

Hawaii Marine

U.S. Marines assigned to Alpha Company, 1st Battalion, 3rd Marine Regiment, patrol the tarmac during a Marine-Air Ground Task Force demonstration during the Kaneohe Bay Air Show aboard Marine Corps Base Hawaii, Sunday.

Jet engines buzz above Hawaii during 2015

Kaneohe Bay

Air Show

Photos by Cpl. Aaron S. Patterson | Marine Corps Base Hawaii

Petty Officer 2nd Class Johans Chavarro

Navy Public Affairs Support Element Detachment Hawaii

Marine Corps Base Hawaii opened its gates to the public for the 2015 Kaneohe Bay Air Show, Saturday and Sunday.

This year's theme for the airshow was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers, and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

Stepping foot onto the MCB Hawaii flightline, community members were greeted by static displays of various vintage and modern airplanes, and military equipment, as well as merchandise booths and food vendors. On the flight line was also a 65-foot Ferris wheel and other carnival rides and games for guests and kids to enjoy.

For Cpl. John Ketzler, a motor vehicle operator with Combat Logistics Battalion

AIR SHOW, A-7



The "Lava Dogs" interact with audience members after the demonstration.



Petty Officer 2nd Class Johans Chavarro | Navy Public Affairs Support Element Detachment Hawaii

Capt. Thomas Frosch, commanding officer of the U.S. Navy Flight Demonstration Squadron, the Blue Angels, boards his airplane during the 2015 Kaneohe Air Show at Marine Corps Base Hawaii. This year's theme for the air show was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers, and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.



The future of healthcare
Tripler introduces new robot surgeon, A-4



Up in the sky!
Military, community come together for 2015 K-Bay Air Show, B-1

Saturday

High 84°
Low 72°

Sunday

High 85°
Low 71°

NEWS BRIEFS

Historic sites to celebrate Corps birthday

In tribute and celebration of the Marine Corps Birthday on Tuesday, November 10, all Pearl Harbor Historic Sites will offer FREE PASS days for active-duty Marines, retired Marines and Marine dependents on November 7 & 8. For more information please contact the Pearl Harbor Historic Sites at 455-1600.

Military Post Office Closure (29 Oct)***NEW**

The MCBH Kaneohe Bay Military Post Office will close at 1200 on Thursday, 29 October 2015. The Camp Smith Military Post Office will close at 1130 on Thursday. Both MPOs will reopen on Friday, 30 October for normal customer business, unit mail call, and official mail services. For more information, call Master Sgt. Virgen Jenkins at 257-2008.

Chapel to host Fall Fellowship

The Chaplain Joseph W. Estabrook Chapel will be hosting a Fall Fellowship on Saturday, October 31 from 5-8 pm. All families are welcome to stop by the chapel for free hot dogs, drinks, and snow cones. Plus, there will be some fun games and activities for all children and families to enjoy. Don't miss out on this fun and safe event for your family this Halloween.

Community Emergency Response Training available

Free three-day Community Emergency Response Training is now available for Hawaii residents. The training teaches residents how to help their community following a disaster and learn important disaster response skills. Classroom instruction is scheduled for Oct. 24 and 31 from 8 a.m. to 4 p.m. at Keolu Latter Day Saints Chapel, located on 1461 Kanapuu Drive, in Kailua, Hawaii. A practical exercise is scheduled Nov. 7 from 8 a.m. to 2 p.m. at the Diamond Head Battery Harlow Bunker. To register, email Leslie Kahihikolo at KailuaCERT@gmail.com.

SACO Management Course coming soon

The next SACO Management Course is scheduled from Nov. 2 through 6 on the third deck of building 279 from 8 a.m. to 4 p.m.

Marine Corps Order 5300.17 requires all Marines/Sailors who are/will serve as a Substance Abuse Control Officer (SACO) to attend this course prior to or within 3 months of their position assignment.

The course teaches deterrence of illegal drug use and alcohol abuse. The curriculum includes documentation and duties of the Urinalysis Program Coordinator.

The course is offered every quarter; next class is scheduled for February 2016.

For more information, call the Substance Abuse Counseling Center, 257-8377.

Transition Readiness Seminar coming soon

The next Transition Readiness Seminar is scheduled from Nov. 2 through 6 on the second deck of building 279 from 7:30 a.m. to 4 p.m. The seminar is open to all hands within 12-14 months of separating from service, but NLT than 180 days prior to separation. The primary point of contact for securing a slot is the Unit Transition Counselor. For more information, call the Transition Readiness Program, 257-7790.

Important Phone Numbers

On-Base Emergencies	911
On-Base Emergencies (Non-medical)	257-2123/2124
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS ID Center	257-2077

Hawaii Marine

www.mcbhawaii.marines.mil
www.hawaiimarine.com

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TOP SHOT



Cpl. Aaron Patterson | Marine Corps Base Hawaii

U.S. Marines assigned to Alpha Company, 1st Battalion, 3rd Marine Regiment, provide security during a Marine Air Ground Task Force demonstration during the Kaneohe Bay Air Show aboard Marine Corps Air Station Kaneohe Bay, Sunday.

Be safe this Halloween

from the Marine Corps Base Hawaii Provost Marshal's Office

1. Halloween Trick-or-Treating hours for MCB Hawaii are from 4:30 to 8 p.m., Oct. 31.
2. The Provost Marshal's Office and McGruff, The Crime Dog are asking residents of MCB Hawaii to please utilize the following Halloween safety tips:
 - a. Ensure your children are wearing light colored costumes or some type of reflective gear.
 - b. Trick-or-treat in groups. Make sure younger children are escorted by a parent or older child (children above the age of 10).
 - c. Do not walk in the streets. Stop, look and listen at every street corner.
 - d. Do not stop at dark houses.
 - e. Do not go inside a stranger's house, no matter what.
 - f. Check out all treats at home in a well lit area.
 - g. Show respect for other people and their property.
 - h. Residents should ensure that their personal items such as bicycles and toys are secured during these hours.
 - i. If you are not going to be home during these hours, ensure that your house is properly secured.
 - j. Owners of pets should secure their pets inside their quarters during these hours.
 - k. Residents who will be driving, please be aware and lookout for trick-or-treaters (try to avoid any unnecessary driving during these hours).



ICE COMMENTS

COMMENT: I was very surprised to find out the base library does not receive incoming faxes! Camp H.M. Smith's library does. Very surprised. As a military spouse who just moved here 1) I don't own a fax machine and 2) If I did, it wouldn't be hooked up yet. I'm afraid to say that many banks, the local cable company and medical offices (what I needed it for) do not use email but still require one to fax back and forth information. Sad but true, that I need access to a fax machine. There is one place on base you can use their fax: the UPS store. Shouldn't the library offer this service for free rather than asking our Marines and families to pay for a service as simple as receiving a fax? I am totally blown away, just bewildered that they don't offer this service.

RESPONSE: Hello, I am sorry that you are having trouble receiving incoming faxes. We offer a public fax service for a fee to customers who need to send a fax, but it does not accept incoming faxes. We do not have an office fax machine. I will take your recommendation under advisement. In the meantime, please feel free to contact me directly if you have any more recommendations on how we can improve our service.

**note: Comments may have been edited for anonymity, clarity and space.*

Interactive Customer Evaluation

ICE IS:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
- Allows customers to submit on-line comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.
- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database.
- Provides customers with a convenient and efficient method to express their opinions to service providers and receive feedback.

ICE is NOT:

- To be used as a sole source to report safety concerns.
- **The Base Safety Directorate should be contacted directly at 257-1830.**
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.
- Visit the ICE site at <http://ice.disa.mil>.

AROUND THE CORPS

WEST COAST

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Sgt. Brendan Campbell, an on-the-job trainee with Explosive Ordnance Disposal, places trinitrotoluene around an M107 155mm High Explosive projectile while excavating at Rainbow Canyon Training Area, Oct. 8. EOD used TNT, C-4 plastic explosives, and an M107 projectile in an attempt to level the ground for the installation of two 2,500-gallon wildlife guzzlers.



Lance Cpl. Thomas Mudd | I Marine Expeditionary Force

EAST COAST

MARINE CORPS AIR STATION CHERRY POINT — Lance Cpl. Patrick Donovan, a cyber-networks operator with Marine Wing Support Squadron 274, guides a Humvee during an Incidental Humvee Licensing Course at Marine Corps Air Station Cherry Point, N.C., Oct. 15. Marines with the squadron underwent an extensive course that covered basic operational skills, vehicle capabilities, emergency procedures and first echelon mechanics. The Humvee has many versatile roles throughout the Marine Corps. Taking licensing courses to qualify Marines of different occupational fields helps expand their skill sets while allowing their unit to be more self-sufficient.



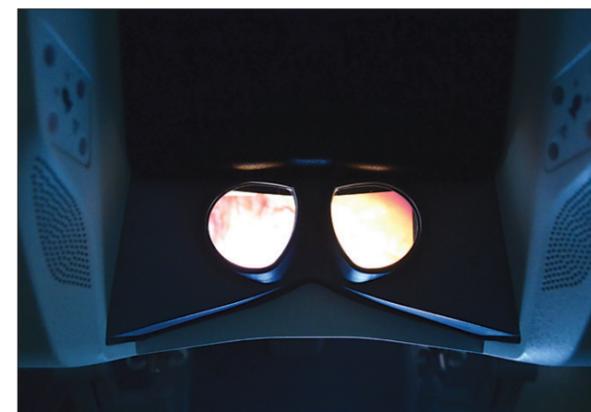
Cpl. Neysa Huertas Quinones | Marine Corps Air Station Cherry Point

OVERSEAS

U.S. Marines react to unruly crowds during riot control training at the National Gendarmerie Tactical Training Center in Saint-Astier, France, Oct. 9. A platoon of Marines with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa, had a unique opportunity to train at the center, specialized in restoring order and professional intervention.



Staff Sgt. Vitaliy Rusavskiy | U.S. Marine Corps Forces Europe



ABOVE: The 3-D viewing section of the Da Vinci System allows the surgeon to see inside the patient in a remote high definition, 3-D view space.

RIGHT: Dr. John H. Payne, TAMC general surgeon remotely controls the Da Vinci Robot remotely while viewing the actual surgery in 3-D. A duplicate system is set up in the surgery room to train residents on this technology. The duplicate terminal allows the residents to take the controls of the surgery, while the surgeon monitors the progress. The surgeon also has the ability to stop any procedure a resident has begun from the surgeon's own console.



Photos by Jim Goose Guzior | Tripler Army Medical Center

Tripler enlists the help of robotics for surgery

Jim Goose Guzior

Tripler Army Medical Center Public Affairs

HONOLULU — They don't just come out for Halloween; Tripler Army Medical Center's robot surgery section remains on the cutting edge of surgical treatments. The center has been using the Da Vinci Robot Surgical System for a number of years.

Within the last year, the Center acquired the latest model of the Da Vinci Surgical System. This equipment is comparable to what is used in any larger hospital or Medical Center in the mainland or around the globe. This state-of-the-art robotic surgical equipment is used for performing routine and complex surgery. The robotics has allowed surgeons to perform minimally invasive surgery that ultimately translates into quicker recovery time, less scarring in patients and better quality of life.

Unlike traditional surgery, where an operating room staff hovers around the surgery table, during 'robotic' surgical procedures, the surgeon sits at a console and looks through a three-dimensional viewfinder at a high definition 3-D image of the patient. As the surgeon maneuvers the controls, the robot translates the movement of the hand into precise movements of tiny instruments inside the body. Without this equipment, accessing certain body parts can be very difficult.

Army Lt. Col. Jay Schuster, a Tripler registered nurse and perioperative nursing consultant to the Army Surgeon General, works with the robotic equipment daily and has seen the technology evolve through the years.

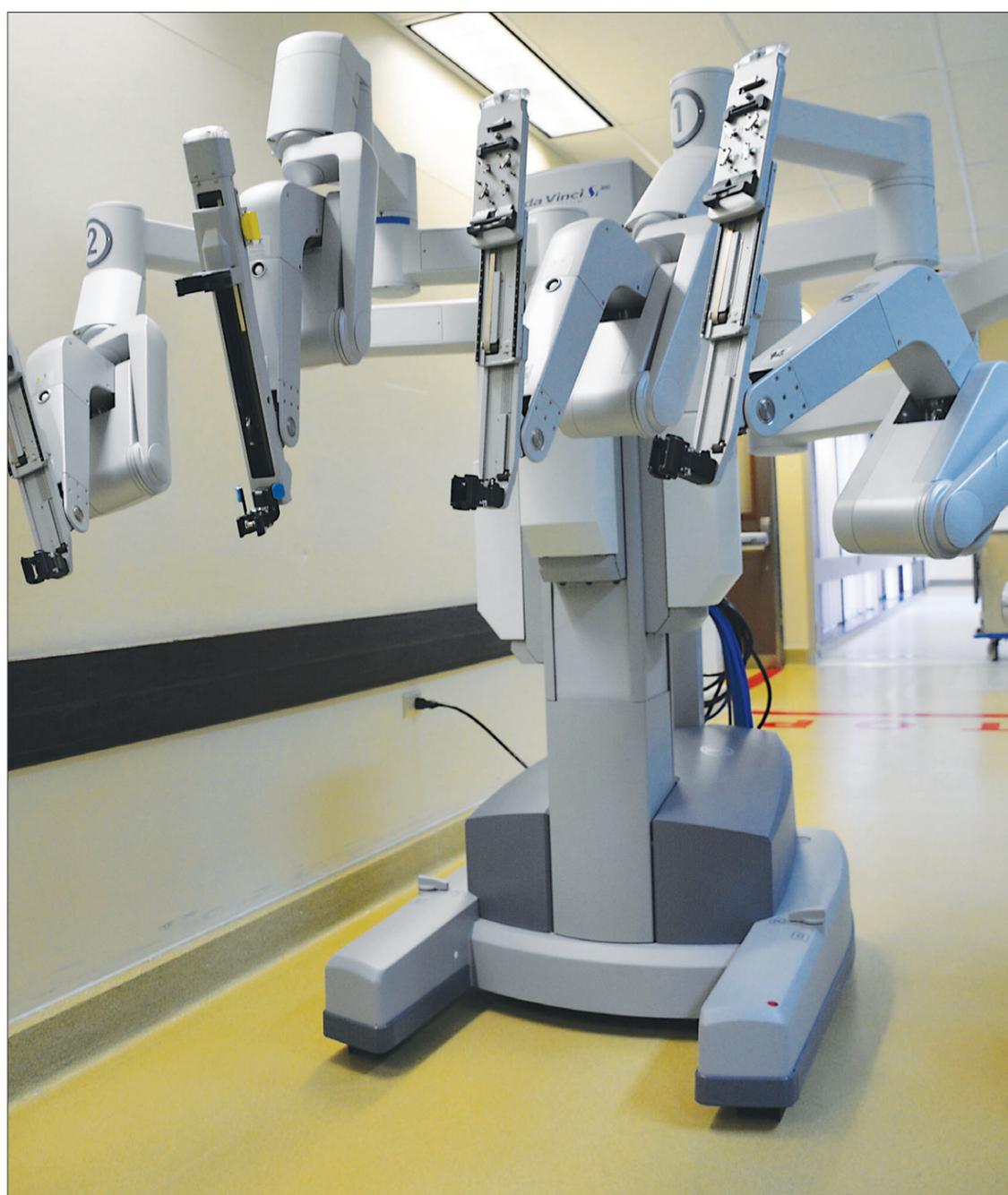
"This is really a proprietary system that allows for greater enhanced access to areas that human hands can't actually get to; so it has improved articulation and improved perspective that allows for more complicated procedures that would take a longer period of time or require enhanced dissection," Schuster explained. "It is a much more user friendly system with better articulation that can do far, far, far better, than anything the human hand can anatomically do – so 360 on 360, a circle in a circle," he added.

With Tripler's focus on quality care for patients, the robot-advantage is not for surgeons alone. Just as important, if not more so, are the advantages for patients. The minimally invasive surgery option eliminates the possibility of large scars. In fact, most procedures for patients are performed through just a few small incisions, about 1 to 2 centimeters in diameter. Most open surgeries would require much longer incisions which translate to longer recovery times.

"Take for example a patient with throat cancer. To access the tumor would require a long incision through the jaw and throat and perhaps even a break in the jawbone, causing possible disfigurement, difficulty eating, speaking and swallowing," said Schuster. "Using the Da Vinci, small area surgery such as throat surgery is much easier to perform. The arms of the Da Vinci allow an entire 360-degree articulation which your wrist just can't do. After making that entire circle, the Da Vinci can then make another circle ... so a circle in a circle. The human wrist is not capable of making that kind of maneuver," he added.

One of the most important messages to beneficiaries deciding upon surgical care is that you no longer have to look to mainland clinics or go out of Tripler's treatment system for their specialty surgery; patients can have it all done at TAMC.

"The state-of-the-art technologies that are available to you downtown are also available to you here. We have the latest and the greatest. So if you are a qualifying beneficiary we can do it here," said Schuster. "We have



Tripler's Da Vinci Surgical Robot can utilize its "arms" to perform complicated surgical methods with ease. This technology is comparable to any larger treatment facility throughout the island or mainland.

some of the highest numbers of trained surgeons here and we span all the services from obstetrics to oncology, ear-nose-throat, general surgery, bariatrics and geriatrics," he added.

The Center is performing two or more surgeries a day using the Da Vinci Robot but more are expected. The Center is also a training environment where young residents have an opportunity to learn the technology

and use it alongside the physician. Almost like taking a driver test, the physician can put the brakes on any wrong move a resident may make while learning the technology.

"Twenty years ago gall bladder and splenectomies were all open procedures." Schuster said. "Nowadays it would be unusual to see an open surgery (at TAMC). It's becoming the new norm."

ENERGY ACTION MONTH - OCTOBER 2015 - REDUCE YOUR USE YOU HAVE THE POWER



<http://www.mcicom.marines.mil/Units/GFFacilities/GF1Energy.aspx>

The Marine Corps is undergoing a behavioral transformation; each Marine must become mindful of energy use. The efficient use of energy resources is a critical component of mission readiness - from bases to the battlefield. In Okinawa and across the Pacific, this means that each Marine must consider how energy is used at work, in training, in the home, and make every effort to reduce waste, starting now.

Energy saving actions must become habit over time. Turning off overhead lights when not in use, keeping hatches secure upon entry or exit in air conditioned spaces — each Marine's simple acts can make a big

difference over time.

This month, expect to see unit energy managers promoting energy ethos competitions, tip sheets, facility walkthroughs, posters, Marine Corps community services promotions and more. Marines: support your unit energy managers and incorporate energy ethos in effective and lasting ways. For information on how to get involved, to share ideas, or to ask questions, reach out to your battalion/squadron level and higher unit energy manager.

The Corps is known throughout the world as a lean, lethal, and efficient force, and for having unwavering

discipline. This same discipline must apply to energy use. We are confident that both III MEF and MCIPAC can successfully incorporate an energy ethos into everything we do by eliminating waste and by using only what we need. Our continued ability to provide security, stability, and peace in the Indo-Asia-Pacific region depends on our combined efforts to conserve energy now. You have the power! Semper Fi.

Lt. Gen. Larry Nicholson
and Brig. Gen. Joaquin Malavet

NMCRS Minute: Deciding between a Debt Snowball and Debt Avalanche

Rebecca White

Navy-Marine Corps Relief Society K-Bay Branch

Thinking about reducing your debt? If so, consider both the Debt Snowball and the Debt Avalanche. These two debt reduction plans are very similar, but they tackle debt in a different order.

What is my first step?

- First, decide how much money there is to pay toward debt
- Second, pay minimum payments on everything

How does each debt reduction plan work?

How a Debt Avalanche works:

1. Order debts from highest to lowest interest rate
2. Put all extra money towards the debt with the highest interest rate
3. Once it is paid off, focus all that money on the next highest interest rate

4. Keep going until all debts are paid off

How a Debt Snowball works:

1. Order debts from lowest to highest balance owed
2. Put all extra money towards the debt with the lowest balance
3. Once it is paid off, focus on the next lowest balance
4. Keep going until all debts are paid off

What are the advantages of each plan if completed without stopping?

Advantages of a Debt Avalanche:

- You will pay less in interest overall
- It can take less time

Advantages of a Debt Snowball:

- Typically small individual bills will be paid off faster
- Paying off individual bills, no matter how small,

is success and feels great

- Those successes may help you stay committed and truly follow through to the end

Which plan should I use?

- Whichever one you are most likely to stick with!
- If you are mathematically or analytically oriented you may prefer the Avalanche
- If you're not, you'll probably be more successful with the Snowball

You can listen to the experts argue until they're blue in the face, but it comes down to this: The plan you are most likely to stick with is the best one for you. If your first choice doesn't work, try the other.

Like this idea but don't want to face the math or aren't sure how to come up with the money? Make an appointment with Navy-Marine Corps Relief Society to work on a spending plan. Call us at 257-1972. Let us help you achieve your goals.

Operation Homefront seeks Military Child of the Year nominations

News Release

Operation Homefront

SAN ANTONIO — Operation Homefront, a national nonprofit organization, is accepting nominations for the 2016 Military Child of the Year awards.

Operation Homefront leads more than 2,500 volunteers with nationwide presence who provide emergency and other financial assistance to the families of service members and wounded warriors.

The eighth annual awards will recognize six outstanding young people, ages 8 to 18, to represent the Army, Marine Corps, Navy, Air Force, Coast Guard and National Guard for their scholarship, volunteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military family life, officials said.

On average, they added, previous recipients have had at least one parent deploy for 18 months or longer and have relocated at least five times due to a parent's military assignments.

The six awardees will receive \$10,000 each and a laptop computer and other donated gifts, and they will be flown with a parent or guardian to Washington for an April 14 gala, during which senior leaders of each branch of service will present the awards.

"It's our honor to celebrate military children through the Military Child of the Year for the eighth consecutive year," said Operation Homefront President and CEO John I. Pray, Jr. "Whether it's in schools or honor societies, civic associations and clubs, sports or volunteerism, you never have to look far to find an exemplary military child who thrives in the face of challenges inherent to military life. As we open up the nomination window, please join us in celebrating the resilience, achievement and strength of character embodied by our youngest patriots and submit a nomination to recognize them today."

Talent, intellect, community in-



Courtesy of Operation Homefront

Operation Homefront is currently accepting applications for the 2016 Military Child of the Year awards. The organization leads more than 2,500 volunteers with nationwide presence who provide emergency and other financial assistance to the families of service members and wounded warriors.

volvement

The 2015 recipients reflect the high caliber of talent, intellect and community involvement that the Military Child of the Year typifies, officials said.

For instance, they noted, having already lobbied Congress for passage of the Girls Count Act of 2014, Air Force 2015 Military Child of the Year Sarah Hesterman founded while in Qatar an organization called Girl Up Qatar, a club that works to promote the rights of women and girls in the Middle East and around the world by providing access to education and resources for adolescent girls in situations of conflict. The BBC even named this current high school senior one of its 100 Women in 2014.

"The best thing about being selected as Military Child of the Year for the Air Force was feeling like I had made a contribution to (the Air Force)," said Sarah.

"I had always felt as though the service gave me everything that I could ask for, but that I wasn't giving back. Knowing that I may have been able to serve and do something for the Air Force, even as just a teenager, was a wonderful feeling.

"The pride that I felt going on stage and accepting the award," she continued, "is still the same pride I feel today. ... Winning MCOY made me realize how important it is to show military kids that you can create a life for yourself outside of just being the child of someone who serves or has served. Whether it's to be a voice for other military kids or to speak up for those who need representation in other countries, I now get to show other kids how to speak up and be heard."

Sarah, who has moved back to Andrews Air Force Base, Maryland, said she had a busy and memorable summer, "I spent most of my summer doing work for Girl Up, and the pinnacle of my summer was attending the Girl Up Leader-

ship Summit in Washington, D.C.," she said. "I was fortunate enough to meet Michelle Obama and a number of other leaders who are champions for girls' education. I also went to Capitol Hill to speak with representatives and senators about female refugees and the importance of their safety."

Helping elected officials understand

As president of the Missouri National Guard Teen Advisory Council, current high school junior Zachary Parsons, the 2015 National Guard Military Child of the Year, continues to enlighten elected officials to the inherent challenges of being a military child in general and in being the child of a wounded National Guard soldier in particular. Zachary also is president of his 4-H club, president of the Johnson County 4-H Council, West Central representative on the 4-H State Council, a 4-H representative on the University of Missouri Extension Council, a Missouri United Way fundraiser, and a member of the National Honor Society.

"I was extremely proud to be the first representative of the National Guard for the MCOY award," said Zachary, who visited the White House this summer as a part of a Washington Focus trip. "I was happy to act as a voice for National Guard kids everywhere. Many [people] do not understand that we go through a totally different set of obstacles that prove to be just as difficult as those of other military kids. I was extremely proud to represent my dad's branch at a higher level."

He has continued his community service through the summer. "I volunteer with United Way," he said, "and continue to collect shoes for my Soles4Souls community service projects. I was also involved in a project called Project Smile, where I helped construct and donate 45 tie blankets to the local emergency room. I find service to be extremely important, and I will continue to help others in need all my life."



Photos by Petty Officer 2nd Class Johans Chavarro | Navy Public Affairs Support Element Detachment Hawaii

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, perform aerial acrobatics during the 2015 Kaneohe Air Show at Marine Corps Base Hawaii, Oct. 16. This year's theme for the air show was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers, and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

AIR SHOW, from A-1

3, interacting with community members proved to be one of the highlights for his first air show experience.

"This is the first air show I've done," Ketzler said. "But seeing everyone come out and getting the chance to show and teach them about the things I get to do is really great. They're generally interested and are usually like, 'wow, I didn't realize you guys did this stuff.'"

In dizzying displays of turns, dips and flips, civilian performers like Rob Holland, Hank Bruckner and Jacquie B took center stage to showcase their acrobatic know-how. The event even hosted a speeding truck-top landing by Alan Miller in his 1964 Aeronca "Champ."

"It's awesome," said Coast Guard Fireman Alex Milster,

assigned to USCGC Sherman. "I've never been this close to one of the shows. I'm usually in the bleachers way in the back, so this is awesome."

During the show, community members were also introduced to a gamut of ground-to-air capabilities: from choreographed explosions and wall of fire in a simulated combined offensive by the Marine Air-Ground Task Force, to echoing jet noise by the Navy's flight demonstration team, the Blue Angels.

"I've always loved the Blue Angels," Milster said. "Actually, my parents met at a Blue Angels' show. It's kind of like one of those things — I've always loved the Blue Angels."

Concluding the show, guests were invited to enjoy carnival rides and games until the gates closed.



Children play with model airplanes of the U.S. Navy Flight Demonstration Squadron, the Blue Angels, during the 2015 Kaneohe Air Show.

Sports & Lifestyle

Sight, Sound, Fury

Cpl. Brittney Vito | Marine Corps Base Hawaii

Community unites for air show

Members of the U.S. Navy's Flight Demonstration Squadron, the Blue Angels, perform fast-paced, high-performance aerobatic maneuvers in their F/A-18 Hornets during the 2015 Kaneohe Bay Air Show and Open House aboard Marine Corps Base Hawaii, Saturday. On Nov. 8, 1986, the Blue Angels completed their 40th anniversary year when they unveiled the McDonnell Douglas F/A-18 Hornet, the first dual-role fighter and attack aircraft, which still serves on the nation's front lines of defense. Since their inception in 1946, the demonstration squadron has performed for more than 495 million fans worldwide. The mission of the Blue Angels is to showcase the pride and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach.



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii



Cpl. Ricky S. Gomez | Marine Corps Base Hawaii

A U.S. Marine demonstrates how to clear an M2 .50-caliber machine gun to local school children during the Kaneohe Bay Air Show and Open House, Oct. 16.

ABOVE: Capt. Corrie Mays, the events coordinator for the U.S. Navy's Flight Demonstration Squadron, the Blue Angels, and a Marstons Mills, Mass., native, autographs handouts for attendees of the 2015 Kaneohe Bay Air Show and Open House. The theme of this year's air show is "Joining Forces with the Community," and each branch of service was able to showcase their equipment and capabilities. Guests also had the opportunity to enjoy a number of activities and demonstrations, from military and civilian aircraft displays, to carnival rides, merchandise booths and Taste of Oahu food booths.

RIGHT: The Marine Corps Base Hawaii Color Guard presents colors during the national anthem as a parachutist with the U.S. flag descends to begin the Kaneohe Bay Air Show.



Cpl. Ricky S. Gomez | Marine Corps Base Hawaii

AT EASE



Your weekly dose of non-mandatory fun in Hawaii Marine

As you unwind reading the paper while you eat breakfast in the morning, wait at the doctor's office or ride the bus home, check out "At Ease" for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to hawaiimarineeditor@gmail.com. Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience. If you have any questions, feel free to call 257-8837.

Frankenstein vs. Sexy Pizza Rat

Lisa Smith Molinari
Contributing Writer

When I was a kid, Halloween was simple. All we had to do was be scary, be scared, and get candy.

But then about 20 years ago, society was hit with a tidal wave of global information technology. Although the full impact of Internet on society is yet unknown, the "Sexy Pizza Rat Costume" is clear evidence that Halloween isn't all about jack-o-lanterns, trick or treating, and horror movies anymore.

A few weeks ago, someone in New York City took a 14-second video of a rat dragging a slice of pizza down some dirty subway stairs, and uploaded it. With 7.7 million views on YouTube, the otherwise unremarkable rat has become a viral sensation. One costume and lingerie company capitalized on the trend, and sold out of their "Sexy Pizza Rat" Halloween costume for a mere \$90 a pop.

Rodents aren't the only things being made into sexy Halloween costumes these days. Costume companies are adding miniskirts, bustiers, booty shorts

and exposed midriffs to costumes resembling Donald Trump, Minions, Cecil the Lion, sock monkeys, Ronald McDonald, the Cat in the Hat, corn cobs, lobsters and goldfish.

In the 1970s, we didn't have sexy costumes. In fact, most store-bought costumes came in cheap boxed sets, consisting of a 100 percent polyester sheath that tied in the back like a hospital gown that was supposed to resemble cartoon characters like Bugs Bunny, Sleeping Beauty or Fred Flintstone.

Made of eggshell-thin plastic, the masks had two round holes to see through and a tiny slit at the mouth. Presumably meant for breathing, the slit wasn't big enough to allow breath to escape, making Halloween a steamy, uncomfortable affair. The masks would crack with the slightest pressure, and the thin elastic band that went around the head had a working life of about an hour.

As cheap as they were, I always wanted a store-bought costume, but my first-grade-teacher-mother refused to buy them because they required "no creativity." Instead, we were set adrift with

nothing but our resourcefulness and what we could find around the house.

Just like the kids in "It's the Great Pumpkin, Charlie Brown," a nice white sheet with two holes cut in it could do the trick. Many of the neighborhood kids dressed up as sheet ghosts for Halloween, but seeing as all our bed sheets had daisies or model Ts printed on them, my brother and I had to get a little more creative.

For a couple of years, I used a grey wig my grandmother had discarded, along with a crocheted shawl and some glasses made out of pipe cleaners, to disguise myself as "an old lady." Other years I was a hobo, an Indian squaw, or a clown, all made from things lying around the house.

One year, my brother used income from his paper route and a mail order add in the back of his Mad Magazine to score a green rubber "Creature from the Black Lagoon" mask. Even though he wore it with jeans and a sweatshirt, it terrified me because I had recently seen the movie.

My parents had decided that I was old enough to stay up after the "Carol

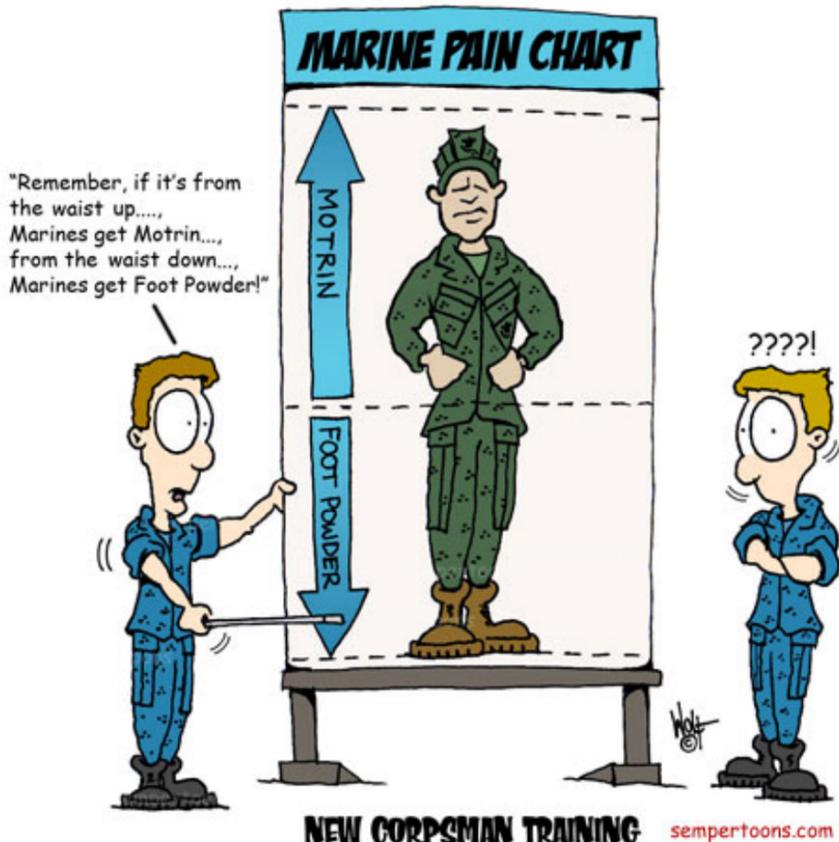
Burnett Show" on Saturday nights to watch "Chiller Theater," a weekly double feature of old horror movies. With my brother propped on the couch, and me in a sleeping bag on the floor in front of our console TV, we gazed bug-eyed at classics such as "King Kong vs. Godzilla," "The Man Who Reclaimed His Head," "The Torture Chamber of Dr. Sadism," and "The Creature from the Black Lagoon".

It's too bad that nowadays, kids gaze bug-eyed at the sexy costumes that now permeate the Internet, costume shops and department stores. Instead of Frankenstein and the Creature from the Black Lagoon, they see Sexy Pizza Rat and Sexy Big Bird.

In the pre-Internet days, it didn't matter whether the costumes were of the store bought or homemade variety, Halloween was less about the costumes and more about being scary, or if you were like me, being scared. And like the Clark Bars, Chiclets and popcorn balls on Halloween night, there were plenty of each to go around.

www.themeatandpotatoesoflife.com

Created by: GySgt Charles Wolf (ret.)
SEMPERTOONS
THE GREATEST MARINE CARTOONS ON THE PLANET!



SUDOKU

	2		4		7	6		
	3		1					
1	5			2				9
				9				5
					6	1		
		3		7				
	7	4	5		9			
				8	7			
			9		8	5		

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	6	1	7	9	3	8	5	2
5	3	9	6	2	8	7	4	1
8	2	7	4	5	1	9	6	3
6	1	5	3	8	7	2	9	4
3	8	2	4	5	6	1	7	
2	7	4	1	6	9	3	8	5
1	5	8	7	2	4	3	9	6
7	4	3	9	1	6	5	2	8
9	8	2	5	3	4	1	7	6

ANSWER:



- "Hotel Transylvania 2" PG Today | 6:30 p.m.
- "The Intern" PG-13 Today | 9:15 p.m.
- "Everest" PG-13 Saturday | 6:30 p.m.
- "Maze Runner: Scorch Trials" PG-13 Saturday | 9:15 p.m.
- "Hotel Transylvania 2" (in 3-D) PG Sunday | 2 p.m.
- "The Intern" PG-13 Sunday | 6:30 p.m.
- "Everest" (in 3-D) PG-13 Wednesday | 6:30 p.m.

Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for details.

Tripler's Orthotic and Prosthetic Facility uses state-of-the-art tech

Emily Yeh

Tripler Army Medical Center

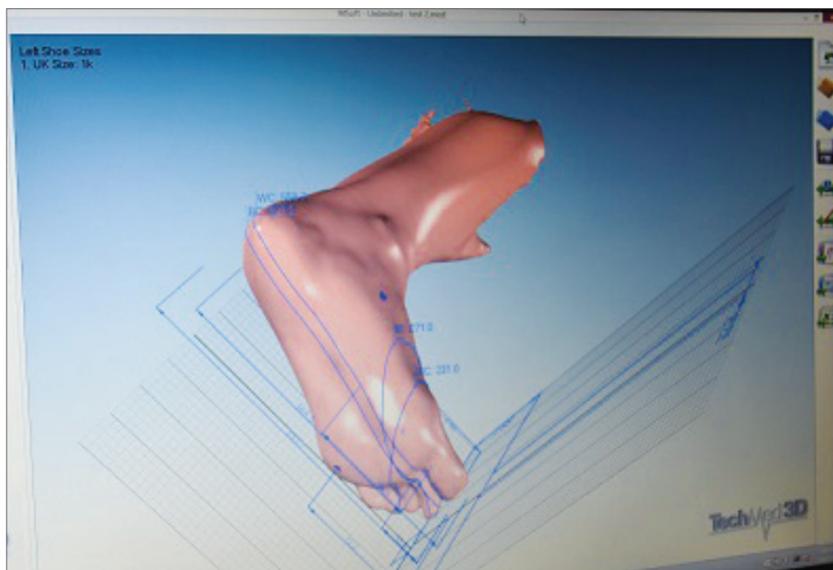
HONOLULU — Tripler Army Medical Center's Orthotic and Prosthetic Facility, often referred to as the "Brace Shop," provides service members and beneficiaries custom made orthotic and prosthetic devices. The OPF, part of Tripler's Orthopedic Department, treats patients through their out-patient clinic and fabricates devices in the machine shop which is located in the same space.

Tripler's OPF serves beneficiaries throughout the Pacific region and provides quality care using advanced technology to ensure patients are provided with the most sophisticated prosthetics. The medical facilities and treatment programs at Tripler, including the OPF, are in-line with industry standards and are competitive with private medical facilities.

OPF uses state-of-the-art equipment to fabricate and fit prosthetic devices for all parts of the human body. However, the creation of these "works of art" still requires the skills and knowledge of an orthotist.

Mr. Elton Bacon, Orthotist, TAMC OPF, has been helping patients since the early 1970s. He began his career as a Soldier and is now TAMC's resident artist.

"I have seen the changes and ad-



Emily Yeh | Tripler Army Medical Center

A computer-generated 3-D model of a lower prosthetic is crafted using state-of-the-art technology. This method allows orthotists to adjust live scans to provide a better fit for patients.

vancements over the years as the field has transitioned from molding silastic and leather devices to vacuum forming thermoset and thermo-formable materials," stated Bacon. "Other cutting edge materials typically used to form prosthetics include graphite, kevlar, thermo-plastic resins and even stainless steel,"

added Bacon.

Bacon now uses computer aided design-computer aided milling (CAD-CAM) technology along with advancements in software to create his works of art. The days of using plaster and molding are in the past.

"These advancements in technol-

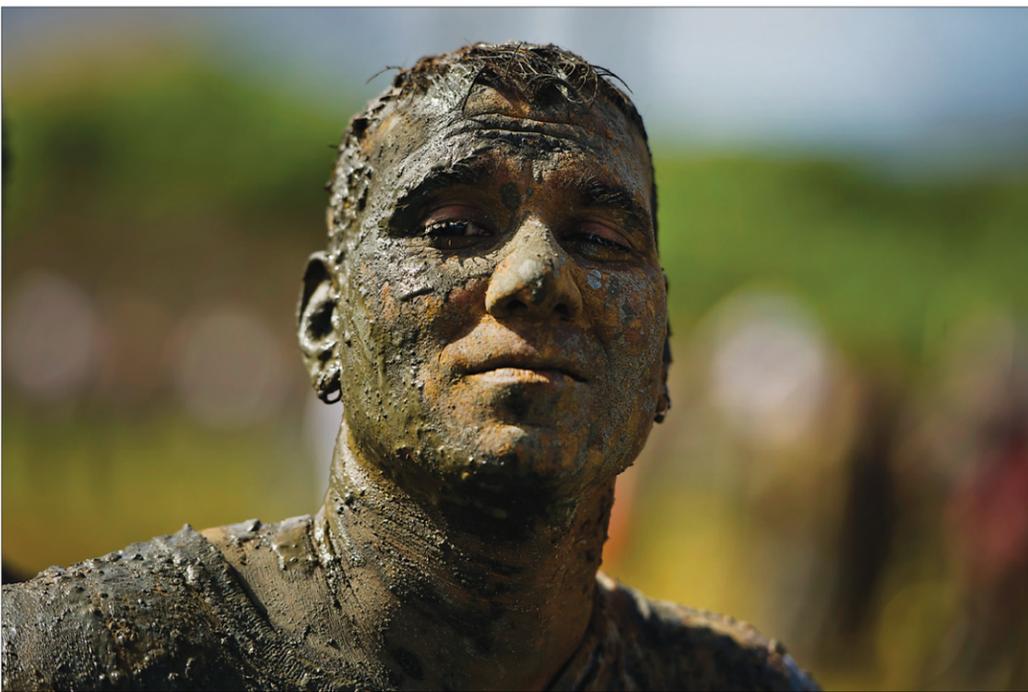
ogy enhance patient satisfaction and can greatly improve the quality of life for a Soldier, or a Soldier-athlete who often requires special custom molded arch supports, or an adolescent who requires a spinal brace for scoliosis or a retiree who needs a foot prostheses or post-amputation leg," states Dr. Craig Bottoni, chief of the TAMC Orthopedic Department.

Advancements in technology have also allowed masters of their craft, people like Bacon, a way to produce a cleaner and more accurate prosthetic in a shorter amount of time. The patients not only benefit from a better fit, but with a lighter product.

Using three dimensional technology orthotists can modify and adjust live scans of various body sections of patients. The scans are then sent to the CAD-CAM machine to create the cast of a custom fit prosthetic for the patient.

Patient privacy is also preserved. The information used to produce an individual's cast is stored in a computer, with encrypted files, which eliminates the need to store a physical model for future use.

Tripler is continually working to broaden its services-looking for new ways to make prosthetics even more efficient and dynamic to ensure all beneficiaries get the best care possible.



Hawaii's dirtiest race of the year is back at Marine Corps Base Hawaii and better than ever!!! This year you may register as an individual or as a team of five to six members (must finish with no less than five). Register yourself or get your team ready for an exciting obstacle run through the mud and dirt aboard the base. This unique run takes teams through the Nuupia ponds and over/under obstacles that challenge the strongest of competitors. This event is open to the public. Online registration closes Feb. 3, 2016 11:59 p.m. Hawaii Standard Time.



COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

11th Annual Season's Best Craft & Gift Fair Extravaganza

The 2015 Holiday Craft & Gift Fair Season officially is scheduled for today from 5 to 9 p.m., Saturday from 10 a.m. to 7 p.m., and Sunday from 10 a.m. to 5 p.m. at the Neal Blaisdell Exhibition Hall. More than 270 vendors will be available. There will be handcrafted items made by local artisans. You'll also find clothes, toys, collectibles, seasonings and sauces, gift baskets, jewelry, prepackaged food items, handbags, stocking stuffers and more. For more information, visit www.seasonsbestcraftfair.com.

Special tour offered at Living Art Marine Center Saturday

Take a peak "behind the scenes" and see how the Living Art Marine Center operates its fish aquariums. The tour is scheduled for Saturday from 10 to 11:30 a.m. at the center, which is located at 3239 Ualena St. in Honolulu.

See how our fish arrive here, stay for a while, and journey all over the world to pet stores, public aquariums and research facilities. This tour is for the curious fish enthusiast who wants to learn a little more. The tour is developed for adults and families with children ages 8 and older. There is a fee. For more information, visit www.livingartmarinecenter.com/family.htm.

Dig those rocks!

The 14th Annual Hawaii Mineral Show is scheduled for Saturday and Sunday from 10:30 a.m. to 7 p.m. in the Leahi Room, Outrigger on the Beach Hotel, located at 2335 Kalakaua Ave.

This is the only mineral show in Hawaii, with minerals and gems stones in one location that can be found nowhere else on the islands.

There will be unique educational displays of minerals, fossils and fluorescent minerals as well as items for sale by members, such as: Agate Geodes, Amethyst, fossils, faceted gemstones, fine jewelry, Herkimer diamonds, meteorites, Lapidary minerals, Opals, Quartz crystals, Topaz and Tourmaline.

Walk against breast cancer this Sunday

The 6th Annual Making Strides Against Breast Cancer Walk is scheduled for Sunday at 7 a.m. with registration at 6 a.m. the event is a 3-mile walk that begins at Richardson Field, crosses over Ford Island bridge, and back. Volunteers may still be needed from 5 to 11 a.m. For more information, call 244-5554 or email lori.poaipuni@cancer.org.

Watch outdoor movies at Turtle Cove

Come out to Turtle Cove at Bellows Air Station for free outdoor movies and popcorn in the afternoon. Movies play Mondays and Wednesdays, with a different movie each night. Here's this month's schedule:

Monday: "Paper Towns"
Wednesday: "Cinderella"

Get your education on track

Education Track is scheduled for Nov. 3 and 4 from 8 a.m. to 4 p.m. in classroom B of building 220.

This two-day seminar that prepares Marines and their spouses to be successful college students. Education Track is open to all active duty and their spouses. Service members and spouses go to www.mccshawaii.com/trpworkshops to a reserve a seat. For more information, call the Transition Readiness Program, 257-6871/7097.

Writer's workshop coming soon

A writer's workshop with author M. Thomas Gammarino is scheduled Nov. 4 at 6 p.m. on the second floor of building 219 in the base library.

Published authors have been invited to offer advice to aspiring writers on base in honor of National Novel Writing Month. The events are open to all hands. For more information, call the base library at 254-7624.

New Arrivals Orientation arriving soon

The New Arrivals Orientation is scheduled for Nov. 5 from 7:30 to 11:30 a.m. in Kahuna's Community

Ballroom. The orientation provides important information about MCB Hawaii policies, services, and programs. Service members and family are welcome to wear appropriate civilian attire. Open seating – no reservations needed. The next New Arrivals Orientation is scheduled for Dec. 3. For more information, call Family Member Employment Assistance Program & Relocation Services at 257-8354.

Counterintelligence briefs coming up

Naval Criminal Investigative Service will be conducting Counter Intelligence briefs Nov. 2 and Dec. 7 at 10 a.m. at the Chaplain Joseph W. Estabrook Chapel. For more information call Security Assistant Cynthia Dodd at 257-8846.

Trot like a turkey

The Turkey Trot 10K is scheduled for Nov. 7 at 7 a.m. at Dewey Square.

Join Marine Corps Community Services and 3rd Radio Battalion for the last race of the year in the Commanding Officer's Fitness Series. The race will start and finish at Dewey Square and will take runners around MCB Hawaii.

Registration costs \$30 per person or \$90 per 6-man formation. The race is open to the public, free 1-mile family fun run for kids. For more information, call the race coordinator at 254-7590 or to register visit www.mccshawaii.com/races.

AFCT available at Education Center

The Armed Forces Classification Test is scheduled for Nov. 10 at 9 a.m. in classroom A of building 220. This is an opportunity to re-take the ASVAB to earn higher scores for advancement, lateral moves, officer candidacy, etc.

Classification Test Registration Forms for the AFCT are available at www.mccshawaii.com/ectesting. For more information, call the Education Center at 257-2158.

Base Safety offering fire warden training

The Base Safety Directorate is scheduled to host a Fire Warden Training Nov. 12 from 9 to 11 a.m., in the classroom of building 279. This training will be held quarterly. Class size will be 40 students. Call 257-1830 for registration.

Toys for Tots campaign seeks volunteers

Toys for Tots is kicking off this year and we need volunteers and donations. No Toys for Tots campaign can succeed without the generosity of people volunteering their time, funds or toys. Email the coordinator for any inquiries at toysfortots2015.hawaii@gmail.com.

MOKAPU BEAT

Reflections entries due

Entries are due Nov. 6 for the National PTA Reflections Program Art Contest. The theme this year is "Let your imagination fly."

Only new pieces of artwork inspired by the theme may be submitted. Each entry must be the original work of one student only.

Entry must not exceed 2,000 words. Handwritten and typed entries are accepted on 8.5x11 paper (one sided only). Number each page. Include student name, entry title, arts category and division on back of entry.

Submit literature and student entry form according to your PTA's instructions.

PTA meeting scheduled next month

The next Mokapu Parent-Teacher Association general meeting is scheduled for Nov. 19 at 6 p.m. in the school cafeteria.

Vendor Bazaar at Mokapu planned

For more information about the upcoming vendor bazaar at Mokapu Elementary School, email ptamokapu@gmail.com or follow @Mokapu Elementary PTA on Facebook.

SPOTLIGHT ON SPORTS

Semper Fit group aerobics classes

CYCLING

This class uses specialized stationary bikes that help burn a large amount of calories and tone up your lower body while improving your core strength. Classes are Mondays and Wednesdays from 9 to 10 a.m.

EXTREME 60

Looking for a 60-minute, full-body workout to build strength and endurance? This new craze uses the 20-second work/10-second rest method of high intensity interval training while burning fat and building strength and endurance. Classes are Tuesdays and Thursdays from 9 to 10 a.m.; Mondays and Wednesdays from 5:30 to 6:30 p.m.

GUT CUT

This 30-minute abdominal class is designed to strengthen your core muscles and kick some major butt. Classes are Mondays and Wednesdays from 11:45 a.m. to 12:15 p.m.

HIGH INTENSITY CIRCUIT TRAINING

Putting the “fun” back into functional training, this hourlong workout is for people on the go. The class incorporates a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system. Classes are Tuesdays and Thursdays from 11:30 to 12:30 p.m.

HITT WOD

High Intensity Tactical Training Workout of the Day will follow the prescribed one-hour HITT program as laid out by the Headquarters Marine Corps manual. Classes are Mondays, Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m. and Tuesdays and Thursdays from 5:30 to 6:30 p.m.

KICKBOXING

This high-energy class incorporates punches and

kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone. Classes are Mondays and Fridays from 10 to 11 a.m.

PILATES PLUS

Pilates Plus will help you to increase flexibility and develop total body strength. Each exercise focuses on engaging and firming the core, improving balance, coordination and achieving correct body alignment by utilizing the breath and being mindful of each exercise. Ultimately, this workout will help you achieve a leaner body as you sculpt and tone your muscles using mat exercises, resistance bands and balls. Classes are Tuesdays and Thursdays from 10 to 11 a.m.

WATER AEROBICS

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Be fit without the stresses of gravity. Contact the base pool at 254-7655 for registration. Semper Fit Group Exercise tickets do not apply for this class.

YOGA

Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress and maintain health. Please bring your own mat. Classes are Tuesdays and Thursdays from 6:30 to 7:30 p.m.

ZUMBA

Zumba is a high-energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a cardio/toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise. Classes are Tuesdays from 5:30 to 6:30 p.m.

K-Bay Semper Fit Center

new hours of operation:

Monday to Friday: 4 a.m. to midnight

Saturday and Sunday and federal

holidays: 5 a.m. to 9 p.m.

Camp H.M. Smith Semper Fit Center

new hours of operation:

Monday to Friday: 4 a.m. to 7:30 p.m.

Saturday and Sunday: 8:30 a.m. to 4 p.m.

Federal holidays: Closed

BOO-RAH!

Scare up some Halloween fun this year on and off base

FRIDAY/SATURDAY Visit Haunted Combat Town if you dare

The 1st Battalion, 12th Marine Regiment "Kings of Battle" will scare the living daylight out of you today and Saturday with their haunted Combat Town at Boondocker Training Area from 5:30 to 8 p.m. Children ages 13 and younger are welcome between 6 and 6:30 p.m. for a less scary experience. After 6:30 p.m., children are welcome with parents' discretion. Donations are welcome. Call 257-3221 for details.

FRIDAY/SATURDAY Pumpkin carving at Windward Mall

Windward Mall is celebrating Halloween in festive style with a fun-filled Saturday of entertainment, activities, and pumpkin carving, from 10 a.m. to 6 p.m.

The general public is welcome to come and view the pumpkin carving for free starting today at noon through Saturday at 6 p.m. The pumpkins will be on display through Sunday at 6 p.m.

Watch Master Carver Ed Moody of Michigan carve a fairytale carriage from a 1,300-pound pumpkin and a 1,000-pound pumpkin.

On Saturday, families can take a photo near the carriage and participate in other activities. Check out local high school students competing in a youth pumpkin carving challenge, starting at 11 a.m. The public will be invited to vote.

SATURDAY Bellows hosting Boofest

Come down to Boofest, Saturday from 5 to 9 p.m. in building 220 at Bellows Air Force Station. This free event will feature a costume contest, giveaways, trunk-or-treat, balloons, temporary tattoos, movies and hair spray stations. Visit the Bellows Carnevil. Food and beverages will be available for purchase. For details, see www.bellowsaafs.com.

SATURDAY/SUNDAY Seek out the Haunted Plantation

Haunted Plantation is running Saturday, Sunday, Oct. 30 and 31 in Hawaii's Plantation Village, located at 94-695 Waipahu St. For details, visit hawaii-hauntedplantation.com.

SATURDAY/SUNDAY Escape The Outbreak Experience

The Outbreak Experience is located

1020 Auahi St #3 behind Marukai) in Honolulu. For more information about the 30-minute intense zombie experience, visit theoutbreakexperience.com.

SATURDAY/SUNDAY Pick pumpkins at Aloun Farms

Aloun Farms is hosting its 15th Annual Great Kapolei Pumpkin Picking Patch, Saturday and Sunday from 8:30 a.m. to 5 p.m. There will be tractor-pulled hayrides, pony rides, farm-style food, picture booths and games. Admission is \$3 (children ages 2 and younger are free). Cash only. Hayrides and parking are free. Aloun Farms is located at 91-1440 Farrington Highway in Kapolei.

THURSDAY Join the Halloween party at Kahuna's

Kahuna's Bar and Grill is hosting a Halloween Party Thursday from 6 p.m. to 1 a.m. There will be a dance party and costume contest. Call 254-7660 for details.

THURSDAY EFMP Trick-or-treat

The Marine Corps Community Services Hawaii Exceptional Family Member Program is hosting trick-or-treat for children Thursday from 10 a.m. to noon in buildings 219, 244 and 220. This is an opportunity for children of all abilities to participate in a trick-or-treat event. Treats will be handed out to children at participating MCCS offices. For details, call 257-0290.

OCT. 30 Nightmare on Lawrence

The Nightmare on Lawrence St. Teen Dance is scheduled for Oct. 30 from 6:30 to 9 p.m. at the Kulia Youth Center. Costumes are encouraged. Children ages 10 to 17 are welcome. Pre-sale tickets are available. The cost is \$3 for Child, Youth and Teen Program members, and \$4 for non-members. Tickets purchased at the door are \$6 for CYTP members and \$8 for non-members. For more information, call 257-2030.

OCT. 30 Massacre on McChord St.

Enjoy a free haunted house at the Makai Recreation Center aboard Joint Base Pearl Harbor-Hickam. There will be five rooms filled with terrifying creatures, Hollywood madmen and bloody scenes.

The event is open to all military, Department of Defense civilians and their family members ages 13 and older only.



The line will open at 6:30 p.m.

Haunted house rules:

Massacre on McChord St. is a free Haunted House. Please follow the rules below so you have a safe and enjoyable experience. Patrons who do not follow the rules will be escorted out, no exceptions. Patrons must be 13 years and older (Haunted house staff reserves the right to deny entry). Follow the guides at all times; Do not leave your group.

- No touching actors, props or sets.
- Do not make any gestures at the actors.
- No profanity or obscene gestures.
- No running or pushing.
- No use of flashlights or illuminating devices allowed in the house.
- No photography or video in the house.
- No food or beverages allowed in the house.

Warning:

- When entering the haunted house you will experience loud audio, low lighting, strobe lights, fog, sudden actions and gory scenes.
- Do not enter if you suffer from asthma, heart conditions, seizures or any type of mental, physical, respiratory and or medical problems. Entry may be denied if you are intoxicated, wearing any form of cast, medical brace, using crutches or have any type of physical limitation.

Email marketing@greatlifehawaii.com with questions.

OCT. 31 Spooktacular storytime

Marine Corps Base Hawaii families are invited to the base library for a Spooktacular storytime Oct. 31 at 1 p.m. Costumes are encouraged. For details, call 254-7624.

OCT. 31 Meet Marvel characters

Marvel characters Cyclops, Jubilee, Rogue and Scarlet Witch along with Lego Spiderman and Lego Ironman will be available for a meet and greet at the Marine Corps Exchange main store from noon to 2 p.m. For more information, call 254-3890.

OCT. 31 Keiki Halloween Special and Costume Contest

Children, ages 10 and younger in costume, bowl one free game at K-Bay Lanes. There will be a costume contest from 5 to 6 p.m. Prizes for best-dressed boy and girl. Call 254-7693 for details.

OCT. 31 Trick-or-treat on base

This year's Halloween Trick-or-Treating hours for Marine Corps Base Hawaii are from 4:30 to 8 p.m.

OCT. 31 Trick-or-treat at the mall

Windward Mall is hosting safe trick-or-treating from 5:30 to 7:30 p.m. through participating merchants.