



Are you prepared for the flu? Get your flu shot! See page B-2



747 CS Marauders prevail over WSA See page B-3



Support Feds Feed Families today See page B-5



October 12, 2018

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Jim Neuman

Navy Region Hawaii Public Affairs

Today, Commander Navy Region Hawaii and Joint Base Pearl Harbor-Hickam hosted a bell-ringing ceremony to mark the Navy's 243rd birthday at the World War II Valor in the Pacific National Monument Visitor Center. The keynote speaker was Capt. Jeff Bernard, the commander of

year's theme is "Forged by the Sea." The USS Arizona bell was rung nine times to mark the changing of the watch and the beginning of the Navy's 243rd year. The ceremony will also include a special cake cutting ceremony and a performance by the U.S. Pacific Fleet Band.

The United States Navy traces its origins to the Continental Navy. A Oct. 13, 1775 resolution of the Continental Congress established what is now the United States Navy with "a swift sailing vessel, Joint Base Pearl Harbor-Hickam. This to carry ten carriage guns, and a propor-

tionable number of swivels, with eighty men, be fitted, with all possible despatch, for a cruise of three months...." After the American War of Independence, the U.S. Constitution empowered the new Congress "to provide and maintain a navy." Acting on this authority, Congress established the Department of the Navy on 30 April 1798.

In 1972 Chief of Naval Operations Adm. Elmo R. Zumwalt authorized recognition of Oct. 13 as the Navy's birthday encouraging a Navy-wide cel-

ebration of this occasion "to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service."

 $For \ more \ information \ on \ the \ Navy's$ 243rd birthday visit https://www.history.navy.mil/browse-by-topic/commemorations-toolkits/navy-birthday.html.

The CNO/MCPON 243rd Birthday message can be found at: https://www. dvidshub.net/video/631590/243rd-navy-birthday-message-cno-and-mcpon.

Rendering life-saving aid on the taxiway

Story and photo by 2nd Lt. Colin Kennard

III Marine Expeditionary Force

MARINE CORPS BASE HAWAII Sitting on a plane waiting to depart out of Los Angeles International Airport, Hospital Corpsman Second Class Jephray Prejusa didn't have much on his mind other than taking a nap. While still waiting to take-off, his nap plans were interrupted by passengers shouting for help and requests for medical attention.

Without hesitation, Prejusa sprang into action and raced up 12 rows to assess the situation. He found an elderly gentlemen in distress and began his primary assessment. Leveraging his training, he searched for a pulse and checked to see if the man was breathing.

With no sign of a pulse or breathing, Prejusa took charge and directed the flight staff to bring an automated external defribillator (AED), oxygen and to call EMS. As he prepped the AED for the unresponsive man, he instructed the passenger behind him to hold his head and jaw, to prevent the man from choking.

Knowing that every second matters during cardiac arrest, Prejusa didn't waste any time trying to revive the struggling passenger. Just before he was going to press the button on the AED — which would have sent a shock through the man's body jolting his heart back to life — Prejusa found a weak and rapid pulse. With the oxygen applied, the unresponsive man began breathing, and now with a pulse, there was no need to employ the AED.

Prejusa, an aeromedical safety corpsman with Marine Aircraft Group 24, rendered aid to a 79 year-old man struggling for life Aug. 4. A nine-year veteran with experience in combat trauma facilities in Afghanistan, Prejusa didn't think twice about getting out of his seat to assist a fellow passenger.

Marine Aircraft Group 24

"I guess my training just kicked in," said the Grand Prairie, Texas native.

He automatically kicked into gear as a life-saver and began a basic primary assessment "that every corpsman is trained to do when you arrive on scene.'

Working at an aircraft group, Prejusa is very familiar with the effects of hypoxia, a lack of oxygen in the blood. According to Prejusa, because of the pressurized cabin, blood oxygen saturation normally goes down about four percent. In this case, he suspected it went down much further than the normal decline.

U.S. Marine Master Gunnery Sgt. Alfredo Del Haro, logistics chief, Marine Forces Pacific was on the same flight as Prejusa and witnessed the event.

"His actions that morning reflect what we expect from service members

HM2 Jephray Prejusa of Marine Aircraft Group 24 was awarded the Navy and Marine Corps Achievement Medal for his actions. and what many outside of the service don't understand. We are willing to take charge while others may remain

After his patient regained consciousness, Prejusa lifted the man out of his seat into a wheelchair and took him into the airport terminal where emergency medical staff were waiting. He conducted his turnover with medical staff, and then went and sat down at

traordinary had happened.

and responded to someone in need -

Photo courtesy of HM2 Jephray Prejusa

that he was trained and either was a first responder or service member," said Del Haro.

When he returned to Hawaii, his fellow service members and superiors were proud, although not surprised, of Prejusa's actions.

"I was not surprised that he stepped in and stepped up to save someone's life and intervene when it was needed. That's how he performs at work and it's what's expected of our medics," said U.S. Navy Lt. Constance Ramsburg, aeromedical safety officer, MAG-24.

On Sept. 25, Prejusa received the Navy and Marine Corps Achievement what he has always done as a hospital Medal for his actions.



Veterans Talk Story

HM2 Jephray Prejusa

Aeromedical safety corpsman with

seated or pull their phones out," Del Haro said.

another gate with the rest of the deboarded passengers, as if nothing ex-HM2 Prejusa didn't consider his actions memorable, let alone heroic. To him, he simply used his training

corpsman. The other passengers on that flight thought differently. His actions were a clear indication A-2 • October 12, 2018 **HO'OKELE**



Lt. Gen. Bryan P. Fenton, deputy commander of U.S. Indo-Pacific Command chooses a personal cause to highlight for the 2018 Combined Federal Campaign.

Show some aloha

Compiled by Ho'okele Staff

It's time to "show some love," which is the theme for this year's Combined Federal Campaign (CFC).

The annual CFC kicks off Oct. 15 and runs through Dec. 14 for the Hawaii-Pacific region.

Rear Adm. Brian P. Fort, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific will be giving the opening remarks Wednesday, Oct. 17 at 1 p.m. at Hickam Memorial Theater.

Training sessions for CFC representatives are scheduled for Monday, Oct. 15, and Wednesday, Oct. 17 at 10 a.m. and 1 p.m., at the Hickam Memorial Theater. On Friday, Oct. 19, there will be a training session at 8 a.m. at the Hickam Memorial Theater, and 1 p.m. at Makai Recreation Center.

The CFC is a chance for personnel to join colleagues, community, and beyond to contribute to a cause.

For more than 50 years, federal government workers and active duty service members have been able to financially contribute to a nonprofit organization.

Personnel may choose more than one organization, and may make a one-time donation, or opt for a payroll deduction. There are many local, national and international charities participating in the campaign. The charities work to support various causes such as medical research, animal welfare, homelessness and education.

The point of contact for the 15th Wing is Master Sgt. Krystal R. Sjostrom. Sjostrom can be reached at 448-6900 or krystal.sjostrom@us.af.mil. The points of contact for Navy Region Hawaii are Cmdr. Hillary Darby and SGTC1 Juan Osorio. Darby can be reached at hillary.darby@navy. mil or 473-1819 or Osorio can be reached at juan.r.osorio1@navy.mil. Hawaii Region CFC points of contact are Capt. Janeth Calahorrano at 477-8065 or Maj. Brian Hockersmith at 477-7543.

For more information, visit www.cfc-hawaii.org.

Guidance on political activity and DoD support 2018

Courtesy of Cmdr. Louis Butler

In anticipation of the 2018 elections, a quick review of the rules governing civilian and military personnel's participation in political activity is provided below. All Department of Defense personnel should be aware of the various limitations that exist when it comes to participating in political activity. This summary and links to detailed guidance will assist you in applying the rules to your particular circumstances and help you avoid inadvertent missteps.

For DoD civilians, participation in political activity is regulated by a number of sources: the Hatch Act (5 USC 7321 - 7326), implementing regulations (5 CFR 733 and 5 CFR 734), as well as DoD policy. For purposes of the Hatch Act, political activity is defined as "an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan appeals board members, and ical office. Prohibited activ-



Civilian Employees

political group." Because the application of the rules varies depending on an employee's position or office, it is extremely important that employees who are engaging in political activity know which rules apply.

With regard to civilian employees, there are two sets of restrictions for three groups of employees. The first and more restrictive set of restrictions applies to: (1) individuals appointed by the President and confirmed by the Senate and individuals serving in non-career SES positions; and (2) career members of the SES, contract

Security Agency (NSA), the Defense Intelligence Agency (DIA), and the National Geo-Spatial-Intelligence

Agency (NGA). The second and more lenient set of restrictions applies to all other employees (including Schedule C political appointments).

Employees in Groups 1 and 2 are prohibited from taking an active part in partisan political management or political campaigns and are referred to as "further restricted" employees.

Further restricted employees are expressly prohibited from participating in political activity. Specifically, further restricted employees are prohibited from engaging in any political activity which is "in concert" with a political party, partisan political group, or candidate for partisan political office. "In concert" activity is any activity that is sponsored or supported by a political party, partisan political group, or candidate for partisan polit-

all employees of the National ities also include soliciting, accepting, or receiving political contributions. Further restricted employees may, however, express their personal opinions, make monetary contributions to a campaign, and attend, but not actively participate in, campaign events or fundraising functions sponsored by candidates for partisan political office or political parties. Partisan Political Activity Rules for "Further Restricted" DoD civilians.

Less restricted employees (employees in Group 3), while in their personal capacities, may volunteer with a political campaign or political organization. Examples of permitted volunteer activities include: organizing political rallies and meetings, making phone calls on behalf of a candidate, serving as a delegate to a party convention, and working for a political party to get out the vote on Election Day. These employees are, however, prohibited from soliciting, accepting, or receiving political contributions.

Regardless of whether a civilian employee is further restricted or less restricted, she may never engage in political activity while on-duty or in a federal building.

Specifically, an employee may not send or forward political emails, post political messages to a Facebook account or engage in political tweeting while in a federal building (including when off-duty), even if the employee is using her personal smartphone, tablet, or computer. Employees should never use government equipment when engaging in political activities.

Resources

For more information on the Hatch Act or DoD Directive 1344.10, personnel should contact their local legal or Staff Judge Advocate office.

General guidance on the Hatch Act can be found at the U.S. Office of Special Counsel website - www.osc.gov.

(Editor's Note: This is part one in a four-part series about election guidance.)

Photo by Tech Sgt. Patrick Brush



Staff Sgt. Adam Walker plays the piano with the Papana Jazz Ensemble from the Air Force Band of the Pacific performs live at Blue Note Hawaii in downtown Honolulu, Oct. 6.

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Diverse VIEWS



Submitted by David D. Underwood Jr. and Helen Zukeran

What's your favorite quote from a movie or TV show?



Master Sgt. Steve Kim 647th Air Base Group Chapel

"Please Lord, help me get one more. - Hacksaw Ridge



Master Sgt. Jeremy Jordan 647th Civil Engineers Squadron

"I'm your Huckleberry." - Tombstone



Maj. Eanah Whaley 15th Medical Group

"Just let your soul glow." -Coming to America



LSC Chris Curtis USS Tucson

"Maximum effort." -Deadpool



Kyle Guigui MWR Fleet Store

"Nobody puts baby in a corner." - Dirty Dancing

Honorable Richard V. Spencer

Secretary of the Navy



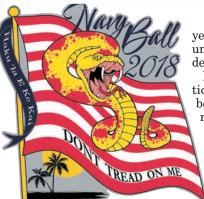
Sandra Harris CNRH Operations Department

"Your action will always follow your beliefs." Facing the Giants

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com

COMMENTARY

Navy birthday message to the fleet



To our Sailors, civilians, families and friends, for 243 years the Navy has been a global force, forged from the sea, united in a common purpose, ready to fight, respond, and defend wherever there is need.

Because of your hard work and dedication, the foundation for restoring readiness and increasing lethality has been set. But as we enter our 244th year of service, we must now build on that foundation. I need you to continually think of how to improve the delivery of the Navy the Nation needs with a committed sense of urgency.

We are accountable for how and where we invest our time and our resources, and we must understand the readiness and lethality we gain from those invest-

ments. To that end, we must be disciplined in our focus on our peo-

ple, capabilities, and processes.

We have developed plans informed by the National Defense Strategy, which recognizes that our primary role is warfighting. Now each of us must align our efforts to in order to accomplish these plans. Ask yourselves and each other, how can we accomplish our mission better, faster, and cheaper.

With your help, I have no doubt we will leverage every resource, leading practice, and efficiency we can find with the professionalism, integrity and accountability the American people expect.

My wife Polly and I are forever grateful for all that you, your families, and your loved ones do for our Nation. Happy Birthday Shipmates God bless you and God bless the United States Navy.

Navy celebrates 243 years

Story and photo by Kristen Wong

Life and Leisure Editor, Hoʻokele

The U.S. Navy in Hawaii celebrates the Navy's 243rd birthday this year, today through Oct. 13. This year's theme is "Forged by the Sea" (Haku 'la E Ke Kai).

"Our Navy was born as the 'Continental Navy' in 1775 even before our nation was created and before our Declaration of Independence and our Constitution, which all Sailors are sworn to protect and defend," said Rear Adm. Brian P. Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific.

"Today, our Navy continues to deploy to protect and promote American interests and values around the world. We continue to stand together with our allies against those who would challenge our freedom. And we continue to live by our core values: Honor, Courage and Commitment," Fort said.

Naval Administrative Message 173/18 stated that in celebration of the birthday, the Navy will host events that strive to build upon the Navy's relationship with the public.

Hawaii's Navy will be busy with several events this year:

• Today, there will be a Navy birthday celebration at the Pearl Harbor Visitor Center in conjunction with an extended performance by the U.S. Pacific Fleet



- Today, the Navy Exchange Mall at Pearl Harbor will host a Navy birthday celebration includes a cake-cutting ceremony, performances by the U.S. Pacific Fleet Band and giveaways.
- Today, Navy Information Operations Command Hawaii will host its Navy ball. Rear Adm. Brian Fort, commander, Navy Region Hawaii and Naval Surface Group Mid-Pacific will be the guest speaker.
- On Oct. 13, Navy Region Hawaii is hosting a ball at Hilton Hawaiian Village in Waikiki. The ball will feature a hula and haka performance.
- On Oct. 15, the Pearl Harbor Rotary Club will host a Navy birthday presentation during its meeting at Oahu Country Club at 11:30 a.m. Jim Neuman, the Navy Region Hawaii historian is scheduled to speak about U.S. Navy history and legacy in honor of the Navy's 243rd birthday at a future Pearl Harbor Rotary Club meeting at Oahu Country Club.

"I wanted to be part of something more than what I was doing," said Ensign Alyssandra Rousseve, assigned to Navy. "The Navy's founding to this day is based on strong tradition and having those Navy holidays, Navy birthdays or anything to bring the crew together

is important." Rousseve, who has been in the Navy for one year, said she also chose the

Navy because of her love of the ocean. "I love the ocean," she said. "I love being out at sea. It's hard work but overall most Sailors enjoy the time spent out at sea. It builds character. Character building is huge. Our Sailors work hard and you've got to enjoy moments

Navy Region Hawaii Rear Adm. Brian Fort

Joint Base Pearl Harbor-Hickam Capt. Jeff Bernard

Director, Navy Region Hawaii Public Affairs Agnes Tauyan

Communication Strategist

Bill Doughty

Managing Editor **Anna General** Life & Leisure Editor

Kristen Wong Sports Editor

Director, Joint Base Pearl Harbor-Hickam Public Affairs **Chuck Anthony**

Randy Dela Cruz Graphic Artist Michelle Poppler

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constitute endorsement of the products and services advertised by the Department of Defense, he U.S. Navy, Air Force or Marine Corps, Commander. Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.

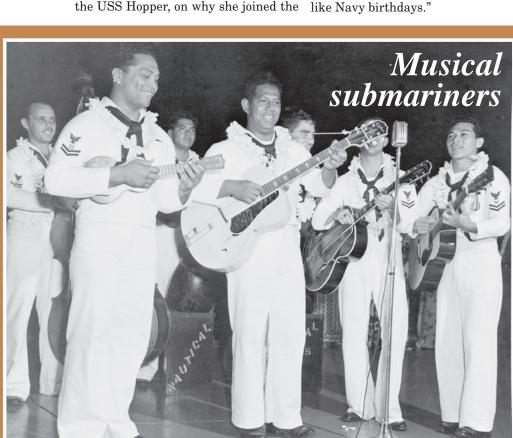


Photo courtesy of Naval History and Heritage Command A bluejacket Hawaiian orchestra entertains during a Submariner's Hawaiian Night entertainment. Adm. Chester W. Nimitz, commander-in-chief Pacific-Pacific Ocean Area, attended this one during World War II.

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Michael Murphy visits Papua New Guinea ahead of APEC 2018

Story and photo by MC2 Justin Pacheco

USS Michael Murphy

The guided-missile destroyer USS Michael Murphy (DDG 112) arrived in Port Moresby,

As the first U.S. Navy ship to visit Port Moresby since USS Comstock (LSD 45) in 2017, Michael Murphy arrived as the nation prepares to host the operation (APEC) Leaders' Summit for the first time in November 2018.

Port visits like this strengthen the U.S. Navy's relationship with the maritime forces of Papua New Guinea.

The port visit also follows Under Secretary of the Navy Thomas Modly's recent trip to Port Moresby on Sept. 25, in which he met with senior military and civilian officials to discuss shared Asia-Pacific Economic Co-maritime security issues.

While in port, the crew will conduct maritime training exercises, compete in sporting events, and participate in a ship rider agreement signing ceremony with the Papua New Guinea Defense Force. The ship rider program will provide PNGDF personnel opportunities to train with U.S. Navy Sailors while experiencing life aboard U.S. Navy ships.

We are fortunate to have the unique opportunity to visit Papua New

Guinea and continue to Harold Boring, who served visit the place I heard about reinforce partnerships in the Western Pacific," said Cmdr. Kevin Louis, commanding officer of Michael Murphy.

"The crew is excited to visit Port Moresby and we look forward to serving as ambassadors for our ship, the Navy and the United States of America.

Lt. Dan Boring, Michael Murphy's operations officer, said he was especially looking forward to the port visit because of his grandfather, have the opportunity to of my life," he added.

in Papua New Guinea in 1942 as a flamethrower operator in the Army National Guard and participated in the battle that would become the liberation of Papua New Guinea.

"Growing up I was enthralled by my grandfather's stories about World War II and specifically the trials he and his men faced in Papua New Guinea," said Boring.

"I never thought I would

so much growing up. I'm honored to be able to represent the United States Navy here and show off the best ship in the fleet, and to have the opportunity to engage with our hosts and learn more about their culture and history. To be in the very same place my grandfather was almost 76 years to the day means a lot to me, and it is a memory I will hold onto for the rest

Are you vulnerable? Know the anatomy of a cyber intrusion

Office of the Deputy Chief of Naval **Operations for Information Warfare**

The security of the Navy networks is a continuous, all-hands effort. Every day, Sailors and civilians must stand guard on our Navy's digital quarterdeck to prevent cyber intrusions.

Cyber threats are real, and cyber criminals are determined, intelligent

Cybersecurity protections, such as firewalls and antiviruses, are great defensive measures, but they cannot protect against bad judgement.

Human error has been responsible for many intrusions of the "dot[.]mil" network in the last several years.

Violating security best practices, circumventing security policies, complacency and falling victim to social network exploits allow cyber criminals to target vulnerabilities that may directly impact the Navy networks and systems.

These errors can put our security at risk. Here are how cyber criminals compromise computer systems:

RECONNAISSANCE: Finding an unlocked door

Cyber adversaries learn about their target's weaknesses. They will gather information about the target's networks, systems and their defensive measures.

Interacting with potential victims online is the easiest method to gather this information because of the volume of accessible information posted on social networking sites.

Highly successful techniques to gain network or system access include:

• Social Engineering: Adversaries count on you not following good security policies and procedures. Their goal is to make you feel comfortable giving out personal



or critical information. They will then use this information to access sensitive data without

your knowledge.

Cyber criminals are very good at tricking you into visiting a webpage, downloading an app or connecting an unauthorized device containing malicious code.

• Phishing: Adversaries will send what appears to be a trustworthy email containing a website link or an attachment.

By clicking on the link or opening the attachment, you may be directed to a website that prompts you to provide financial or personal information, or you may be directed to another website that uploads malware onto your computer.

 Watering Hole: Adversaries will go after websites frequented by specific interest groups or organizations. They profile victims and observe online behavior like their most visited websites or social media

Then they identify a flaw in the system on one of those sites,

compromise it and wait for a target. Users who visit a watering hole site are stealthily redirected to another site and exploited by the adversary through implanted malware.

INTRUSION: We're in

Once the system or network is compromised, the adversary will blend in with normal traffic, making their detection difficult.

In this stage, criminals begin identifying existing security flaws within the network's lifelines and will secretly deploy their cyber tools to probe deeper to identify additional vulnerabilities.

MALWARE INSERTION AND LATERAL MOVEMENT: The waiting game

Adversaries are persistent and will attempt to penetrate in-depth across the network and wait until needed.

They may also implant software to capture passwords to access privileged sensitive data, state secrets, intellectual property, or command and control (C2) systems. Cyber criminals can now degrade or disrupt network activity.

TRANSFER OF DATA: Getting what they came for

Once an adversary establishes reliable network access, they can move sensitive information to an outside location where encryption can be cracked outside of the compromised environment.

Then, cyber criminals can target the victim again or use the information obtained to identify another victim.

CLEAN UP: Leaving without a trace

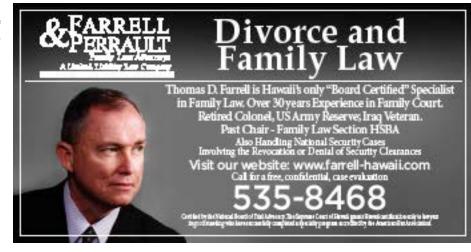
Cyber criminals are skilled at making an intrusion appear like a computer glitch. Most will attempt to get rid of any evidence, such as overwriting data or cleaning up event logs, to make sure they are undetected.

Some adversaries plan only one cyber-attack and will disconnect from the system while others may work to establish a backdoor entry so that they can revisit at any time.

Navy cybersecurity requires everyone to treat Navy networks like a weapons system.

Cybersecurity is enhanced when you are vigilant, practice defensive measures, are aware of the types of cyber threats, and understand cyber intrusions to better defend the Navy's systems and networks.

October is National Cybersecurity Awareness Month (NCSAM) and a good time to remind ourselves to be safe online. For more information visit accounts, critical information, www.navy.mil/local/cyberawareness.



HO'OKELE October 12, 2018 • A-5



Photo by MC2 Sara B. Sexton

Sailors assigned to Pacific Missile Range Facility Barking Sands and local Kauai citizens celebrated the Navy's 243rd Birthday Oct. 5 at the Grand Hyatt Hotel in Poipu, Hawaii. The celebration featured words from Capt. Vinnie Johnson, the commanding officer of PMRF, Kauai Mayor Bernard Carvalho and Lt. Gen. Bryan Fenton, the deputy commander of Indo-Pacific Command.

A U.S. Marine writes a pledge during a Change the Culture program at the base theater aboard Marine Corps Base Hawaii, Oct. 4. "Change the Culture" supports the Department of Defense's prevention training programs for sexual assault, sexual harassment, domestic violence, discrimination and hazing. Capt. Roy Nafarrete, the sexual assault and prevention response officer for Joint Base Pearl Harbor-Hickam, was a guest speaker.

Photo by Cpl. Matthew Kirk





Tech Sgt. Ryan Leatherman (right), a saxophone player and the section chief of operations for the Air Force Band of the Pacific, interacts with students of the Ashfield Little Big Band during a clinic at the band hall aboard Joint Base Pearl Harbor-Hickam, Oct. 6. The band visited from Sydney.

Photo by Tech Sgt. Patrick Brush



Photo by MC3 Cole C. Pielop

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JBPHH conquers the Alpha Warrior Battle Rig

Victoria D'Andrea-Roy

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam took on the Alpha Warrior Battle Rig in a multi-day competition that took place Oct. 3-5. The three-day event consisted of two fitness certification days for active duty, a meet and greet with two Alpha Warrior celebrities, a team competition, an individual competition and a kid's course challenge.

Dawn Pierce, the director of the Hickam Memorial Fitness Center, estimated there were 12 teams with about 45 people for the team competition while the individual competition had 26 contestants. The youth challenge featured a rig prototype suited for kids and had more than 100 participants.

"The event was extremely successful. Our compet-

petition ran smoothly, medical staff was present and supportive throughout the event. We hope to go even bigger and better next time." Robin Pietschmann, a Coast Guard rescue swimmer, was the first place individual competition winner.

When asked if he would compete again, he replied, "Absolutely."

The three-time American Ninja Warrior competitor encouraged those who didn't try the course yet to do

so.
"It looks intimidating, but don't let it intimidate you," Pietschmann said. "Just try it and have fun."

The Battle Rig will soon find a permanent home. It is scheduled to be placed at Earhart Field for utilization during command physical training.

"A great way to use the rig for command PT is to run relays, similar to the team competition event,' said Kevin Klein, Alpha Warrior pro and three-time

itors were great," Pierce commented. "The team com- American Ninja Warrior finals competitor. "That tactic works well with groups; make sure to be creative, have fun and continue to progress by increasing intensity time constraints, etc.

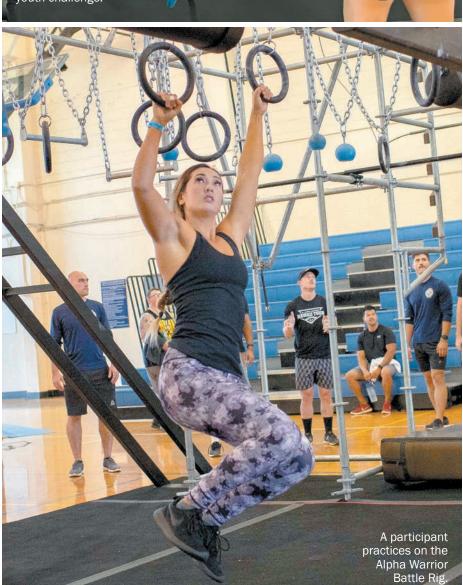
Klein and his colleague Tawnee Leonardo travel with Alpha Warrior to provide support, rig training and help the fitness competitions run smoothly.

"I'm so thankful to be here," said Leonardo, also an American Ninja Warrior competitor, of being here in Hawaii. "It's an incredible opportunity to step into the lives of our active-duty military to see what they do day-to-day, hear about why they joined, hear about their families and how they stay ready to serve for us.'

Klein and Leonardo also gave a shout out to the military spouses and children, recognizing that depen-

dents sacrifice a lot and that they are appreciated too. To see more event photos and videos, visit the Great Life Hawaii Facebook page.







Stay healthy this flu season

Story and photo by Tech. Sgt. **Heather Redman**

15th Wing Public Affairs

The weather may not be changing much and there is no need for a sweater, but flu season is still just around the corner and research shows it's better to get vaccinated early.

According to the State of Hawaii, Department of Health Disease Outbreak Control Division, the flu, is caused by the influenza virus, which infects the respiratory tract. Unlike many other viral respiratory infections, such as the common cold, the flu can cause a more severe illness and possibly life-threatening complications.

Maj. Vicki Charonneau, 15th Aerospace Medicine Squadron public health flight commander, recommends everyone take preventative measures to protect themselves, family and wingman from spreading the disease.

'Get vaccinated, get vaccinated, and don't forget to get vaccinated," Charonneau said. "The flu vaccine can prevent you from catching the virus or

at least reduce the severity of the flu should you contract it.'

The flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. The Centers for Disease Control and Prevention also recommends everyday preventive actions.

Along with getting vaccinated, the CDC also recommends the following preventative mea-

- · Wash your hands
- Avoid people who are sick
- Avoid touching your face Covering your nose and mouth when coughing or sneezing
- Keep common surfaces like door knobs clean

Taking preventative measures will not only help you, but it will also help protect people who cannot get a vaccine.

"Children younger than 6 months, elderly people, and those with severe, life-threatening allergies to components of the flu vaccine are considered not eligible," said Charbonneau. "But we can help them stay

Col. Halsey Burks, 15th Wing commander, and Chief Master Sgt. Michael Cole, 15th WG command chief, receive their seasonal influenza vaccine at the 15th Medical Group Clinic, Joint Base Pearl Harbor-Hickam, Oct. 5.

healthy by making sure we get include fever, cough, sore our vaccines and by taking preventative measures.'

Since 2010, the CDC estimates that flu has resulted in between 140,000 and 710,000 hospitalizations each year.

If you have the flu, the 15th Medical Group recommends avoiding contact with others and staying at home until the fever is gone for at least 24 hours. Anyone who is at high risk for complication, very sick or concerned should contact their primary care provider.

symptoms to look out for

throat, runny nose, body aches, chills and fatigue.

If you contract the flu, appointments can be made online at www.tricareonline.com or by calling the Military Health Care System at (888) 683-2778. The Nurse Advice line, 1-800-TRICARE, can provide you with health care advice, and give recommendations for care. In situations where a health condition or injury may become a more serious risk to their health if left untreated, TRICARE recipients should also Some of the most common visit the Emergency Room or Urgent Care Centers.

Civilians get your shot

Kaiser Permanente is offering free flu shots to civilian employees aboard JBPHH on the following dates and times:

Oct. 18, noon - 2pm Nov. 6, 2pm - 4pm Nov. 14, 2pm - 4pm

Location is the JBPHH MWR Training Room at Bloch Arena. Employees must have a Common Access Card card and/or picture ID.

Please note: This is for civilian employees only, no active duty. The point of contact for CNRH N9 is Cheryle Puu, nonappropriated funds personnel director, at 422-3776.

Take command: TRICARE Open Season begins Nov. 12

15th Medical Group

Do you want to make enrollment changes to your or your family member's TRICARE plan for 2019? Your chance is around the corner during TRICARE Open Season.

Open Season is an annual period when you can enroll in or change your health care coverage plan for the next year. TRI-CARE beneficiaries will experience Open Season for the first time Nov. 12 to Dec. 10. TRICARE Open Season will happen each year from the Monday of the second full week in November to the Monday of the second full week in December. Enrollment choices made during this period take effect Jan. 1.

During TRICARE Open Season, you may enroll in or change your TRI-CARE Prime or TRICARE Select plan. Any changes you make take effect Jan. 1, 2019. If you remain eligible and make no changes during TRICARE Open Season, you'll stay in the same plan for 2019. You may also change your type of enrollment, for example switching from individual to family enrollment.

Outside of the TRICARE Open Season period, you may still enroll in or change enrollment within 90 days after you or a enrollment throughout the year:

family member experience a Qualifying • TRICARE Retired Reserve Life Event (QLE).

Whether during TRICARE Open Season or following a QLE, you have three ways to make an enrollment choice:

- Online: Go to the Beneficiary Web Enrollment website
- By phone: Call your regional contrac-
- By mail: Mail your enrollment form to your regional contractor

TRICARE Open Season doesn't apply to the premium-based plans listed below. These plans offer continuous open

- TRICARE Reserve Select
- TRICARE Young Adul Continued Health
- Care Benefit Program

Also, TRICARE Open Season doesn't apply to TRICARE For Life. TRICARE For Life doesn't require enrollment.

Sign up on the TRICARE website for updates about TRICARE Open Season. Look for more information this fall at www.tricare.mil/openseason.

This is your benefit. Take command of your health and prepare for TRICARE Open Season.



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HO'OKELE October 12, 2018 • B-3



Senior Airman Jamal Jones keeps his balance as he slips past defenders for a 36-yard touchdown.

Marauders rally from behind to win big

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The 747th Communication Squadron (747 CS) Marauders raised their season-opening win streak to four games by coming from behind to beat Wing Staff Agency (WSA), 33-13, Oct. 9 in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The Marauders kept pace with Red Division co-leader Pacific Command/Joint Intelligence Operation Center, who has also started off the season with a record of 4-0. The WSP currently owns one win against three defeats.

While the final score was a blowout, in actuality, the game 18-13 lead.

In fact, it was the Marauders who struggled early in the game, as WSP scored two touchdowns in a row to take a 13-6 lead with only a few minutes remaining in the first half.

Senior Airman Jamal Jones, who just might be the most exciting flag football player on base today, was especially frustrated at the Marauders rough start.

"We couldn't capitalize on offense," Jones admitted. "We get nervous and once we get nervous, we start to break down. But the biggest thing was on defense. We just weren't pulling flags. Once we started playing to the whistle, we opened the game up."

At first, things looked fine for the Marauders, as quarterback was very close through the first Senior Airman Brandon Mattes half, with the Marauders en- took the opening drive 60 yards the "Jamal Jones Show," as at halftime.

tering halftime with a modest and topped it off with a scoring strike to Jones to take a quick 6-0 lead.

> However, a huge breakdown on defense allowed WSP to tie the game at 6-6, before taking a one-point lead after the conversion.

With the ball on his own 20, WSP QB Airman 1st Class Wyatt Ford rolled to his left and just kept on going down the sideline all the way into the end zone.

Then after WSP got the ball back on a turnover, Ford, starting from the 12, completed his first two passes to put the ball on the WSP 35.

Ford then went to Staff Sgt. Jordan Buckels for two completions in a row, with the final toss going down the middle to Buckels for 34 yards and a touchdown that make it 13-6 in favor of WSP.

the talented all-purpose player became the Marauders main point of attack on offense and defense.

Jones' take-charge attitude paid off immediately. Just three plays into the team's next offensive series, Jones took the ball in the backfield and dodged his way through

the defense for 36 yards and

Next on defense, Jones took on the role as pass rusher and was instrumental in containing Ford – forcing WSP on a quick three-and-out.

a touchdown.

With the ball back in the Marauders possession, Jones took the ball from the WSP 21 and ran it to just inside the three. From there Mattes connected with Staff Sgt. Dustin Vangordon for a touchdown to make it 18-13 From that point on, it became in favor of the Marauders

Jones continued his onslaught on WSP in the second half, when moments after intermission, Jones sacked Ford in the end zone for a safety and 20-13 lead.

Finally, a touchdown pass from Mattes to Tech. Sgt. Darren Pleasant and a pick six by Tech. Sgt. Joshua Lawson ended the scoring for the Marauders.

After falling behind by 13-6, the Marauders scored 27 unanswered points for the win.

"I want to score 40 (points) every game," said Jones, who appeared to be a bit disappointed even though the Marauders won going away. "I want to be in the championship versus the 792 ISS (792nd Intelligence Support Squadron, last year's defending champs) at the end

Second shutout by defense preserves NIOC win

Story and photo by Randy Dela Cruz

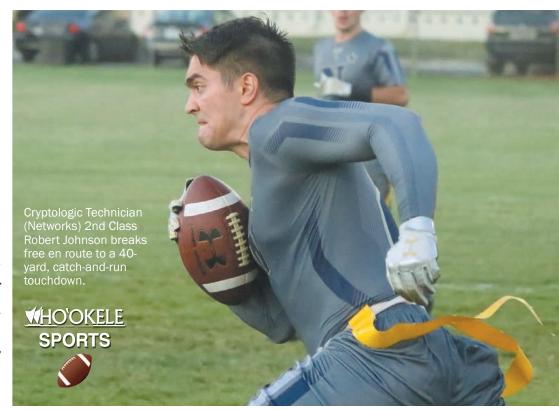
Sports Editor, Hoʻokele

For the second game in row, the Navy Information Operations Command (NIOC) Hawaii Anchors defense took control and helped the team record another shutout in a 19-0 victory over the 15th Medical Group (15 MDG) Oct. 9 in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win was a much-needed salve for 2016 JBPHH flag football champions, who got word earlier in the day that an early-season win, a 41-6 bashing of JBPHH Security Zero Fox Trot, was ruled a forfeit, thus ending their undefeated season. The penalty was levied by MWR intramural sports for the Anchors' use of an ineligible player.

Still, even with the assessed loss, the Anchors hold an outstanding record of 3-1, which is only one game off the pace of the 747th Communication Squadron (747 CS) Marauders and Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC).

Since the player in question was removed from the Anchors' roster, the offense hasn't exploded like it did early in the season — despite the efforts of wideout and team captain Cryptologic Technician (Networks) 2nd Class John Posey,



who has been burning it up this season with his speed and athleticism in averaging two touchdowns per game.

Not to worry, because at this stage in the season, give NIOC any type of lead, and the defense will make it stand.

While the team's current imbalance may put pressure on the defense, defensive team captain Cryptologic Technician (Collection) 3rd Class Caleb Bunicardi said that he isn't worried.

"There is none (pressure) at all," said Bunicardi, who had one pick six early in the season and added another interception late in the game against the 15 MDG.

"We're out here to have fun and we have a ton of faith in our offense. Sure, there have been times when the offense has lagged in the first half, but there have been times where we've lagged."

On the first drive of the game, NIOC got out to a good start,

as QB Cryptologic Technician (Maintenance) 1st Class Jermaine Carmenia needed only three plays to reach pay dirt.

The first score came on an outstanding run by Cryptologic Technician (Networks) 2nd Class Robert Johnson, who caught a short toss by Carmencia at the 40, before taking it all the way to the house for a quick lead.

Later in the first half, NIOC got the ball in good field po-

sition at the 15 MDG 31, and then proceeded to complete a short drive on a 12-yard scoring pass from Carmencia

In the second half, Posey gave the NIOC defense a three-score cushion and in the process, added another highlightreel play to his already spectacular season.

With the ball deep in NIOC territory at the 18, Carmenia flicked the ball over the stretched out arms of a defender and dropped it into the hands of Posey at the 22.

Posey eluded the first tackle and then outran the entire 15 MDG defensive backfield for a 58-yard, catch-and-run touchdown that made it 19-0.

The lead was more than enough, as the NIOC defense put the final clamps on its second consecutive shutout. Besides the interception

by Bunicardi, Cryptologic Technician (Networks) 2nd Class Chris Perez got his second pick in two games.

"We come out with the mentality that we're the best people on the field and we love to prove that to everybody," Bunicardi stated. "We're the championship team. We're out here to prove that. We're out here to win it all. There are no free games. We're out here to shut out every opponent that we play. That's the goal. Mercy rule every game."

B-4 • October 12, 2018 **HO'OKELE**



National Park Service

Pacific Historic Parks and the National Park Service have partnered to create two new Pearl Harbor apps bringing the USS Arizona Memorial and Pearl Harbor to the world. The new experiences offer a unique view of the World War II Valor in the Pacific National Monument-Pearl Harbor that is open daily, welcoming more than 1.9 million visitors annually.

"Our two new Pearl Harbor apps add a whole new dimension in learning about the events of Dec. 7, 1941," said Aileen Utterdyke, president and CEO of Pacific Historic Parks. "The stories of the USS Arizona Memorial and Pearl Harbor are more accessible than ever, providing everyone the opportunity to honor the past and to inspire a better future.'

New free app brings Pearl Harbor to the world

The free Pearl Harbor-USS Arizona app is the official National Park visitor guide for the USS Ar-

izona Memorial and the Pearl Harbor Visitor Center. The app is available for download on iOS and Android phones via Apple iTunes or Google Play.

This new app includes a Pearl Harbor Visitor Center map, park and tour information, how to get tickets to the memorial, information on the other Pearl Harbor historic sites and historical content. It also offers visitors everything they need to know about the USS Arizona Memorial and the Pearl Harbor Visitor Center before they make their trip to Ha-

Pearl Harbor Virtual Reality Tours

Adding an experiential component to the story of Pearl Harbor, the Pearl Harbor VR Tour App provides individuals the opportunity to view three different virtual reality tours from their homes using their own virtual reality goggles. The three VR tours allow individuals to travel back in time, with never-before seen 360-degree perspectives of events that occurred Dec. 7, 1941:

- Walk the deck of the USS Arizona before it was sunk by an armor-piercing bomb
- Witness the key stages of the Japanese attack on Battleship Row
- Explore the USS Arizona Memorial, including unauthorized areas not viewable by public The Pearl Harbor VR Tour app is priced at \$2.99 on Apple iTunes or Google Play stores. To view a video on the National Park Services new Pearl Harbor Virtual Reality Tours, visit vimeo.com/274758762.

About Pacific Historic Parks

Founded in 1979, Pacific Historic Parks is a nonprofit cooperating association of the National Park Service. It supports and funds educational and interpretive programs for the WWII Valor in the Pacific National Monument at Pearl Harbor and other places.

For more information, visit PacificHistoricParks.org or call toll free U.S./Canada 1-866-332-1941.

MEMORIAL ACCESS UPDATE:

Tours of Pearl Harbor's historic Battleship Row have been reinstated as of Oct. 5, following a five-day temporary suspension to affect repairs to the visitor center loading dock. These repairs were completed thanks to the outstanding support of the Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility divers, Mobile Diving Salvage Unit 1, Port Operations, Naval Facilities Engineering Command and their Project Execution Section Welding Shop.

Visitors will continue to see a 25-minute documentary film, followed by the harbor tour, close to the USS Arizona Memorial. As always, tours may be suspended at times due to unsafe weather conditions.

Visitor access to the USS Arizona Memorial is still suspended due to movement of the loading dock and corresponding movement of the loading ramp to the memorial, which poses a safety concern for visitors. The exact date of reopening is unknown. Updates will be provided via the Pacific Historic Parks-USS Arizona Memorial Facebook page.

Instead of taking a boat to the memorial and disembarking there, visitors are taken on a 15-minute narrated harbor tour of Battleship Row and the area around the USS Arizona Memorial.

The Pearl Harbor Visitor Center, museums and bookstore are open as usual from 7 a.m. to 5 p.m., seven days a week.

For more information, visit https://www.nps.gov/





- Registration is open now until Oct. 31 for the winter season of youth sports. Sign your child up for basketball, baseball or cheerleading. Cost is \$50 and is for youth ages 5 to 16 years old. For more information, call 473-0789.
- A dodgeball tournament sends balls flying at 1 p.m. Oct. 12 at Hickam Memorial Fitness Center. Get your team together for the ultimate schoolyard game. Limit six to eight players per team. For more information, call 448-2214.
- Liberty Movie Night takes young service members to the movies Oct. 12 at 7 p.m. at Sharkey Theater. The Liberty program treats single active-duty Sailors and Airmen E-1 to E-6 to a night out at the movies, including the ticket, small popcorn and drink and a hot dog. The cost of this activity is free but you must sign up in advance at the Liberty Center. For more information, call 473-2583.
- The Super Garage Sale is happening Oct. 13 from 8 a.m. to noon at Richardson Field. Admission is free and is open to the public. Booths available for sellers and crafters, \$20 to \$25 for garage sale and \$25 to \$35 for crafters/business. For more information, call 473-0792.
- The biannual powerlifting competition moves some heavy metal beginning Sept. 13 at 8 a.m. at the JBPHH Fitness Center. Test your limits in the squat, bench press and dead lift against other competitors. Registration is \$20 and is open to men and women in various weight

classes. For more information, call 471-

- Family Night pumpkin carving gets into the Halloween spirit Oct. 16 from 5:30 to 7 p.m. at the Joint Base Pearl Harbor-Hickam Teen Center. Come hang out at the center and meet the staff, hear about upcoming events and have some fun carving together. This is a free activity and is open to all teen family members. For more information, call 448-1068.
- A free golf clinic is on the green Oct. 18 from noon to 1 p.m. at the Navy-Marine Golf Course. Enjoy this introduction to the great game of golf. For more information, call 471-0142.
- The Barracks Bash takes place Oct. 18 from 5 to 7 p.m. at Nevada Hall. Play games and eat while learning about the Liberty Program. This event is free and is open to single, active-duty Sailors and Airmen E-1 to E-9 only. For more information, call 473-2583.
- A free golf clinic is on the green Oct. 20 from 9:30 to 10:30 a.m. at Barbers Point Golf Course. For more information, call 682-1911.
- Cookies & Canvas gets colorful Oct. 24 from 3:30 to 5:30 p.m. at the Arts & Crafts Center. Kids get to create a painted masterpiece while nibbling on a sweet treat. This bimonthly activity has a different painting subject each time. Cost is \$30 per person, includes all art supplies and is open to ages 7 to 14. Advance sign-up is encouraged. For more information, call 448-9907.



October 12, 2018 • B-5 **HO'OKELE**



MWR SEEKS COACHES

NOW — Morale, Welfare and Recreation needs volunteer coaches for winter Youth Sports baseball, basketball and cheerleading seasons. Practices start in the beginning of January and games run from the end of January to the middle of March. Teams will have two practice days per week ranging between one and one-and-a-half hours. Games are played on Saturdays. Coach meetings and first aid/CPR classes start at the end of November. To sign up call 473-0789 or visit the Youth Sports office at Bloch Arena.

LIBERTY CENTER MOVED

NOW – The Wahiawa Annex Express Liberty Center has temporarily moved to the Escape Bowling Center at 410 Center St. All eligible liberty patrons, including single active-duty military ranked E-1 to E-6, can enjoy normal liberty amenities and bowl free when they visit. Liberty hours of operation are Monday through Saturday from 3 to 10 p.m. and Sunday from 2 to 10 p.m. The Escape Bowling Center hours of operation are Friday from 6 to 10 p.m. During these hours the Liberty Center will still be functional. Note: if the bowling center has been reserved for a private function the Liberty Center will be closed. For more information, call 473-2651.

LOVE SHOULDN'T HURT

NOW — The Military and Family Support Center and the Liberty Center are scheduled to host "Love Shouldn't Hurt: Open Mic Night" Oct. 26 from 3:30 to 5 p.m. at the Beeman Center to speak out against domestic violence through story, poetry or song. Victims and survivors can also submit their stories anonymously to be read by a volunteer by dropping their story or poem into any purple "Love Shouldn't Hurt" box located at MFSC Pearl Harbor, Silver Dolphin Bistro, Makalapa Health Clinic, or Pearl Harbor Memorial Chapel. To share your story or volunteer, email MFSCHawaii@navy.mil or call 474-1999.

FIRE PREVENTION WEEK

OCT. 12–13 — Fire prevention week is Oct. 7-13. Events include fire trucks and educa tional booths.

- Today from 4 to 10 p.m. National Night Out at Aliamanu Military Reservation
- Oct. 13 11 a.m. to 2 p.m. Hickam Exchange
- Oct. 20 from 3 to 10 p.m. Aloha Stadium University of Hawaii vs. Nevada game
- Oct. 27 from 3 to 10 p.m. Boofest at Bel-
- lows Air Force Station

NOW – The annual Feds Feed Families food drive has officially

kicked off and will run until Oct. 18. All donations will be dropped off at the Hawaii Foodbank. Box locations are at the following:

Building 150

- Third deck outside room 315 (chaplain's office)
- · First and third deck outside elevator
- Second deck elevator

Pearl Harbor Memorial Chapel (Inside main entrance)

For more information, visit https:// www.usda.gov/our-agency/initiatives/ feds-feed-families, or contact Chief Religious Program Specialist Weisenberger at 473-0054.

For more information about the week, visit firepreventionweek.org.

MONTHLY PET ADOPTION EVENT

OCT. 14 - The Navy Exchange Mall at Pearl Harbor and Hawaiian Humane Society are hosting monthly pet adoption events for authorized patrons (second Sunday of every month of 2018) at the NEX Pet Shop from 10 a.m. to 1 p.m. For more information, call Stephanie Lau at 423-3287.

AUTUMN CRAFT AND VENDOR FAIR

OCT. 14 - Hickam Enlisted Spouses Club is hosting a free Autumn Craft & Vendor Fair, scheduled for Sunday, Oct. 14, 10 a.m. to 2 p.m. at Hickam's Earhart Community Center, located on 210 Kokomalei St. Use the parking lot at the shoppette and gas station across the street from the community center. This event is for those with base access.

MILITARY SPOUSE EMPLOYMENT SYMPOSIUM

OCT. 15 — The Military Spouse Employment Symposium is scheduled for Oct. 15 from 8:30 a.m. to 2:30 p.m. at Hickam Officers' Club. Military spouse job seekers register at hiringourheroes.org/events.

CANDLELIGHT VIGIL

OCT. 15 – Join the Military and Family Support Center at a candlelight vigil to honor those who have lost their lives and offer support to survivors of abuse Oct. 15 from 4 to 6 p.m. at the Pearl Harbor Memorial Chapel.

CFC KICKS OFF NEXT WEEK

OCT. 17 — This year, the Combined Federal

Campaign (CFC) runs from Oct. 15 through Dec. 14 for the Hawaii-Pacific region. The CFC is a 57-year federal workplace giving tradition that has raised more than \$8.3 billion for charitys. It is one of the largest workplace giving campaigns in the world. Rear Adm. Brian P. Fort, the commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, will be giving opening remarks for the campaign, Wednesday, Oct. 17 at 1 p.m. at Hickam Memorial Theater. For more information, visit https://cfc-hawaii.org/.

BLOOD DRIVE

OCT. 17 — The Tripler Army Medical Center Blood Donor Center is hosting a blood drive at the Navy Exchange Mall at Pearl Harbor, located on 4725 Bougainville Drive. The blood drive will take place from 11 a.m. to 3 p.m. For more information, visit www.militaryblood.dod. mil or call 433-6148.

HALLOWEEN SPOOKTACULAR

OCT. 18 — The free Halloween Spook-tacular is scheduled for Oct. 18 from 3:30 to 5:30 p.m., for Hickam Communities families. All activities will take place at Ka Makani Community Center, located at 1215 Owens St. There will be a pet costume contest and trunk or treat. Register to be a trunker by Monday, Oct. 15. Email events@hickamcommunities.com.

NATIONAL DISABILITY EMPLOYMENT **AWARENESS SPECIAL EVENT**

OCT. 18 — The Joint Force Diversity Committee cordially invites you to attend our Special Event in celebration of National Disability Employment Awareness Month on Thursday, Oct. 18 from 10 to 11 a.m. at the JBPHH Memorial Chapel on 1601 Frederick St. National Disability Employment Awareness Month is observed from Oct. 1-31 of each year.

AHUA REEF WETLAND RESTORATION

OCT. 19 AND 20 - On Oct. 19 and 20, from 8 to 11 a.m., volunteers are needed to help restore a coastal wetland. Activities include pulling invasive weeds and collecting trash. Volunteers age 12 and older are welcome to join. Ahua Reef Wetland is located on the Hickam side of Joint Base Pearl Harbor-Hickam, near Hickam Harbor and Hawaii Air National Guard. There is a parking lot. Closed-toe shoes are required. Expect to get wet and muddy — Wellington boots, long sleeves and pants are recommended. Additional items to bring include sunblock, water, a hat and snacks. Navy Natural Resources will provide tools, gloves and water refills. RSVP to Noel Dunn via Ashley.n.dunn.ctr@navy.mil or 224-249-2180.

TRUNK OR TREAT FALL FESTIVAL

OCT. 24 - The Joint Base Pearl Harbor-Hickam Command Religious Program is hosting a Trunk or Treat Fall Festival at Pearl Harbor Memorial Chapel, Oct. 24 from 5:30 to 7 p.m. There will be food, bounce houses, volleyball, games and a trunk or treat. Come in costume for a chance to win a prize. To volunteer, visit https://www.signupgenius.com/ go/4090e44a4a92fa3fb6-trunk.

FAMILY FUN NIGHT

OCT. 25 – The Military and Family Support Center invites Air Force and Navy Exceptional Family Member Program families and deployed families (Deployed families include 90 days pre and post deployment) to Family Fun Night for games and activities from 4 to 6 p.m. at MFSC Hickam. Participate in the costume contest. Bring your own pineapple (BYOP) to carve a pineapple jack-o-lantern. Register for this free event through the MFSC calendar or email MFSCHawaii@navy.mil. Registration is appreciated but not mandatory.

ZOMBIE GLOW FAMILY FUN RUN

OCT. 26 -The Zombie Glow Family Fun run is scheduled to begin at 6:30 p.m. at Aloha Aina Park, by the Wright Brothers Cafe, on Julian Ave. The 1.44-mile race is free and no registration is required. Dressing as a zombie is optional. All ages and strollers are welcome. Email 15wg.sarc@us.af.mil or call 448-3192 or 448-3193 for more information.



MOVIE SHOWTIMES

SHARKEY THEATER

FRIDAY - OCT. 12

7 p.m. • The Predator (3-D) (R)

SATURDAY - OCT. 13

2:30 p.m. • Avengers: Infinity War (NDVD - Free Admission) (PG-13)

5:40 p.m. • Alpha (PG-13) 7:40 p.m. • The Predator (R)

SUNDAY - OCT. 14

1:30 p.m. • Jurassic World: Fallen Kingdom

(NDVD - Free Admission) (PG-13)

4:30 p.m. • The Predator (3-D) (R)

6:40 p.m. • Peppermint (R)

7 p.m. • White Boy Rick (R)

THURSDAY - OCT. 18

HICKAM MEMORIAL THEATER

FRIDAY - OCT. 12

7 p.m. • The Predator (R)

SATURDAY - OCT. 13 3 p.m. • Incredibles 2 (PG)

5:30 p.m. • The Predator (R)

SUNDAY - OCT. 14

2 p.m. • Incredibles 2 (PG) 4:30 p.m. • Crazy, Rich, Asians (PG)

THURSDAY - OCT. 18

6:30 p.m. • White Boy Rick (R)

The Predator

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of former service members and a disgruntled science teacher can prevent the end of the human race.