

Life & Leisure

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COMMANDS, TEAMS 'REACH FOR THE CUP'



Photo illustration by Richard Onaha Hutter

**Story and photos by
MC3 Johans Chavarro**

*Navy Public Affairs Support
Element West, Det. Hawaii*

Service members throughout Joint Base Pearl Harbor-Hickam (JBPHH) competed in the annual Captain's Cup event hosted by JBPHH Morale, Welfare, and Fitness the week of Sept. 22 to 26.

The Captain's Cup Olympics competition is a week-long fitness competition that fosters an opportunity for commands and Sailors to display their "esprit de corps."

Commands throughout JBPHH competed in various physical challenges including flag football, sand volleyball, basketball, a two-man kayak relay and tug-o-war. Participating commands received points for the order in which they finished.

While there is no official prize, except bragging rights by the winning command, the winning command receives the Captain's Cup trophy to put on display throughout the year. At the end of the Captain's Cup season, the trophy is returned for presentation to the next winner. This year's winner was the Fleet and Family Readiness Program department at JBPHH.



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HIANG defeats Tiger-Hawks to capture volleyball title

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After not reaching the finals two seasons ago, the Hawaii Air National Guard (HIANG) is proving that the team is back with a vengeance by winning a second title in a row and 12th out of the past 13 years with a straight-set 25-17 and 25-21 victory over 324th Intelligence Squadron (324 IS) Tiger-Hawks on Sept. 26 at Joint Base Pearl Harbor-Hickam Fitness Center.

The match was a replay of last season when the HIANG defeated the Tiger-Hawks, who have now reached the finals three years in a row but have come up short each time.

"It's always rewarding," said HIANG hitter Tech. Sgt. Stephen Lorenzo. "Just to know we can put all of our guys together and focus all of our efforts into one common goal, that's rewarding."

While last year's sweep was more one-sided, this year's match went back and forth until HIANG gained the upper hand at the end of each set.

Lorenzo got the team started in the first set with three kills and a block to put HIANG up at 4-1, but with Department of Defense civilian Cliff Torrigos at service, the Tiger-Hawks stormed back from three behind to tie it at 6-6 before going ahead by three at 9-6.

Later, with the Tiger-Hawks clinging to an 11-9 advantage, the HIANG made their move behind back-to-back kills by Staff Sgt. AlanMichael Warner.

Another kill by Warner, two by Lt. Col. Rick Cox, and a hitting error by the Tiger-Hawks put the HIANG up at 15-11 and in full control of the set.

Up at 23-17, Cox finished it up with back-to-back kills to put HIANG up 1-0.

The second set turned out to be a classic with it being tied a total of 11 times and the last deadlock at 20-20.

After being tied at 7-7, the HIANG, behind the hitting of Warner and Lorenzo, appeared to



Hawaii Air National Guard hitter Tech. Sgt. Stephen Lorenzo (right) goes against the defense of Tech. Sgt. Tim Harris and Senior Airman Alex Niles of 324th Intelligence Squadron (324 IS) Tiger-Hawks during the intramural volleyball championship game.

be on their way of ending it early by grabbing a 15-10 lead.

However, Senior Airman Alex Niles and Torrigos responded for the Tiger-Hawks to give their team a lead at 19-18.

During the run, Niles delivered four kills while Torrigos served up an ace to lead the comeback.

A kill, by Warner and a hitting error by the Tiger-Hawks put HIANG back out in front at 20-19, but Niles added another kill to tie the game up for the last time at 20-20.

As in the first set, Cox came up with a couple of crucial kills down the stretch that may have sealed

the game for HIANG.

A late kill by Cox put the HIANG up by three at 23-20, and then after a kill by Senior Airman Stephan Renehan pulled the Tiger-Hawks to within two, Cox placed another spike to the floor for side-out and a 24-21 lead.

"It's more of as the game gets on the line, the adrenaline kicks in and I just want to rise up and play the best I can," Cox said about his late-set heroics. "I get really fired up and want to do well."

After HIANG secured the final point on a hitting error, Cox said he was very impressed with the

challenge posed by the Tiger-Hawks.

"This team we played tonight was really, really good," Cox acknowledged. "It was a very competitive game, and it looks like the competition is really heating up. Even the semifinals were very competitive."

Torrigos, who ended his first season with the Tiger-Hawks, said that although the team ended up short once again, he is confident that it will be back in the hunt come next season.

"We're still melding as a team," he noted. "These guys (HIANG) have been playing together for a

really long time and we're still relatively new together. We know we're good enough to win. We just came up a little short today."

Lorenzo, who has been part of the HIANG's gravy years, also agreed with Cox that the competition is getting better every year.

While he admits that the team is getting older, he believes that the best is still yet to come.

"We're still reaching," he said. "The other teams are getting better and it forces us to push harder. We're looking for it (three-peat). We're not going to just roll over and die. If they (other teams) want it, they're going to have to earn it."

Navy chief competes in Olympic-style games

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Chief Navy Counselor Ching Dressel (NCC) is living proof that injury or illness does not mean you stop living your life.

In fact, she turned what was a life-threatening illness into a positive, fulfilling journey. This journey culminated in what she calls one of the most amazing experiences of her life.

Dressel recently returned to Hawaii after representing the Navy and the United States in the first Invictus Games in London, an international competition among wounded warriors from 13 nations with more than 400 athletes participating. Dressel took home a bronze medal in track.

The Invictus Games was envisioned by Britain's Prince Harry. His inspiration came after visiting the U.S. Warrior Games (a paralympic-like competition among wounded warriors from all branches of the military) in Colorado in 2013. He was driven to put on a similar but larger event that would bring together service members from across the globe.

"It was amazing. There's so many adjectives I want to use," Dressel said. "They treated us as if it was the Olympics so you can imagine how spectacular that was. We were competing with different countries, but at the same time it was a brotherhood and sisterhood coming together that was heartfelt."

Medals were given to the top finishers of each event, but Dressel said the games weren't just about who won



Photo courtesy of NCC Ching Dressel

Chief Navy Counselor Ching Dressel competed in track and cycling at the Invictus Games and Warrior Games.

or who lost. "It felt like everybody was a winner," she emphasized.

She admitted that every person was still out there contending for first. "Competition was absolutely fierce. You know most military people are type-A personalities. So we all want to compete, we all want to win. You still have that because it's in our nature. But the fact that everybody was rooting for each other touched my heart," Dressel said.

Besides her bronze medal in the 400-meter run, Dressel also competed in cycling. She said participating in these events is a far cry from where she was before being introduced to Navy Wounded Warrior Safe Harbor.

Dressel is one of many service members who, with the help of Navy Wounded Warrior Safe Harbor, are able to endure a life-changing event and push forward. The program assists service members wounded in com-

bat, as well as those stricken by serious illness or injury.

In her case, Dressel was diagnosed in 2009 with myelodysplastic syndrome (MDS), a condition in which the bone marrow doesn't produce enough healthy blood cells. Doctors determined it could be cured by a bone marrow transplant.

She said she received a week of strong chemotherapy and then the bone marrow transplant in February 2012. But enduring the treatment didn't stop Dres-

sel from earning her promotion to chief petty officer and, after completing treatment, Dressel returned to work at U.S. Pacific Fleet.

There, her boss at the time introduced her to Navy Wounded Warrior Safe Harbor. The people at Safe Harbor heard she was into running and asked if she was interested in participating in the Wounded Warriors team. Dressel jumped at the chance.

"That geared me. As I'm trying to do normal

things—trying to walk and do as much I can physically to regain mobility—it was put in my mind that I can be part of the Wounded Warrior team, or at least try out. Everything shifted for me. My competitive side kicked in. So I started doing more and more because I have a goal," Dressel said.

Dressel said the program helped her keep moving forward. "It's done so much for me. Plus I had other athletes to talk to. We all had different types of wounds, injuries, illnesses or whatever it may be. But we all had one goal: to be better, to get back to the normalcies of life."

The support helped Dressel as she also fought to remain on active duty. She is in remission and was found fit to continue her service in June of this year.

At the time of this interview, Dressel had been back for only two days and was preparing to leave the next day for the Warrior Games in Colorado.

And upon returning from there, she has to prep for her PCS to Quantico. But she doesn't mind the hectic schedule.

"I wouldn't miss it for the world," said Dressel. "I couldn't pass either of them up. It's been such a significant part of my recovery that I couldn't miss it."

She also participated in the 2013 Warrior Games and believes other affected service members would greatly benefit from contacting Navy Safe Harbor (or their respective service's counterpart) and inquiring about the Warrior Games.

"It's done so well for me that if others can take advantage of it, then I would absolutely love for somebody else to take my place if it can help them," Dressel said.

Warriors break deadlock to win over Marauders

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The 735th Air Mobility Command (735 AMC) Warriors got a goal-line stop to open the second half and then went 78 yards to score the go-ahead score to defeat the 747th Communications Squadron (747 CS) Marauders, 18-12 on Sept. 30 in an intramural flag football Red Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

With the win, the Warriors claimed sole possession of first place in the Red Division with a record of 4-0, while the Marauders lost for only the second time in four tries.

"Honestly, it was just keep on our game," said Warriors quarterback Tech Sgt. Marco Knight about the game-winning drive. "We like to slowly, methodically work down the field. That was our game plan."

While the Warriors defense was able to shut out the Marauders in the second half, the first half looked like a shootout with both teams exchanging touchdowns for a 12-12 deadlock at intermission.

The Marauders got the jump on the Warriors by taking the opening drive 65 yards, which ended with Airman 1st Class Karoum Bilal taking it in for the touchdown.

Knight and the Warriors answered the drive as the team also successfully navigated its way to the end



Sgt. Jason Huestis catches a pass in the end zone to score the game-winning touchdown for the 735th Air Mobility Command (735 AMC) Warriors.

zone for a 6-6 tie.

The final play came on a short toss from Knight to Information Systems Technician 2nd Class Nicholas

Williamson, who made the grab just inside the end zone for six.

Back with the ball in his hands, Airman 1st Class

Zach Murphy stayed on fire and quickly drove the Marauders downfield, needing only four plays to break the goal line.

This time, Murphy, with the ball resting on his own 20, dropped back into the pocket and delivered a deep spiral into the hands of Senior Airman David William, who rambled in for the score and a 12-6 advantage.

With time winding down before halftime, Knight quickly got the team out from the 15 to the 38 before running an option to 1st Sgt. Blane Woodard, who scampered all the way down to the Marauders' two-yard line.

Then on the very next play, Knight connected to Staff Sgt. Logan Kurtz for the game-tying score and a 12-12 tie at halftime.

In the second half, the Warriors opened play and moved from their own 15 out to the 31.

On fourth down the team went for it but was stopped to hand the ball over in good field position to the Marauders.

Staff Sgt. Larry Best took over the signal calling and quickly moved the Marauders to the Warriors 11-yard line.

However, the Warriors defense came up with a big goal-line stop and prevented the Marauders from scoring.

"That was huge," Knight said. "He (Best) was killing us up the middle. He wasn't going outside, he wasn't going over the top, so we knew that he was coming right down the middle. So we just collapsed on the outside and had a meeting in the middle. We were right there, so it was just pull his (Best) flag."

According to Bilal, the

stop was probably the most pivotal play of the entire game.

"They (Warriors) should have never stopped us," Bilal said. "It was a good play on them. We lost our momentum after that."

After dodging the bullet, Knight marched his team back the other way, using short passes and options to place the football at the Marauders 11-yard line on seven plays.

With the defense stiffening in the red zone, the Marauders appeared to come up with a big stop of their own but instead the team got flagged two times on fourth down for illegal use of the hands and a personal foul to give Knight two more chances.

Finally, on fourth and 10, Knight zipped a pass into the arms of Sgt. Jason Huestis, who beat coverage on the left and cradled the pass into his hands for the game-winner.

Huestis appeared to bobble the football, but referees ruled that he had it long enough for a completion.

"He had the ball," Knight said. "He did bobble it when he first got it, but he (Huestis) came down with it. The thing is, the guy (defensive back) hit the ball out of his (Huestis) hands and you can't do that."

Bilal affirmed what Knight explained and said that the Marauders will just have to come out and do better next time around.

"The ref made a good call," Bilal said. "We need to play better and control our heads."

TRICARE shines a light on suicide prevention awareness efforts

TRICARE

Suicide is the 10th leading cause of death for Americans, and military veterans make up 20 percent of suicide deaths each year.

TRICARE works with the Defense Suicide Prevention Office, the Department of Defense's oversight authority to reduce the im-

pact of suicide on service members and their families, to provide mental health resources to all TRICARE beneficiaries.

People who know someone who needs help or just needs someone to talk to, should encourage them to reach out to people who may have been exactly where they are right now—fellow veterans and family

members. Vets4Warriors is a free, confidential peer-to-peer support service.

The Vets4Warriors call center is staffed by veterans and family members representing all branches of the services. They can be contacted anytime by phone (1-855-838-8255), online chat (visit Vets4Warriors.com), or e-mail (Info@Vets4Warriors.com).

In more urgent situations, if someone is in distress or may be contemplating suicide, they can contact the Military Crisis Line immediately via phone, online chat, or text message. Just call 1-800-273-8255 and press 1; visit www.militarycrisisline.net; or text 838255. Trained professionals are always there—24 hours a day, 365

days a year.

TRICARE's Nurse Advice Line is also a resource for beneficiaries currently dealing with the unique stressors of life in the service. Sometimes stress becomes mental health issues. Those who are feeling depressed, anxious or are thinking of harming themselves can contact the Nurse Advice Line for help. NAL nurses

can talk to the person and help them get the care they need. To access the Nurse Advice Line call 1-800-TRICARE, option 1. To learn more about TRICARE's Nurse Advice Line visit www.tricare.mil/nal.

Visit www.tricare.mil/mh-care or contact a TRICARE regional contractor for more information about getting behavioral health care.



Live the Great Life

Children's theatre to return to JBPHH

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Missoula Children's Theatre (MCT) will return to Joint Base Pearl Harbor-Hickam on Oct. 6 to host open auditions for first through 12th graders. Auditions will begin at 10 a.m. at the Hickam Memorial Theater. Selected youth will participate in a weeklong camp, leading up to a final production of "Rapunzel" at the theater.

The open auditions will run approximately two hours and those selected will stay for camp and practice. The camp will continue throughout the week until Oct. 10. The camp schedule is still to be determined. The final production of "Rapunzel" will begin at 11:30 a.m. Oct. 11. Admission will be free.

MCT's last visit to JBPHH was in June and more than 120 youth participated in the auditions.

MCT brings performing arts opportunities to communities, most notably to

kids who might not have access to them. They send out teams of touring artists, also known as tour actor/directors or TADs, who cast kids in a children's musical which they perform after only six days of rehearsal.

They strive to use participation in the performing arts as a vehicle to develop social skills, self-discipline, a strong work ethic, an understanding of the team concept and self-esteem.

For more information, call 449-3354.



MWR Marketing photo

Tour actor/directors lead children in auditions held in June at Joint Base Pearl Harbor-Hickam.

Your Weekly Fun with MWR

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



First Friday BOGO Bowling will be held from 5:30 to 8:30 p.m. today at the Escape Bowling Center, Wahiawa Annex. Bowling games are BOGO—buy one, get one game free. FMI: 473-2651.

Origami Paper Folding classes will be held every Saturday from Oct. 4 through Oct. 25 at the Hickam Arts & Crafts Center. The beginners' class for youth ages 10 and older meets from 12:30 to 2:30 p.m. The intermediate class for youth ages 13 and older

meets from 3 to 5 p.m. Students can learn about Japanese culture and origami as an art form. Tuition is \$40 for each class. FMI: 448-9907.

Library Know-How will begin at 2 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. This free session will cover how to search the online catalog and use the Dewey Decimal system and will include demonstrations of available online resources. FMI: 449-8299.

Youth Sports Fall Soccer Camp for youth ages 6 to 14 years old will be held from 9 a.m. to noon Oct. 6 through Oct. 11 at Lynch Field. Registration is available at www.greatlifehawaii.com or in person at the youth sports office at Bloch Arena. Space is limited. The fee is \$100. FMI: 473-0789.

Youth Winter Baseball Registration period opens Oct. 6 and closes Nov. 7. The season runs December through March for youth ages

5 to 14 years old. The fee is \$60 and includes jersey, hat and award. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Youth Winter Basketball Registration period opens Oct. 6 and closes Nov. 7. The season runs December through March for youth ages 5 to 15 years old. The fee is \$70. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Fall Craft Camp for youth ages 7 years and older will be held from 10 a.m. to noon Oct. 7 through Oct. 10 at the Hickam Arts & Crafts Center. The fee is \$55. FMI: 448-9907.

Preschool Story Time will be held from 9 to 10 a.m. Oct. 8 at the Joint Base Pearl Harbor-Hickam Library. The theme of this free program will be "Bed Time." FMI: 449-8299.

Kids' Book Club for youth in fourth and fifth grades will begin at 2 p.m. Oct. 8 at the Joint Base Pearl Harbor-Hickam Library. FMI: 449-8299.

Moonlight Paddle at Hickam Harbor will begin at 7 p.m. Oct. 8. Participants of all paddling abilities are welcome. The trip will be led by Hickam Harbor's MWR Outdoor Recreation staff and includes all required gear. The cost is

\$25. The sign-up deadline is Oct. 5. FMI: 449-5215.

Props and Modifications Yoga Class will be held from 11:30 a.m. to 12:30 p.m. Oct. 9 at the Joint Base Pearl Harbor-Hickam Fitness Center. The fee is \$5. FMI: 471-2019.

Free Golf Clinic will begin at noon Oct. 9 at Navy-Marine Golf Course. FMI: 471-0142.

Navy Birthday Party will be held from 4:30 to 6:30 p.m. Oct. 10 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.

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 out-bound 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.

MAKING STRIDES AGAINST BREAST CANCER

SATURDAY — The American Cancer Society is scheduled to conduct their sixth annual Making Strides Against Breast Cancer walk from 6 to 10:30 a.m. at Joint Base Pearl Harbor-Hickam. The three-mile route will begin and end at Richardson Field and include the Ford Island Bridge and park. Lanes will be coned for a short time but the bridge will not be closed. FMI: www.makingstrideswalk.org.

SATURDAY FLU DRIVES

SATURDAY, 18 — Patients enrolled in Tripler Family Medicine and who are 6 months of age or older, can walk into Saturday flu drives from 8 a.m. to noon in the family medicine clinic. FMI: 433-2809 or ana.m.allen2.civ@mail.mil.

BLOOD DRIVE SCHEDULE

Tripler Army Medical Center blood donor drives include:

- Oct. 6, 9 a.m. to 1 p.m., TAMC Department Blood Battle, room 2A207, Tripler Army Medical Center.
- Oct. 7, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

COUPLES CLASS

7, 14, 21 — Couples Class: Mastering the Art of Relationship Skills is relationship-enhancing class which will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. The class is for couples and will include topics on communication skills, relationship stages and struggles, love languages, and understanding and different personality types. FMI: www.greatlifehawaii.com or call 474-1999.

HOW TO AVOID FALLING IN LOVE WITH A JERK/JERKETTE

8 — The class "How to Avoid Falling in Love with a Jerk/Jerkette" will be held from 10 a.m. to noon at MFSC Pearl Harbor. Participants can discover the warning signs of difficult partners and break the destructive dating patterns that have prevented happiness in the past. FMI: 474-1999 or www.greatlifehawaii.com.

COSTUME FUN RUN

11 — 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 CAC card are welcome to participate in addition to those with a military sponsor. Participants can wear their best costume for a chance at the trophy or try to be fastest male or female for a chance to win a trophy. Registration is open now on www.active.com. Search for costume fun run. Registration fees are \$30 until Oct 10. 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

11 — 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.

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 the Hickam Memorial Theater. FMI: 449-6833 or <http://www.facebook.com/HickamAMC>.

READY NAVY ZOMBIE CHALLENGE

31 — Ready Navy has issued a zombie challenge to the kids of Navy and Marine Corps families. This year's challenge is to create a comic strip or, for those wanting a bigger challenge, to create a short, YouTube-type video. The deadline for entries to be emailed to ready.navy@navy.mil is Oct. 31. FMI: <http://ow.ly/BQ8q2>.

TRUNK OR TREAT EVENT

31 — Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will hold a "trick or treat" outing for kids from 3:30 to 5:30 p.m. at the Hickam Harbor parking lot. Community members can join in by "spooking up" the trunk of their car or van, and provide treats for kids. The event is open to all Department of Defense civilians, active duty military and family members.



Chef (R)

A chef who loses his restaurant job starts up a food truck in an effort to reclaim his creative promise while piecing back together his estranged family.

SHARKEY THEATER

TODAY 10/3
7:00 PM Chef (R)

SATURDAY 10/4
2:30 PM The Identical (PG)
4:40 PM When the Game Stands Tall (PG)
7:00 PM The November Man (PG)

SUNDAY 10/5
2:30 PM The Expendables 3 (PG-13)
5:20 PM Let's Be Cops (R)
7:30 PM As Above, So Below (R)

HICKAM MEMORIAL THEATER

TODAY 10/3
7:00 PM When the Game Stands Tall (PG)

SATURDAY 10/4
4:00 PM The Expendables 3 (PG13)
7:00 PM November Man (R)

SUNDAY 10/5
2:00 PM When the Game Stands Tall (PG)



Navy Gold Star Program launches

Ensign Egdanis Torres

Commander, Navy Installations Command Public Affairs

WASHINGTON (NNS) —A new initiative to assist Gold Star Families—those whose military members have died in service—launched Oct. 1 by Commander, Navy Installations Command (CNIC).

The Navy Gold Star (NGS) program provides Gold Star Families a level of long-term assistance and support not previously available through the Navy. It is enhanced with the active participation of new NGS region and installation coordinators, which are the lead agents for actions within the long-term casualty supporting process.

“I am excited about this new Navy program. I believe in it,” said Vice Adm. William French, commander, Navy Installations Command during his opening comments for the NGS coordinators’ initial training held at the CNIC headquarters in Washington, DC.

French said that Gold Star Families need their sacrifices to be recognized. “I envy you all because you come to an organization that makes a big difference to families.”

According to Mike Bruner, the NGS program manager for CNIC, NGS coordinators play an important role providing support for family members through a very difficult time, helping them build resilience and establish a new normal.

Guided by the coordinators, Gold Star Families will be able to connect with support groups and grief counselors. Additionally, new services may also include chaplain care, school liaison assistance, and family employment.

The training for the coordinators is a two-day program filled with informational tools including the description of the duties and responsibilities of the casualty assistance calls officers, an overview of all CNIC fleet and family support programs, discussions on the standardized procedures for survivor assistance, and training on the Defense Casualty Information Process System (DCIPS), among others.

“Another great benefit is the inclusion of financial counselors that can provide education on budgeting and investing,” added Bruner. “These financial counselors are committed to assisting survivors to create a solid foundation for financial success.”

At the training, French also spoke to each one of the coordinators and stressed the importance of collaboration and team work.

“You are building this program. Take all the great ideas from our counterparts, the best ones and leverage each other, push the headquarters. We want all of you to have the tools in place to be successful,” he said.

French spoke about the standardization of procedures across the enterprise and emphasized that this new program provides the opportunity to work on regulating the delivery of services across the regions.

In order to accomplish this, he highlighted the importance of the coordinators and urged them to begin working on achieving consistency, identifying the inconsistencies they come across, selecting the ones that really matter, and then feeding back to CNIC so that leadership may be involved in helping solve those inconsistencies.

“A program like this one cannot be managed from the headquarters,” French said. “We need the people from the deck to push us for change.”

For more information about the Navy’s Gold Star Program, visit <http://www.navygoldstar.com>.

Bike path cleanup planned Oct. 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. Oct. 18.

Volunteers, including family members ages 12 and above, can help in the

area along the bike path near Kalauao Stream behind the Pearl Kai Shopping Center.

Volunteers should meet at the Pearl Harbor Bike Path behind Pearl Kai Shopping Center by 8:30 a.m.

Work will include trash removal, weeding and beautification. Volunteers should dress to get dirty,

wear covered shoes, and bring sunscreen.

Contact MAC William Matteson, william.n.matteson@navy.mil or (209) 216-7190 to volunteer. For more information, call Lt. j.g. Eric Galassi at 473-0660 or e-mail eric.galassi@navy.mil or Tom Clements, Navy Region Hawaii outreach, at 473-0662.

Defense helps 561st NOS end PACOM/JIOC's winning streak

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The 561st Network Operation Squadron (561 NOS) Det.1 used a skintight defense that picked off five passes to help the team hold off previously undefeated Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), 15-12, in an intramural flag football Red Division game, Sept. 30, at Ward Field, Joint Base Pearl Harbor-Hickam.

The NOS got three interceptions from Sgt. Chris Terrell, one from Senior Airman Nicolas Chung and another from Senior Airman Michael Kelley to beat PACOM/JIOC.

Kelley's interception not only stopped PACOM/JIOC inside the red zone, but also turned out to be the game-winner when he picked off the pass from Sgt. Michael Cox and returned it 75 yards for a touchdown.

The win raised the NOS's record to 3-1, while PACOM/JIOC dropped out of a tie for the division's top spot by losing for the first time this year.

"We do this a lot," said Terrell, who got all three of his takeaways in the first half. "We practice a lot and we teach the guys to read the route, but a lot of it is the QB, especially from my position (safety). I read the QB and if he doesn't sell it to the opposite direction, then I just go to where he's going."

While the NOS defense was outstanding, the guys opposite the ball for PACOM/JIOC were also playing pretty tough as well.

The secondary for PACOM/JIOC got three picks to set up a defensive struggle that lasted throughout the game.

After both teams traded the football on their first two offensive sets, the NOS, after Terrell's second pick, started to put things together under the signal calling of Staff Sgt. Jacee Lawary.

Starting at his own 20, Lawary used his feet to bide time and pitched two completions to Tech. Sgt. Wayne Fiery and Airman 1st Class Robert Light and another to Chung to place the ball on the PACOM/JIOC 22-yard line.

From there, Lawary used his scrambling ability to take it to the house and put NOS ahead at 6-0, before a converted point-after made 7-0 going into halftime.

In the second half, both teams exchanged the foot-



Senior Airman Michael Kelley tries to make a diving catch while in the backfield of the 561st Network Operation Squadron (561 NOS) Det.1.

ball on turnovers, but PACOM/JIOC got the best of it when their takeaway set the team up on the NOS's 17.

A short pass advanced the football to the 14 but after misfiring on his next two attempts, Cox tried to thread the needle on fourth down, only to have his pass battled up into the air and into the arms of Kelley.

The NOS defensive back ran up the left sideline and then cut back to the middle to take the ball all the way for a 13-0 advantage.

The lead was increased to 15-0 when, on first down from their own 15, PACOM/JIOC lost the ball on a bad snap through the end zone for a safety.

PACOM/JIOC got on the scoreboard with only 6:37

remaining in the game before mounting one final drive in the closing seconds.

While Cox got the score the team needed by connecting with Sgt. John Becker for a touchdown with 22 seconds left on the clock, the team couldn't convert on its three-point attempt to tie the game.

Although Cox ended up with two pass completions

for touchdowns, he said the late start by the offense might have been too much to overcome.

"We just came out rusty," he explained. "First of all, we didn't have half of our team here. Our offense didn't get going until late in the second half. There are things that just don't go your way."

Terrell said that while

the NOS defense seems to be ahead of the offense at this time, he promises that things will even out very soon.

"Offense is the hardest because you have no time to throw the ball," Terrell admitted. "If you can get the quick routes down and bring everybody up and get that deep game, that's how you beat them."

Heritage meal soon

A Hispanic Heritage Month special 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.

This meal will be open to active duty military members, Department of Defense CAC card personnel, retirees and their families.

Menu items will include aguadito de pollo (Peruvian chicken soup), pollo alajilo (Panamanian garlic chicken), lechon asado (Cuban grilled pork), and Nicaraguan-style steak. Other menu items include papas choreadas (Colombian potatoes with cheese sauce), arroz poblano (poblano pepper rice), carraotas negras (Venezuelan black beans) and Brazilian collards.

In addition, the meal will include pan de maiz (Dominican Republic cornmeal bread), a fresh salad bar, assorted desserts, ceremonial cake and an ice cream bar.

Guests are advised to bring exact change to expedite time spent at the cashier stand. For more information, call 473-2948.

My Favorite Photo...

This Haleiwa sunset photo was taken by Ho'okele graphic artist Richard Onaha Huutter.



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

7 things Sailors should know

Chief of Naval Personnel

This spring, based on fleet feedback, the Navy revised the final multiple score (FMS), the weighted formula used to select Sailors for advancement.

The new formula rewards sustained superior performance and increases the role of the command triad in the advancement of Sailors, officials said.

Changes to the formulation were made to achieve the right balance between technical skill proficiency, as measured by the test, and on the job performance as gauged by chain of command input through the evaluation process. It also places less emphasis on longevity-based elements.

This fall's petty officer advancement results will be the first use of the new formula.

Here are seven things Sailors should know about FMS:

- FMS is a weight-based calculation used to rank Sailors eligible for advancement.

- The advancement examination is the largest factor considered for advancement to E4 and E5, increasing in weight by eight percentage points, going from 37 percent to 45 percent.

- For E6 and E7, performance mark average (PMA) becomes the largest factor in determining Sailors' FMS. For advancement to E6, PMA increased three percentage points and now counts for 50 percent of the FMS calculation. For advancement to E7, PMA increased 10 percentage points to count for 60 percent of the total FMS.

- Sailors who pass the advancement exam, but do not advance due to quota limitations, are eligible to receive pass not advanced (PNA) points. However, the new policy limits PNA points to the top 25 percent of Sailors—1.5 PNA points go to the top 25 percent of Sailors by test score, and 1.5 go to the top 25 percent by performance mark average. However, for the next five test exams, those who have PNA points will have those points carried over.

- Total PNA points in the FMS are determined from a Sailor's last five advancement cycles for a maximum of 15 possible points.

- Service in pay grade has been reduced from 7 percent to a weight of 1 percent of FMS for advancement to E4 through E6.

- The Good Conduct Medal and the Reserve Meritorious Service Medal will no longer contribute award points in the FMS.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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