring your floaties and relax in the pool while watching "It's a Great Pumpkin, Charlie Brown" on the outdoor screen. Bring your carved pumpkins to enter in the contest. The event is open to all authorized patrons. For more information, call 448-2223.

JR Rockers Halloween party

There is no cover charge to come hear DJ Doc J for a Halloween bash from 9 p.m. to 1 a.m. Saturday. Come in costume to earn prizes for scariest, funniest and most original. For more information, call 448-2271.

Halloween safety - rules for 'ghouls and goblins'

(Compiled by Brister Thomas, Contributing Writer)

Honolulu Mayor Peter Carlisle has proclaimed October 2010 as "Be Safe, Be Seen Month" in Honolulu, and encouraged drivers, trick-or-treaters and parents to be especially careful on Halloween, according to information released by the mayor's office.

"Halloween should be a fun time for everyone," Carlisle said. "Let's all remember to take appropriate precautions and keep our communities safe."

Here is a list of trick or treating tips for your family.

- Wear comfortable shoes and plan your route before you start.
- Carry a flashlight.
- Have adult supervision. If children are old enough to go without adults, make certain to go in a group.
- Wear something with a reflector on it - you can find reflector tape and paint at your local home improvement store.
- Go out before dark, especially for little ones.
- Never go into a stranger's house, even if

they ask you to come in while they go and get some candy.

- Throw away all homemade or unwrapped treats.
- When walking down the street, have the adult walk closest to the road, and the children closest to the houses.
- Do not run ahead of the adults. It is very easy for children to get carried away and accidentally run into the road.
- Do not pet strange animals while you are trick-or-treating.
- Do not eat candy as you go.
- Watch where you step.
- When you get home, check all the candy before allowing children to eat any of it. Watch for: old worn wrappers, torn wrappers (even with the smallest hole), homemade treats, unwrapped treats, toys with small parts that may be a choking hazard, money (change), fruit, any candy that looks like it may have been tampered with. For small children, remove any hard candies, lickable stamps, or glass or sharp objects. If you find any of the above mentioned items, it's best to discard them.

Have a safe and fun Halloween!



Kunia fights off comeback by NCTAMS

Story and photo by
Randy Dela Cruz

Sports Editor

Kunia Cryptonites quarterback Cryptologic Technician (Collection) 1st Class Daniel Maher's three touchdown tosses to Department of Defense (DoD) civilian Phil Perez helped lead the team to a 21-18 win over Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) Outlawz in an Intramural Ashore Flag Football League game at Ward Field, Joint Base Pearl Harbor-Hickam, on Oct. 21.

Maher connected with Perez on scoring passes of 10 and 44 yards in the first half, and 28 yards in the second to give the Cryptonites a 21-6 advantage.

However, despite the two-touchdown lead, the Cryptonites were forced to hang on as the Outlawz staged a dramatic comeback to pull to within three points with two minutes remaining on the clock.

"This feels real good," Maher said as Kunia raised its undefeated league record to 4-0. "We were just trying to run the clock down as the game wound down. They (Outlawz) were a tough opponent."

Although the Outlawz entered its showdown with a 0-2 mark, the team gave Kunia all it could handle.

Led by quarterback Information Systems Technician 2nd Class (SW/AW) Antowne Blaze, the Outlawz got on the scoreboard first when the team took the opening series and marched 65 yards on six plays for the go-ahead touchdown.

The scoring play took place on a 54-yard bomb from Blaze to Information Systems Technician 2nd Class Kyle Heath.

The lead was short lived, however, as Maher led Kunia on a slow, methodical drive that brought the ball to the Outlawz' 10-yard line on seven plays.

After three incomplete passes, Maher came up with a clutch throw on fourth down when he spotted Perez in the back of the end zone and lofted a floater to the wide receiver.

While fighting off a defender, Perez jumped up and grabbed the ball in midair before coming down with both feet for the score.

The Cryptonites converted its single-point-after-touchdown attempt to gain a 7-6 lead.

"That was real important," said Maher about the team's first touchdown. "That's what I kept stressing on the sidelines. We needed to come down and get the score to tie it up so that we're not playing from behind the whole game."

The score seemed to give Kunia the spark that it needed, as the team posted its second touchdown on its very next play from the line of scrimmage with Maher firing the ball to Perez on a crossing pattern that covered 44 yards.

The team then opened the second half with a 65-yard drive to the end zone that took only five plays.

The final TD toss from Maher to Perez took place on fourth down and traveled 28 yards.

While Kunia was building up its lead, the Cryptonites were busy shutting down the Outlawz' attack with a stifling in-your-face defense.

Using a strong pass rush, the Kunia defensive front sacked Outlawz quarterbacks four times during the game, with Cryptologic Technician (Collection) 2nd Class Myron Shields accounting for three of the QB take-downs.

"That has to be done," Shields stated. "You can't substitute anything for a good pass rush."

Still, even with everything going Kunia's way, the Outlawz were able to draw closer at the midway point of the second half when Blaze hooked up with Information Systems Technician 1st Class Terrence Ezzard for a 48-yard touchdown pass that cut the lead down to 21-12.

Then with two minutes remaining in the game, defensive back Electronics Technician 2nd Class Adam Rodriguez of the Outlawz stepped in front of a Maher pass and picked it off at the 30.

Four plays later, Blaze punctuated a 50-yard drive by finding Marine Lance Cpl. Derek Lazarus for a 21-yard touchdown that made the score 21-18.

The Outlawz went for the three-point conversion to tie, but the Cryptonites' defense stiffened to preserve the win for Kunia.

"They changed up their defense," explained Blaze about the team's offensive lull. "We went away from what we were doing at the beginning of the game."

Meanwhile, Shields said that the game provided a good gut check for Kunia as it prepares for the rest of the season.

"This is the first team that gave us any real problems," Shields said. "We got a couple of things that we need to work on. We'll hammer those out in practice."



Department of Defense (DoD) civilian Phil Perez of Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC) Outlawz goes up to snag a touchdown pass against the Kunia Cryptonites in an Intramural Ashore Flag Football League game at Ward Field, Joint Base Pearl Harbor-Hickam, on Oct. 21. Perez caught three touchdown passes from quarterback Cryptologic Technician (Collection) 1st Class Daniel Maher as Kunia edged the Outlawz by a score of 21-18.

Defense saves Chosin in battle of unbeaten teams

Story and photo by
Randy Dela Cruz

Sports Editor

If defense wins championships, then USS Chosin (CG 65) might have an inside track to the big dance, as the team shut out its second consecutive opponent in scoring a 28-0 mercy-rule victory over USS Paul Hamilton (DDG 60) in an Intramural Afloat Flag Football League game at Ward Field, Joint Base Pearl Harbor-Hickam, on Oct. 23.

In the showdown of undefeated teams, the Chosin Dragons improved its league record to 5-0, while the Paul Hamilton Phantom Warriors dropped to 3-1.

"That's how it's been all year," said Cryptologic Technician (Collection) Seaman Kevin Hodges about the team's tough defensive play. "On defense, we just want to hold it down so that our offense doesn't have to work its way out of a hole."

Against Paul Hamilton, Chosin struggled to get things going on offense and needed every bit of its strong defensive play to gain an upper hand.

On the team's first offensive series, Chosin quarterback Information Systems Specialist 2nd Class Tony Reid navigated a drive down to the Phantom Warriors' five-yard line.

However, Paul Hamilton's defense stiffened and sacked the Chosin QB on two straight plays before forcing Reid into throwing an incomplete pass on fourth down.

While the Chosin failed in its first journey into the Red Zone, Reid was quickly given another shot, when the Dragons' defense came up with its first big stand of the game.

Chosin's defense gave Reid a short field when it stepped up to stop Paul Hamilton at the Phantom



USS Chosin (CG 65) Cryptologic Technician (Collection) Seaman Kevin Hodges waits to pick off a pass before streaking 50 yards for a touchdown against USS Paul Hamilton (DDG 60) in an Intramural Afloat Flag Football League game at Ward Field, Joint Base Pearl Harbor-Hickam, on Oct. 23. Hodges' interception helped spur Chosin to a 28-0 victory in a battle of unbeaten teams.

Warriors' 30-yard line.

Three plays later, Reid connected with Electronics Technician 2nd Class Michael Robinson for a 12-yard strike to the end zone. Chosin converted its extra point to take a 7-0.

With time running down in the first half, Paul Hamilton appeared to catch a huge break when Fire Controlman 3rd Class Nick Marotta intercepted Reid at the Paul Hamilton 38 and returned it to the Chosin's 23.

Phantom Warriors' quarterback Quartermaster 3rd Class James McCary led the team all the way down to the Chosin one-yard line.

Instead of tying the score, Paul Hamilton had

two touchdowns called back because of penalties as time ran out in the first half.

After dodging a bullet, the Chosin defense came out in the second half with an even stronger resolve to take control of the game.

Up by only a touchdown, Hodges came up with a key play that appeared to give Chosin the boost it needed to pull away from Paul Hamilton.

On third down at the Paul Hamilton 36, Hodges picked off a pass near the Chosin 30-yard line and took it the house for a touchdown.

"At that point, I had two slants that I should have already picked off," Hodges

said. "I just played the pick."

Shortly following the interception, the Chosin defense handed Reid good field position, once again, when it stopped Paul Hamilton on its own 19.

A holding penalty by Paul Hamilton put the ball at the 14, where Reid ran in for the team's third touchdown on a quarterback keeper.

Chosin Operations Specialist 2nd Class Justin Jackson kept the onslaught going by intercepting a pass from Marotta, who took over the Warriors' QB duties in the second half at the Paul Hamilton 20.

Jackson replaced Reid at quarterback, and on fourth

down and eight yards to go, he took the ball in for the team's final score.

"We keep the aggressiveness and motivation because we're hungry," said Jackson about the Chosin's lockdown defensive play. "We've got chemistry and are on the same page. That's why we're doing the things we do on the field."

By notching its fifth straight win, the Chosin continues to place itself on a collision course with USS Lake Erie (CG 70), which is the only other unbeaten team in the afloat division.

While the date for the inevitable matchup with Lake Erie has yet to be set, Jackson said that he is look-

ing forward to the showdown.

"That's kind of the rivalry. Our ships are moored next to each other," Jackson said. "They've been talking smack for a long time, but we're ready."

Although the game could turn out to be an emotional powder keg, Chosin coach Information Systems Technician 2nd Class Joe McGill said that when the two teams meet, the Dragons will have to keep its cool in order to come out on top.

"It's sports and for bragging rights only," McGill explained. "If we keep it at that level, we're good. But the minute we step over that line and disrespect, I won't tolerate that."

HIANG fights off 747 CS to earn tough win

Story and photo by
Randy Dela Cruz

Sports Editor

The Hawaii Air National Guard (HIANG) needed a last-minute interception by Senior Airman Brenden Villa-Hashimoto to beat 747th Communication Squadron (747 CS), 20-18, in a Hickam Intramural Flag Football League game at Hickam Football Field, Joint Base Pearl Harbor-Hickam, on Oct. 26.

The game-saving play happened in the final minute of the game with the ball resting at midfield and the 747 CS, armed with a fresh set of downs, in the hunt for a go-ahead score.

"It feels good," said HIANG quarterback Airman Toby Brown as he breathed a sigh of relief immediately after the nail-biting donnybrook.

Brown played a huge role in helping his team to victory by tossing touchdown passes to Tech. Sgt. Stephen Lorenzo, Staff Sgt. Marshall Harvest and Staff Sgt. Bronson Ledward.

However, the HIANG just couldn't seem to pull away as the 747 CS, behind its quarterback Staff Sgt. Travis Lewis, was just as determined to walk off the field with a win.

In the first half, the HIANG's defense handed the ball over to its QB in good field position when it stopped the 747 CS on downs at the 35.

Working with a short field, Brown needed only two plays to reach the end zone where he connected with Lorenzo on a corner route for six points.

Back in the 747 CS huddle, Lewis was just as efficient in his second set of downs.

Starting from his own 15-

yard line, Lewis went three-for-three in marching the team 65 yards downfield on just four plays to even the game up at 6-6.

The final play covered 22 yards and a touchdown with Lewis finding Senior Master Sgt. Jabari Ashanti, who was alone down the right sideline.

Not to be outdone, Brown answered back by leading the HIANG on a three-play, 65-yard scoring drive to help his team quickly regain its one touchdown advantage.

After running for a two-yard pickup and connecting on a short five-yard pass to move the chains for a first down, Brown burned the 747's defense by heaving a long spiral to the speedy Harvest, who made the catch before sailing into the end zone for six. A converted point-after-touchdown (PAT) raised the HIANG's lead to 13-6.

Faced with another pressure-packed situation, Lewis stepped up and delivered once again.

Although the 747 CS quarterback wasn't as accurate with his passes on his third drive, Lewis managed to come up with two huge tosses that led the team to its second touchdown of the game.

On second down at his own 15, Lewis hoisted a deep ball to Master Sgt. Kevin Fox, who made the catch and rambled down to the HIANG 25.

After misfiring on his next two passes, Lewis completed a toss to Ashanti, who stepped into high gear and took it to the house for a touchdown that narrowed the score down to one at 13-12 before intermission.

In the second half, Brown took possession and led the HIANG on an 11-play, 65-yard drive for another score.

Brown hooked up with Ledward on a 17-yard pass play that, with a converted PAT, raised the HIANG's lead to 20-12.

As the game clock approached the final minutes, Lewis got the ball at his own 20 and moved deep into HIANG territory.

On first down at the 20, Lewis zipped a pass into the hands of Staff Sgt. Joshua Murphy, who turned it up field and ran for a touchdown.

Down by two, the 747 attempted a two-point conversion, but Lewis had his flag pulled by Tech. Sgt. Justin Sellona just before the QB broke the plain to the end zone.

Back on defense, the 747 had a big opportunity slip through its fingers, when Ashanti stepped in front of a Brown pass with nothing but green field ahead of him.

However, Ashanti couldn't come up with the ball — allowing HIANG to maintain possession of the pigskin and the lead.

"I set it up. He (Brown) couldn't see me behind his receiver," Ashanti said. "It was automatic, but having to go around the receiver probably threw me off. That pick should have sealed the game."

The 747 had one last ditch attempt to tie the game, but the pickoff by Villa-Hashimoto, his second of the game, ended the team's comeback.

"Right now, we're good, but the more we get to blend, the better we're going to get," said Brown about the HIANG's potential. "I just got to get together with my receivers and learn the schemes more."



Senior Master Sgt. Jabari Ashanti of the 747th Communication Squadron (747 CS) deflects a pass away from receiver Staff Sgt. Marshall Harvest of the Hawaii Air National Guard (HIANG) in a Hickam Intramural Flag Football League game at Hickam Football Field, Joint Base Pearl Harbor-Hickam, on Oct. 26. The HIANG hung on to defeat 747 CS by a score of 20-18.

NIOC chiefs trounce wardroom in softball game

CTI2 Theresa M.
Buitron

Navy Information
Operations Command
Hawaii

Members of Navy Information Operations Command (NIOC) Hawaii's chief petty officers' mess and the officers' wardroom met at the base softball field on Oct. 8 for a 'winner takes bragging rights' softball showdown.

In the first of what hopes to become a series of 'friendly competitions' between the two groups to promote sportsmanship and teamwork, the chiefs handily took the win, beating the officers' team, 15-8.

In the first three innings, it was all officers' bats running up the score. A young wardroom was able to put up seven runs, including a hard three-RBI hit from Lt. j.g. Timothy Foley in the top of the third inning.

Foley's hit allowed Lt. Ryan Elkins, Lt. Cmdr. Christopher Holzner and Lt. j.g. Damall Martin to run in home, bringing the score to 7-0. The chiefs were able to get their first run in with Senior Chief Cryptologic Technician (Technical) Mike Smith crossing home plate, bringing the score to 7-1 at the beginning of the fourth inning.

After another score by the 'Os' in the top of the fourth, the chiefs were trailing 8-1. But in the pivotal second half of the fourth inning, the 'goat locker' rallied a nine-run turnaround and never looked back.

Cryptologic Technician (Collections) Chief Lou Mendez started off for the chiefs with a simple base



U.S. Navy photo by Lt. j.g. Melissa Ocasio

NIOC Hawaii chiefs and officers high-five one another after a camaraderie building softball game at the command's softball field.

hit which would put him in position to start the cascade of runs. Cryptologic Technician (Collections) Chief Terry Fort followed on with another single, setting up Master Chief Cryptologic Technician (Technical) "Wild" Bill Kronenberg to hit the first RBI, kicking off the chiefs' slugfest.

Cryptologic Technician (Networks) Master Chief Lance "Woody" Johansen and Cryptologic Technician (Collections) Master Chief Pete Lasher would go on to

bat two runs in apiece, tying up the score with the wardroom at 8-8. A double hit by Cryptologic Technician (Interpretive) Senior Chief Jerry Iman brought in Cryptologic Technician (Technical) Master Chief Thomas Wellman and Cryptologic Technician (Networks) Senior Chief Mike Gay, pushing the 'goat locker' into the lead 10-8 at the end of the fourth inning.

The Os could not get their bats back for the last three innings. The chiefs' mess would continue on

their streak, putting up five more runs including a three-run homer over the fence by Lasher. Lasher, arguably the MVP for the 'goat locker,' had no worries about his team throughout the whole game. The 'Kunia Cavemen' member said, "This team of chiefs has played together during the last MWR Intramural Softball League. We beat the USS Paul Hamilton just a few weeks ago to take the Joint Base Pearl Harbor-Hickam base championship."

Ensign Marcus Kohlmann, who left the CPO mess at the beginning of this month to become commissioned as an information warfare leading duty officer, said he was proud to see this type of event occur and looks forward to future events like this. "I have now played on both sides, last year as a chief and this year as an officer. We had a great start this game, and it was unfortunate we couldn't bring home the win. This was very positive for the ward-

room, and I think it will lead to future camaraderie amongst the officers here at NIOC," Kohlmann said.

Next month the two groups plan to set up another match, this time on the gridiron. The chiefs have won this round, but the Os will be looking for revenge in the two team's next meeting. Kohlmann said he is sure the officers will come out victorious. Wellman noted, "Although we were down, we rallied and we chiefs never give up."



Partners in Paradise- MCB Hawaii hosts 2010 Joint Spouses Conference, honors duties of military spouses

Lance Cpl. Tyler L. Main

Marine Corps Base Hawaii

MARINE CORPS BASE HAWAII — In the pursuit of knowledge, friendship, resources and enrichment for military spouses, the base hosted a Joint Spouses Conference (JSC) at the officer's club on Oct. 23. More than 50 presenters, 90 workshops, 40 volunteers and about 300 spouses attended the event.

"I think these conferences are important because it gives us an opportunity to make new friends, learn new skills, and be motivated to try something new," said Karen Broadmeadow, this year's director and a Marine spouse.

The JSC host rotates among the services each year. It was last here in 2006.

The theme of this year's conference was "Partners in Paradise." The title recognizes the partnership military spouses have between friends, colleagues, family members and the military and local communities that help spouses be successful.

The base did its part as lead partner by taking spouses on a historic tour, and also to see military working dog demonstrations, the combat convoy simulator, waterfront operations, explosive ordnance disposal unit demonstrations, the booby bird population and the Nuupia Ponds habitat.

Back at the officer's club, spouses attended various workshops and an information expo.

"It's great that we helped spouses identify resources that they may not have known were available," Broadmeadow said.

The information expo was a buffet of knowledge. Local companies and organizations set up display tables with representatives who talked with spouses, answered questions, and provided informational pamphlets.

The Navy Marine Corps Relief Society, Operation Homefront, Big Brothers Big Sisters, Hawaii Pacific University and Military OneSource were only a few of the 26 organizations in attendance.

"This is overall a fantastic way to honor spouses," said Allison Stanton, a workshop co-chair for the JSC. "Every single organization [presented] for free."

Deborah Kitchens, Navy liaison for the conference, spoke about one of the workshops she attended. " 'Tablescapeing and Event Planning' [was]



Photo by Lance Cpl. Tyler L. Main

Marine spouse/writer/entrepreneur/model Susan Page speaks to about 300 military spouses about the importance of partnership during the 2010 Joint-Spouse Conference on Oct. 23 at the officer's club at Marine Corps Base (Hawaii) Kaneohe.

taught by Air Force Tech Sgt. Raphael Rauer who was wonderful," she said. "There were approximately 12 tables with different ideas for different occasions/holidays. Tech Sgt. Rauer gave practical tips for entertaining, how to create a welcoming table, tips about food, decorating," Kitchens explained.

The conference relayed the importance and appreciation of military spouses and was an opportunity for spouses to apply themselves to a schedule of diverse learning opportunities.

"Partners are everything," said keynote speaker Susan Page, an entrepreneur and writer who founded a modeling company after the death of her first husband, a Marine pilot. "Don't be afraid to lead or to follow

and go arm and arm with someone. Don't be afraid to get in step with someone. Don't be afraid to dance."

Broadmeadow agreed that camaraderie was an essential part of the event.

"It brings together spouses from all of the services and helps reinforce camaraderie and the purpose we all have as spouses," she said.

Many workshops were offered throughout the day including, "Successful Photography in Paradise," "Tablescapeing and Event Planning" and "Space A Travel Tips and Tricks."

Childcare and breakfast were also provided. An early evening wine tasting closed the day-long event.

"I had two favorite

U.S. Navy photo by Dr. Philip Breeze (Above right) A session on "tablescapeing" was just one of the many classes that were held at the 16th Annual Joint Spouses Conference on Oct. 23 at Marine Corps Base Hawaii, Kaneohe.

U.S. Navy photo by Dr. Philip Breeze (Right) Dr. Micaire Baxter explains the benefits of raw foods, and offers some recipes and preparation tips to some of the more than 320 military spouses from all military branches who attended the 16th Annual Joint Spouses Conference held at the Marine Corps Base Hawaii Officers Club on Oct. 23

parts," Broadmeadow said. "The first was seeing and hearing the excitement and enthusiasm from spouses throughout the day. The second was planning and coordinating with a superb group of ladies from all services who had been meeting since

February, March time-frame."

Next year's event will be hosted by the Air Force at Joint Base Pearl Harbor-Hickam. Spouses are encouraged to check the JSC Hawaii website at <http://www.jschawaii.com> periodically for more

information.

"People should come join in the celebration of being a military spouse and take the opportunity to participate in workshops that are enthusiastically presented by the military and local communities," Broadmeadow said.



PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

HALLOWEEN COSTUME DANCE

The teen center at Hickam will host Halloween costume dances. For youth ages 10-14, the dance is from 6 to 9 p.m. tonight. For young adults ages 14-18, the dance is from 6 to 9 p.m. Sunday. Both dances will offer a snack bar, costume contests, games and a DJ. No reservations are needed. The cost is \$5 per person. Wear your best costume to win a prize. FMI: 448-2296.

HAUNTED LAGOON AT POLYNESIAN CULTURAL CENTER

The Polynesian Cultural Center offers a spook-filled night of dining and entertainment at Haunted Lagoon through Saturday. Information, Tickets and Travel Office has discounted packages available that include a fast pass to the Haunted Lagoon ride. FMI: Nearest ITT office or 473-0792.

AIEA LOOP TRAIL HIKE

Take a guided moderate/strenuous trail through the forested hills above Pearl Harbor. The hike will begin at 10 a.m. Sunday, starting at the outdoor adventure center. The cost is \$7 per person. FMI: 473-1198.

KIDS' BOWLING SPECIAL

Kids' bowling specials are available from 10 a.m. to 9 p.m. through Sunday at Hickam Bowling Center. Enjoy two free games of bowling per day. A family pass option is also available. FMI: www.kidsbowlfree.com or 448-9959.

SUPER GARAGE SALE

The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon Nov. 6 at Richardson Field. The event is open to the public. Admission is free. All military-affiliated personnel are eligible to reserve a 10-foot-by-10-foot space. The cost ranges from \$10 to \$15 for garage sale sellers and \$20 to \$25 for crafters/businesses. FMI: 449-3354.

PRE-VETERAN'S DAY CELEBRATION

All Department of Defense cardholders, their families and guests are invited to celebrate pre-Veteran's Day from 4 to 6:30 p.m. Nov. 5 at the Hickam Officer's Club. There will be a special salute to military retirees. Admission is free. FMI: 448-2295.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

October

29 ~ A breast health brown bag lunch will be held from 11:30 a.m. to 12:15 p.m. today at the Makalapa Clinic Conference Room. Guest speakers will include breast cancer survivors who will share their stories and experiences as well as participation by breast health experts. Please remember to bring your own lunch. FMI: 473-1880, ext. 2282

29-30 ~ Join the Seabees for their haunted house. It is located at the self help warehouse, building 292 at Pearl Harbor-Hickam and is open from 5 to 9 p.m. Suggested donations are \$5 for adults and \$3 for children. Visitors will be led by ghouls, ghosts and goblins through a series of scary rooms and creepy corridors. Visitors are encouraged to wear costumes. Children are welcome.

30 ~ The Paul Hamilton 1st Class Petty Officers Association is hosting its annual haunted ship from 1 to 5 p.m. at pier B-23.

November

4 ~ The Junior Officer (JO) Spouses Workshop Committee will host an event titled "Get a Little Aloha in Your Life" from 6 to 8:30 p.m. Nov. 4 at the Lockwood Hall dining room at Joint Base Pearl Harbor Hickam. All spouses of Navy and Coast Guard officers O1-O4 and CWO1-5 are welcome to attend. The workshop will cover various aspects of the unique culture that exists here in Hawaii. RSVP date for the workshop is Nov. 1. FMI: 474-1999 or hawaii-jospouse@gmail.com.

12 ~ The 2010 USPACOM-JSEC Golf Tournament check-in begins at 11 a.m. with a shotgun start at noon. Registration deadline is 11:45 a.m. on the day of the tournament. The event is open to all hands. The cost is \$60 for military and \$70 for civilians. The event will be held rain or shine. FMI: MSgt Bret Miller at bret.t.mill@pacom.mil, 477-9291 or 266-0873.

19-21 ~ A free marriage enrichment retreat will be hosted by the CREDO Hawaii Team. The weekend event is designed to further enhance a solid marriage, or to provide new skills to assist in reworking a relationship. FMI: 257-1919 or phillip.krepps@navy.mil.

Movie Showtimes



Alpha and Omega (PG)

Two mismatched wolves embark on a cross-country quest to get back home and restore peace in their pack after being relocated thousands of miles away by well-meaning park rangers.

SHARKEY MOVIE THEATER

TODAY
7:00 PM The American (R)

(Other information not available at press time)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Alpha and Omega (PG)
8:30 PM Devil (PG-13)

SATURDAY
2:00 PM Alpha and Omega (PG)

SUNDAY
2:00 PM Toy Story (G)



Sampson and Milo Lyons honored as Red Cross Animal Heroes of the Year

American Red Cross, Hawaii State Chapter

Honolulu, HI-- Sampson and Milo Lyons were recognized as the 2010 Red Cross Animal Heroes of the Year at the Red Cross Heroes Breakfast on Oct. 9.

Golden retrievers Sampson and Milo are the "dynamic duo," a special team of therapy animals who provide comfort, love and stress release for patients, families and staff at Tripler Army Medical Center. Their owners, Kim and Dominic Lyons, donate their time to bring these bundles of joy to the hospital. Sampson started with the Red Cross Tripler Human Animal Bond Program in 2008, dressing up as Superman for

Halloween and Santa Claus for Christmas.

Sampson's kid brother Milo has become a therapy dog in record time. Together, they have logged almost 300 volunteer hours at Tripler, bringing smiles and laughter to patients in need of healing.

Sampson and Milo Lyons, the 'dynamic duo,' are therapy animals for patients at Tripler Army Medical Center.



Photos courtesy of American Red Cross, Hawaii State Chapter
Coralie Chun Matayoshi, Hawaii Red Cross CEO (far left), and Dr. Lawrence Tseu (far right), Hawaii Red Cross board member, present Dominic Lyons, Milo, Sampson and Kim Lyons with the Animal Heroes of the Year Award.

Airman takes fitness to ultra mode

Photo and story by Tech Sgt. Cohen A. Young

Defense Media Activity Hawaii

DILLINGHAM AIRFIELD, Hawaii - More than 45 runners started a 54-mile trail run through Dillingham Airfield and the mountains behind it on Oct. 23.

The Peacock 54 began at 6 a.m. with approximately 45 people. Some late stragglers joined the race a few minutes later in what would be a test of what the body can endure. For many of the runners, a marathon isn't enough.

"This is a challenge," said Air Force Staff Sgt. Makai Estikoko, a Hawaii native currently assigned to the 15th Maintenance Squadron at Joint Base Pearl Harbor-Hickam, Hawaii.

"I've done marathons before, but wanted something more, so I began training for these ultra marathons and every one that I've done has gotten longer and longer as I strive to do the 100-mile Ultra Marathon in January," he added.

"Triathlons are challenging too, but along with events like the Boston Marathon, they've gotten commercial," said avid ultra marathon runner Cheryl Loomis. "Not a lot of people compete in these races like the others," she said.

The course is 54 miles

and stretches through the mountains of the northern part of Oahu, which can be very hot without any wind to cool the runners. The race lasts all day and consists of two laps as the race starts in the dark and ends in the dark.

"The heat is definitely a factor in this race because there isn't any shade as you run on Peacock Flats," Estikoko explained.

The competitors carry a varied amount of food, water or other nutrients with them during the competition as well as having lunch bags or coolers at designated rest stops or aid stations throughout the race. It's a delicate balance to figure out how long to stop at the rest stops and take care of yourself. There are about five sanctioned stops along the race.

"The slice of pizza, water or candy at a rest stop is a good thing to help your spirits until your next rest stop," Estikoko said.

Airmen across the Air Force are finding more and more challenges and motivators for fitness and Estikoko is no different as he uses events like the Ultra Marathon to inspire his Airmen.

"This is an overall great motivator for the guys around me and they think they can't do things, and then they see me do this and it inspires them to do well on out PT test," Estikoko said.

There are many motivators for each participant,

but for Estikoko, it's just bragging rights and a cool T-shirt that motivate him.

"When the race is done, I get to say that I completed it and I get a free T-shirt if I win," Estikoko said.

U. S. Air Force Staff Sergeant Makai Estikoko, a native of Hawaii and currently assigned to the 15th Maintenance Squadron at Joint Base Pearl Harbor-Hickam, Hawaii and Heather McCaferty make their way to a rest stop during the 17th mile of the Peacock 54 Ultra Marathon held at Dillingham Airfield in Hawaii on Oct. 23.



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Contact the Ho'okele editor for guidelines and story/photo submission requirements.



Breast Cancer Awareness Month: For you, for your family . . . get a mammogram

Shari Lopatin

TriWest Healthcare Alliance

In 2006, more than 110 women died every day—from one disease.

Breast cancer. According to the Centers for Disease Control and Prevention (CDC), these are the facts. However, here's the kicker: That death rate is an improvement.

The Susan G. Komen website says in the past 35 years, the death rate from breast cancer in white women, including Hispanic, has declined. Unfortunately, the rate for black women has increased slightly. As screening programs have become more popular, more cases of breast cancer are caught early, making them more treatable.

That screening boils down to one word: Mammogram.

Get screened and join the fight.

October is Breast Cancer Awareness Month, a time when women and their families come together and bring awareness to this deadly disease. As part of that mission, women can take action to lower the breast cancer death rate even more, by getting their mammograms.

A woman who saves her life is doing it for others besides herself—her husband, her children, and maybe even her parents. No one wants to bury their mom or child because of breast cancer.

The CDC says that mammograms or x-rays of the breasts are the best method to detect breast cancer early, when it's easiest to treat. For women 40 years or

older, the CDC recommends having a mammogram every one to two years.

Women who are TRICARE beneficiaries can receive their mammograms at no cost. TRICARE covers one mammogram every 12 months for women older than 39. If a woman is considered high-risk for breast cancer, she can begin receiving mammograms at 35 years old.

So don't just wear the shirts or sport the pink ribbons. Take action. Get a mammogram. And help slow the number of women that breast cancer claims each day.

For more healthy living tips, follow TriWest on Facebook and Twitter: www.facebook.com/triwest and www.twitter.com/triwest.

Feel Like a Million
Health Tip of the Week

Wherever you are at on your wellness journey, your daily habits can determine 95 percent of your thoughts, feelings and actions. The Feel Like a Million program can help you develop life-long habits for better health and life balance. To learn more, visit <http://hickam.ifeellikeamillion.com>.

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PREVIOUS ISSUE **WHO SAID IT?**

“Victory belongs to the most persevering.”

Napoleon Bonaparte

WHO SAID IT?

“Be convinced that to be happy means to be free and that to be free means to be brave. Therefore do not take lightly the perils of war.”

This Week's Trivia

The U.S. Congress bestowed the title “Admiral of the Navy” upon just one person. Who was it?

Last Issue's Question:

On Feb. 20, 1950, who ordered that from this day on, enlisted personnel of the United States Air Force would be called “Airmen” so that they could be distinguished from that of the Army's “Soldiers” and the Navy's “Sailors”?

Answer:

General Hoyt S. Vandenberg



Got Questions?

Write to us at editor@hookelenews.com