



Army Divers with 7th Dive Det., 130th Eng. Bde., 8th TSC, gather their equipment from the muddy deck of wreck Judy K after raising it off the bottom of Honolulu Harbor, Sept. 23.

Army divers salvage ship from Honolulu Harbor

Story and photos by
SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs
HONOLULU — “This harbor is the most widely used on the island,” said Capt. Troy Davidson, the 7th Engineer Dive Detachment commander. “If the harbor were shut down, the island wouldn’t be able to support the population more than several days.”

Since January, the Judy K, a 77-foot fishing boat, has sat at the bottom of Honolulu Harbor with only a portion of the top visible above the surface.

“Having the boat stuck here blocks the use of this dock, which impacts the harbor as a whole,” Davidson said.

Army divers from the 7th Eng. Dive Det., 130th Eng. Brigade, 8th Theater Sustainment Command, have been attempting to raise the Judy K since Sept. 8 as part of a salvage exercise.

Working in support of the Hawaii Department of Transportation-Harbors Division, the Soldiers first visited and assessed the sunken vessel in June and concluded that the vessel was salvageable.

During the SALVEX, the divers began by washing sediment out from under the boat in order to

lay slings under it, which are connected to bags that, when filled with air, will ideally raise the boat from underwater and back onto the surface.

Davidson said it hasn’t been an easy mission, but the divers demonstrated their agility and ability to adapt.

The heavy rains and flooding on the island

have washed large amounts of sediment into the harbor, limiting visibility.

“We hit some speed bumps along the way with bottom conditions, depth, Mother Nature,” said Staff Sgt. David Craig, the detachment’s diving supervisor. “But, overall, it went pretty much according to plan.”

After the boat was fully surfaced, the divers started making repairs.

“Right now, we’re verifying that the boat is watertight,” Craig said. “Now we dewatered it fully. We’ll go ahead and maintain the pumps in place for a period of time and monitor the amount of water that comes back into the vessel or doesn’t come back into it.”

The Soldiers also used this mission as an opportunity to train in salvage exercises.

“This is a massive training evolution for us,” Craig said. “It’s a task that we as Army divers don’t get to do as often as we would like.”

“I’m very pleased with the way it turned out,” said diver Pfc. Thomas Behar. “I had a lot of fun with it. It was a great learning experience.”

Now that the vessel has been raised off the bottom of the harbor, the divers will ensure the boat is able to stay afloat before handing it off to the State of Hawaii.



The salvage of the Judy K is finally complete after hurricane season weather delays.

3-4th Cav. helocasts scouts day & night

STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

BELLOWS AIR FORCE STATION — Soldiers with Troop C, 3rd Squadron, 4th Cavalry Regiment, “Raiders,” 3rd Brigade Combat Team, 25th Infantry Division, conducted a helocast, a unique form of training, off the eastern coast of Oahu, here, Sept 21-24.

The Soldiers from Troop C performed a series of day and night rappels, that eventually culminated into a day and night helocast, combat equipment, into the Pacific Ocean.

“Today we will be conducting a helocast mission with F470 Zodiacs (combat rubber raiding craft) out into DZ Falcon,” said Sgt. 1st Class Ryan Davison, platoon leader, 2nd Platoon, on the last day.

The troops worked on cold-loading the F470, the same craft used by Special Forces and Navy Seals, prior to the helocast.

It was a learning experience for the Soldiers as they honed their skills by helocasting – jumping into the ocean from an altitude of 10 feet and an airspeed of 11-12 mph. They then swam toward their boat, boarded it and then rowed it toward the beach.

“We’ve developed and improved our standard operating procedures and developed new

tactics, techniques and procedures where we’ve had holes previously,” Davison said. “We’ve figured out things that have and have not worked, and we’re definitely progressing as a unit toward using this as a viable infiltration technique.”

For scout observer Spc. Blas Colunga, 2nd Platoon, the hours were long and the training arduous, yet satisfying, while at Bellows.

“It has been a lot of hours back and forth on the beach, but it’s been really good,” Colunga said. “It’s a lot more experience than a normal infantryman would get without having some kind of tab.”

The Raiders participated in every rappel and helocast into the ocean without difficulty ... except for one issue. The Soldiers sometimes had to swim vigorously to their inflatable boats as the rotor wash pushed away.

“I like the casting into the ocean, except when we had to chase a boat,” Colunga said.

“Chasing after them can be a little difficult,” agreed Spc. Nathan Beeler, radio operator, 2nd Platoon. “We’re trying to work the kinks out of that.”

Beeler said that, regardless of the challenges of helocasting, he still found it the best part of the training.

“It’s outside of your everyday norm of training,” he said. “Just being in the water by jumping out is quite an adrenaline rush.”

Gold Star fallen remembered

Story and photo by
DON ROBBINS
Contributing Writer

HONOLULU — Hundreds of family members and friends of fallen military service men and women gathered at the National Memorial Cemetery of the Pacific, or Punchbowl, Sunday, to remember their loved ones during “Gold Star Mother & Gold Star Family Day.”

This is the fourth year, locally, that the event has been celebrated.

Col. Richard A. Fromm, commander of U.S. Army Garrison-Hawaii, was the guest speaker.

“To our Gold Star Mothers and Families here today – you’ve earned our nation’s deepest respect and admiration for what you do every day on behalf of those you loved and lost – and for what they did for this nation and for freedom-loving peoples around the world,” Fromm said.

After the official speeches, family members and friends walked the steps with boots and wreaths to commemorate their loved ones, to a platform just below the Lady Columbia statue, where the boots and wreaths were placed.

They then proceeded down the steps to join a “lei of remembrance.” Participants opened fresh flower lei, which were joined together by each person tying the lei to those on their left and right. Following the blowing of the conch and the playing of the last note of Taps, this continuous lei was placed on the ground with American flags along the grass curb at the cemetery.

Among those placing boots and lei at the base of Lady Columbia were Marvelyn Agno and her children Jarren and Jensen. They were there to honor their family member, the late Staff Sgt. Randy Agno of the 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division.

“He was a really humble, real down-to-earth guy, said Marvelyn. “He was always trying to help.”

Staff Sgt. Randy Agno earned awards Army-wide as a food specialist noncommissioned officer, said Lt. Col. Patrick Disney, commander of the 325th BSB. “He was very good at his craft.”

Rachel and Kailer Suerth were also among the family members participating in the ceremony. They placed an American flag and lei of remembrance on the ground in memory of their fallen loved one, the late Staff Sgt. Keoki Suerth of the 10th Mountain Division Signal Company.

“He was a great Soldier, and he was my best friend,” said Rachel, tearfully, of her husband Keoki.

In his remarks, Fromm said, “I would also offer a special mahalo to our Survivor Outreach Services Program and their dedicated staff for the tremendous and caring support they provide to our Gold Star families. I would like to take a moment to recognize the person who conceived these four annual ceremonies and who has championed Survivor Outreach Services and all it stands for: Lis Olsen.

“Lis, as you leave us for retirement, please know we can never repay you for your passion, your dedication, and, yes, your family’s Gold Star sacrifice,” Fromm said.

As for next year’s event, Olsen, the longtime family support officer for SOS, said she will hand over the reins to others.

Olsen retired at the end of last month and will be moving to Texas with her husband, retired Col. James Olsen. Their son, Army Cpl. Toby Olsen of the 3rd Bn., 509th Parachute Inf. Regiment, 25th ID, was killed in 2007 in an improvised explosive device blast in Iraq.

Honoring Gold Star Mothers and Families will always be a priority, Fromm emphasized.

“The Army will never forget,” Fromm said. “We will always take care of our Gold Star Families.”



Family members Jarren, Jensen and Marvelyn Agno place the boots of the late Staff Sgt. Randy Agno of the 325th Brigade Support Battalion at the base of the Lady Columbia statue, Sept. 27.



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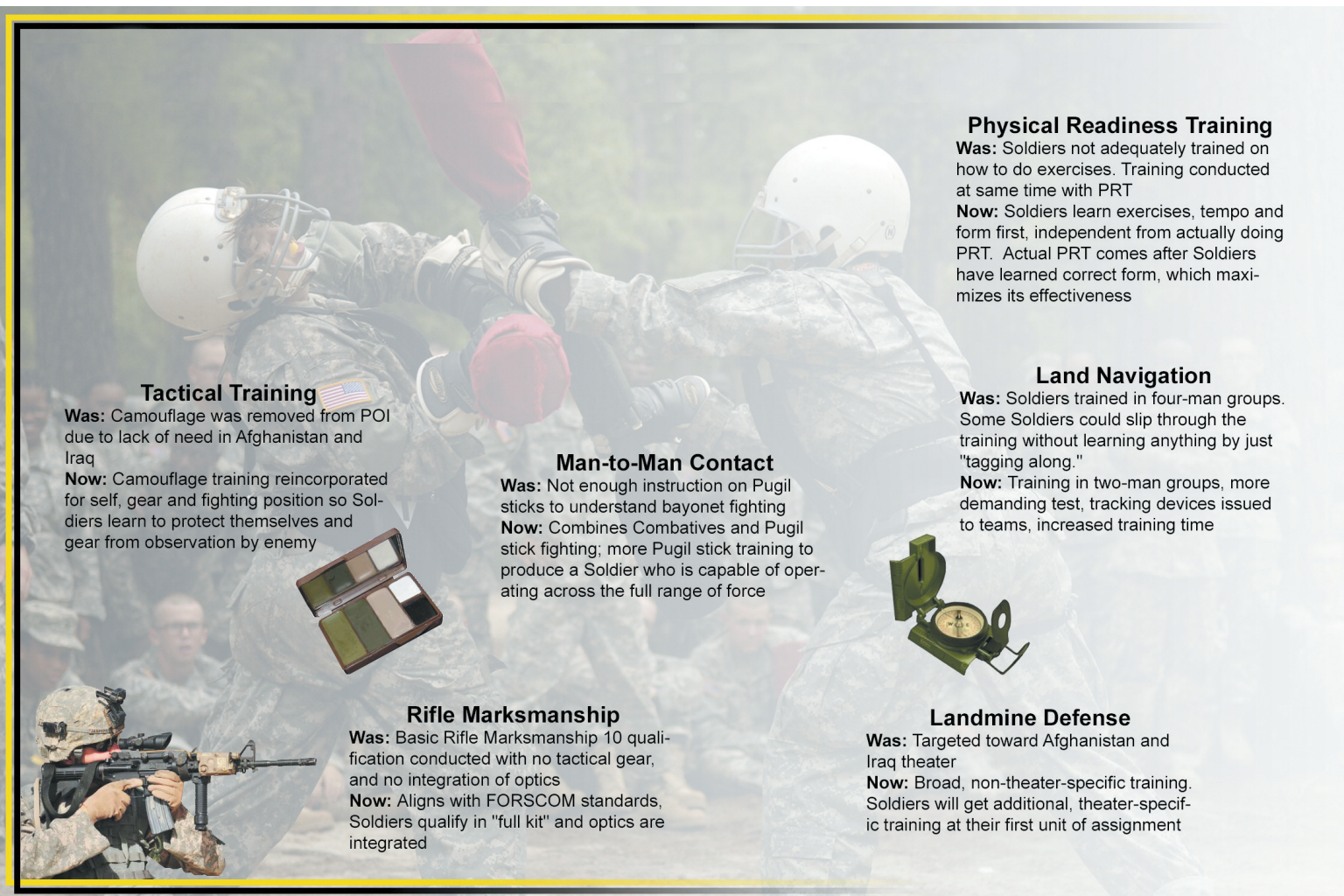
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Tactical Training

Was: Camouflage was removed from POI due to lack of need in Afghanistan and Iraq

Now: Camouflage training reincorporated for self, gear and fighting position so Soldiers learn to protect themselves and gear from observation by enemy



Man-to-Man Contact

Was: Not enough instruction on Pugil sticks to understand bayonet fighting

Now: Combines Combatives and Pugil stick fighting; more Pugil stick training to produce a Soldier who is capable of operating across the full range of force

Land Navigation

Was: Soldiers trained in four-man groups. Some Soldiers could slip through the training without learning anything by just "tagging along."

Now: Training in two-man groups, more demanding test, tracking devices issued to teams, increased training time



Rifle Marksmanship

Was: Basic Rifle Marksmanship 10 qualification conducted with no tactical gear, and no integration of optics

Now: Aligns with FORSCOM standards, Soldiers qualify in "full kit" and optics are integrated

Landmine Defense

Was: Targeted toward Afghanistan and Iraq theater

Now: Broad, non-theater-specific training. Soldiers will get additional, theater-specific training at their first unit of assignment

Changes coming to Basic Combat Training in Oct.

In Part 1 of the four-part series, the Army preps with trainee peer evaluations

C. TODD LOPEZ
 Army News Service

WASHINGTON — Who's the best judge of how well a young person is performing in Basic Combat Training (BCT)?

It turns out the Army thinks that other basic trainees might be really good at evaluating how their peers are doing.

In October, the Army will make some changes to how it runs BCT, which serves for enlisted Soldiers as their first introduction to soldiering. One of those changes includes peer evaluations, something that is already being done in places like Ranger School.

With peer evaluation, Soldiers in BCT units will evaluate each other on how they are adhering to standards, performing on tasks, and even if they shine when the drill sergeant is away in the same way they shine when he's glowering over them in formation.

"Nobody is going to know you more than the guy next to you," said Command Sgt. Maj. Dennis Woods,

with U.S. Army Training and Doctrine Command's Center for Initial Military Training.

"If I am the instructor, all of your buddies you are with know the things you are doing that the instructor never caught," he said. "Maybe you are only spotlighting when the instructor is around. But when he's not around, everybody has to pull your weight. This peer evaluation lets Soldiers see themselves through the eyes of their peers."

The peer evaluation won't be entirely new for basic training. Already at Fort Jackson, South Carolina, a peer evaluation pilot program was tried out. But in October, it will be implemented at all four Army basic training locations, including Fort Jackson; Fort Leonard Wood, Missouri; Fort Sill, Oklahoma; and Fort Benning, Georgia.

Woods said that the peer evaluations will primarily serve as an indicator of character for Soldiers - which will allow the Army to better evaluate some of the things that are important about being a Soldier, but which are harder to measure through testing and performance.

"Some people will get all the warrior tasks, battle drills and skills, because they are physically inclined," Woods said. "But their character may have an issue. That peer evaluation will help us uncover that character. As a result, a Soldier may spend more time in ba-

sic training before he ships to that first unit of assignment."

What's new?

There are more changes to BCT than just the introduction of peer evaluations. The driving force behind changes to BCT is a shift in what the Army thinks Soldiers will need to have under their belt when they make their first salute at their first permanent unit - and this is directly related to the end of conflict in Iraq and Afghanistan.

During the 14 years after 9/11, Soldiers knew that they'd probably be going to the Middle East after basic training. During that time, the Army was well-equipped and well-funded to recruit, train and equip Soldiers for an ongoing war. That is no longer the case.

Additionally, Soldiers went to their first unit of assignment ready to fight the ongoing conflict. The Army trained those Soldiers in BCT with a focus on the desert, convoys, improvised explosive devices and countering insurgents, for instance. And when Soldiers deployed, most would fall in on a combat environment that was already manned by American Soldiers who'd warmed all the seats for them.

Now, with conflict in Iraq and Afghanistan over for most all of the force, Soldiers must be ready to deploy almost anywhere in the world - not just the desert. And when they get there, they may not find American Soldiers already on the ground. Instead, they must be ready to clear the ground for Soldiers who will follow them. Soldiers must be trained to execute decisive action through combined arms maneuver and must be trained up on wide-area security competencies.

"We are transitioning from an Army at war to an Army in preparation," said James Waltheis, a key designer of the new BCT program of instruction. "With that in mind, we got together at Fort Benning, Georgia, and we brought in company commanders, first sergeants and drill sergeants - the ones that actually deal with the program of instruction on a daily basis. What we looked at was how we could go about preparing our Soldiers to meet the new demands of Force 2025 and beyond."

(Note: In Part 2, next week, testing and retesting is discussed.)



File photo

FORT JACKSON — Trainee Soldiers swing their way along a horizontal ladder under the guidance of Sgt. 1st Class Danielle Brooks, drill sergeant, 2-39th Inf. Regt., 165th Inf. Bde., in this 2014 photo.

FOOTSTEPS in FAITH

Life is making the most out of the moment

CHAPLAIN (CAPT.) PAUL SHIN

524th Combat Sustainment Support Battalion
 25th Infantry Division



Shin

I want to start off with a riddle: What is more precious than gold, but cannot be bought, earned or saved?

Before I answer, I want to describe a typical day after work as I think this may seem familiar to some.

After I get back home from work, I quickly acknowledge my wife and kids. I rush upstairs to wash up, making sure to wash my feet real good. When I get downstairs, I'm eying what my wife made for dinner. Afterwards, I am so busy eating that I forget to observe what goes on around me: my wife, who looks tired from watching the kids all day and preparing an awesome dinner to boot; my toddler making noises near my legs asking to be picked up; my older daughter laying down on the couch looking bored.

After dinner, TV or Facebook, anyone?

Sometimes we find ourselves too wrapped up in the moment, whether it is from hunger or thinking about work (which you should not have brought home) that we forget to engage those closest to us.

When you get down to it, everyone has the same amount of time throughout the day, not a minute more or minute less.

For military personnel, if you get off duty at 5 p.m. (if you are lucky), that gives you four hours, until 9 p.m., when you have to wind down to sleep. That's four hours out of 24 that you have with your family. That's only 1/6th of the day! Not a whole lot of time. So, how do you maximize the time to enrich your relationship with your family?

This is when being intentional with your time pays dividends. One thing that is precious and can't be bought, earned or saved is time ... There goes the answer to the riddle.

But being intentional about what you choose to think about and do in the moment can make the difference between just passing the time — think cruise control — versus making time for loved ones.

So, let's be intentional with our time with family. Before coming home, mentally prepare yourself to commit to engaging with the family. Take genuine interest in them and ask engaging questions. Observe how your family is feeling. Do your best to leave work at work. Try turning off the TV for a while.

Building a relationship with your family takes time and effort. But even a few hours of intentional time that focuses less on self and more on others can be a start to a stronger relationship.

Voices of Ohana

In recognition of National Energy Conservation Awareness Month, What tips do you have for conserving energy?

By 2nd Stryker Brigade Combat Team, 25th Infantry Division



"Try switching to new energy efficient light bulbs."

Spc. Zhiqi Chen
 Supply,
 HHCB, 65th BEB,
 2nd SBCT



"Turning off your lights when you're not using them."

Pvt. Camery
 Glaze
 Cable systems,
 HHCB, 65th BEB,
 2nd SBCT



"Turn electronic devices off when you're not home."

Pfc. Selina V.
 Royero
 IT,
 HHCB, 65th BEB,
 2nd SBCT



"Turn off your Internet router, modem or any other wireless supporting electronic devices when you're not using them."

Spc. Kulbir Singh
 Supply,
 HHCB, 65th
 BEB,
 2nd SBCT



"Turn off and unplug electronics."

Pfc. Classic
 Wagner
 Geospatial
 engineer,
 HHCB, 65th BEB,
 2nd SBCT

Welcome to the jungle! JOTC builds adaptive leaders

Jungle-specifics taught

NOELLE WIEHE
Army News Service

FORT BENNING, Georgia — The 25th Infantry Division at Schofield Barracks is building adaptive Soldiers through the Jungle Operations Training Course.

The unit had a display set up at the Maneuver Warfighter Conference to inform Soldiers of the relevance of jungle training to build smart, fast, lethal and precise Soldiers.

The JOTC prepares Soldiers for operations in jungle environments.

"The jungle encompasses every type of terrain," said 1st Lt. Peter Dierkes, officer in charge, JOTC. "If you can survive in the jungle — it is the harshest terrain in the world — if you can survive there, you can survive anywhere."

The course is 15 training days and progresses from individual skills to platoon tasks. Dierkes said Soldiers learn survival, communication, navigation, waterborne operations, traversing, knots, evasion, marksmanship and patrol base operations.

"The land navigation and marksmanship are what you would learn in a standard Army course, but with jungle-specific knowledge," Dierkes said.

Land navigation in JOTC has shorter movements in thicker terrain, Dierkes added.

The unit observed jungle training courses in

Australia and the 3rd Marine Division Unit's Jungle Warfare Training Center on Okinawa, Japan, to derive the most recent version of the JOTC.

"The first iteration looked much different than what the course is now. It has grown ... and now, we're working with the Infantry School to make

the points of instruction concrete," Dierkes said.

The course is meant to train the trainer. Soldiers who go through the course return to their battalion as jungle experts, Dierkes explained.

"The overarching 'building the adaptive Soldier' is important anywhere they are for the rest of their career," Dierkes said.

The military is focusing more on the Pacific as a hot spot, he added, and therefore, jungle training is becoming more important.

"It's not a matter of if we fight in the jungle; it is a matter of when we go back to fight in the jungle," Dierkes said. "The 25th had great success in the Vietnam War, fighting in the jungle. We've always had the skills; we've always had the doctrine. It's just a matter of bringing it back to the forefront of the 25th's training."

JOTC has had 51 distinguished visitors since 2014, Dierkes said, to include the chief of staff of the Singapore army, representatives from New Zealand and China, and the sergeant major of the Australian army.

The course has also hosted subject matter experts from Cambodia, New Zealand, Great Britain and Malaysia for instructor exchanges.

"Everyone in the Pacific speaks a common language, and it seems the language is jungle," Dierkes said. "It builds combat power for the 25th. It teaches skills that maybe have been lost over the last 15 years."



Photo by 25th Infantry Division

SCHOFIELD BARRACKS — The JOTC, here, trains Soldiers on survival, communication, navigation, waterborne operations, traversing, knots, evasion, marksmanship and patrol base operations. The course also hosts jungle experts from from Cambodia, Malaysia, New Zealand and the United Kingdom.



Sgt. James Stanton, an infantryman with Co. B, 1-27th Inf. Regt., 2nd SBCT, 25th ID, navigates the claymore range, Sept. 16, on the third day of the EIB competition.

Infantrymen excel at 2nd chance for the EIB under new standards

Story and photos by
SGT. IAN IVES

2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Fifty infantrymen of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, earned their Expert Infantry Badge, Sept. 14-18.

The brigade recently participated in a pilot program of the EIB, here, that tested new EIB standards.

At the end of that competition, 2nd SBCT's chain of command noticed many junior ranking Soldiers didn't receive their EIB due to the unfamiliarity of the new standards, so they decided to retrain the Soldiers and give them another chance to earn their badge.

The retraining was successful, with double the percentage of graduates, including 12 junior Soldiers.

Sgt. Kealii Stephen Chun, Headquarters and Headquarters Company, 2nd SBCT, earned his EIB on his second try under the new standards. Though he had failed the first EIB testing in August, the opportunity to retrain and compete again allowed him to learn from his first mistakes and earn the badge.

"A lot of Soldiers were really upset after not making the first EIB competition," said Chun, "but those of us who remained resilient took the opportunity to retrain to the fullest, and it showed during testing."

Spc. Nicholas Pirolli, Co. A, 1st Battalion, 21st Inf. Regiment, 2nd SBCT, was one of the many graders for EIB. Having earned his EIB in April 2012, this was his first experience grading.

"Even though Soldiers are given a chance to rest between tasks, I think the difficulty of the tasks still makes it a more challenging standard," said Pirolli. "The thing with EIB is, you have to want it, no matter the standards. You cannot just sham through it, or you will never make it."

"Earning my EIB is very special to me, because it is something that you have to do on your own," Chun said. "It shows that I'm an expert at my trade and gives my leadership more confi-

dence in my abilities. I look forward to using my experience with EIB to train my Soldiers and future Soldiers into experts as well."

Soldiers who earned the EIB can use their experience and pass it on to their peers and subordinates.

2nd SBCT is looking forward to even more infantrymen earning the coveted badge.



Above, Sgt. Matthew Gallaway (right), performs a functions check on a .50 caliber machine gun, while being graded by Staff Sgt. Johnathan Sablan during the EIB competition. Both noncommissioned officers are with Co. A, 1-27th Inf. Regt.

Below, Staff Sgt. Adam Fox, an infantryman with Co. C, 1-21st Inf. Regt., applies an irregular face paint pattern before being evaluated on the camouflage lane.



Staff Sgt. Yonathan Alcarabravo, Co. E, 2-14th Cavalry Regt., is graded on the camouflage lane by Sgt. Cory Ford, HHC, 1-14th Inf. Regt. EIB candidates from the 2nd SBCT in August got a second shot at earning their badges after familiarizing themselves with the new standards for the EIB that the brigade is testing under a pilot program.

'Cacti' teaches leaders' basics

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with 2nd Battalion, 35th Infantry Regiment, "Cacti," 3rd Brigade Combat Team, 25th Infantry Division, conducted a team leaders course, here, Sept. 21-Oct. 2.

The 10-day course for 70 Soldiers with the Cacti Bn. consisted of various team leader training from physical readiness and noncommissioned officer evaluation reports (NCOERS) to firing procedures on the range.

"The team leaders course for the Cacti Bn. is for the team leaders all to be on the same page," said 1st Sgt. William Brooks, Company A, 2-35th Inf. Regt., "so all are trained to the same standard."

Sgt. Noah Sweeney, team leader, Co. C, 2-35th Inf. Regt., found his instruction illuminating during the course.

"The first couple days was mainly classroom going over NCOERS, counselings and covering everything you need to know for being a team leader," Sweeney said. "The thing I learned the most about was NCOERS and how they're done by regulation."

Another team leader from Co. C, Sgt. Ricardo Martinez, learned much during the classroom portion of the training.

"I've learned several things, mainly to do with paperwork and how to fill out forms properly," Martinez said. "Also, some of the standards set both by the Army and the 25th Infantry Division."

However, it wasn't just the classroom where Cacti Soldiers spent their time during the course. They also spent the other half of the course on the range to sharpen their firing techniques on the range.

"The thing I liked the most was definitely the shooting," Martinez said at the CR-1 range, on Sept. 28. "We did some reflexive fire with some of the retired Special Forces to teach us some quick target acquisition with M-4s and basic rifle marksmanship."

The Soldiers received rifle instruction from Project Manager Soldier Sensors and Lasers (PM SSL) at Fort Belvoir, Virginia, during the second week of their training.

"We're running, basically, a week's worth of training incorporating the thermal weapons sight and the enhanced night vision goggles in the training on the five days that we have to train them," said Joe Priest, a PM SSL member.

The four PM SSL instructors gave a class on proper handling of the M-4 rifle, along with training on the AN/PAS-13, which is a thermal weapons sight, and EVNGs, prior to the live fire on the range, Priest said.

At the end of the training, Sweeney found the instruction at the range very helpful as a team leader.

"The thing I liked the most was the range and definitely the shooting," he said. "It's definitely an improvement over the other team leader courses that I've attended since I've been here."



A Soldier with 2-35th Inf. Regt. fires his rifle during marksmanship training, Sept. 28. The regiment conducted a 10-day team leaders course for its Soldiers, which consisted of classroom training to proper firing on the range.

All field artillery MOSs could soon open to females

DAVID VERGUN
Army News Service

WASHINGTON — Army leadership has recommended that field artillery military occupational specialties 13B (cannon crewmember) and 13D (automated tactical data systems specialist) be open to women, said the Army's chief of field artillery.

"We are waiting on a Department of the Army decision in reference to Field Artillery MOS 13F (fire support specialist), which is specifically tied to the Infantry Career Management Field (CMF) 11 and Armor CMF 19, which currently remain closed," said Brig. Gen. William A. Turner, chief of field artillery and commandant of the U.S. Army Field Artillery School on Fort Sill, Oklahoma.

The Army's chief of staff recently stated that the Army will not ask for a waiver to keep cannon MOSs closed to female Soldiers, said Lt. Col. Donald S. Potoczny, branch chief, Field Artillery Enlisted at Human Resources Command on Fort Knox, Kentucky.

"This continues the effort of the field artillery branch toward full gender integration," Potoczny added.

Last year, all operational assignments were opened for female FA officers, he said.

"In short time, women have served in every possible assignment including as fire support officers in combat in Afghanistan," he explained.

Two years ago, the Army opened rockets artillery units to women, Potoczny said. Both multiple launch rocket system, or MLRS, crew member (13M) and MLRS operations fire direction specialist (13P) were fully integrated.

The Fires Center of Excellence on Fort Sill presently trains female Soldiers for these MOSs, he said. Drill sergeants and instructors will soon be prepared to train the cannon MOSs. Female platoon sergeants are serving, and are "postured to provide mentorship."

Currently-serving Soldiers may be able to reclassify into 13B and 13D if their MOSs are over-strength, he said.

"Opening these positions ensures the Army is properly managing talent of all our service members, balancing readiness and the needs of a smaller force, and positioning all Soldiers for success with viable career paths. Human Resources Command is prepared to continue to assist the recruiting, training and assigning of all our Soldiers to meet future challenges," Potoczny said.

"Each of our Soldiers makes tremendous contributions to our Army and the nation's defense, regardless of gender or ethnicity. This is about increasing opportunities for all. If the Soldier possesses the necessary qualifications, they will be given the opportunity to perform that job. This will only make our Army stronger," Turner said.



U.S. Army photo by Marie Berberea

FORT SILL, Oklahoma — Pfc. Brittany Smith, with Battery A, 1st Battalion, 78th Field Artillery Regiment, unhooks a Multiple Launch Rocket System ammunition pod.

Army to enlist robots to pull Soldiers off the battlefield

C. TODD LOPEZ
Army News Service

WASHINGTON — Most Americans have seen at least one war movie, where, at some point, a fresh-faced young private is hit with some shrapnel.

From the ground, he calls out for the unit medic — another young guy, from another small town, whose quick reaction and skill just may save his life.

In the near future, however, it may no longer be another Soldier who comes running to his side. Instead, it might be an Army-operated unmanned aerial or ground vehicle, said Maj. Gen. Steve Jones, commander, Army Medical Department Center and School and chief of the Medical Corps.

Medics and robots

"We have lost medics throughout the years because they have the courage to go forward and rescue their comrades under fire," Jones said. "With the newer technology, with the robotic vehicles we are using even today to examine and to detonate IED (improvised explosive devices), those same vehicles can go forward and retrieve casualties."

Jones spoke at an Association of the U.S. Army-sponsored medical conference near the Pentagon, Sept. 22.

"We already use robots on the battlefield today to examine IEDs, to detonate them," he said. "With some minor adaptation, we could take that same technology and use it to extract casualties that are under fire."

"How many medics have we lost, or other Soldiers, because they have gone in under fire to retrieve a casualty?" he asked. "We can use a robotics device for that."

Jones said unmanned vehicles used to recover injured Soldiers could be armored to protect those Soldiers on their way home. But the vehicles could do more than just recover Soldiers, he said. With units operating forward, sometimes behind enemy lines, the medical community could use unmanned aerial vehicle systems, or UAVs, to provide support to them.

"What happens when a member of the team comes down with cellulitis or pneumonia? We have got to use telemedicine to tele-mentor them on the diagnosis and treatment," he said, adding that UAVs could be used for delivering antibiotics or blood to those units to keep them in the fight. "So, you don't have to evacuate the casualties, so the team can continue its mission."

Sensors

Other technology that Jones said already exists — for instance, sensors that could monitor a Soldier's vital signs — might also one day make its way to the battlefield, being worn by Soldiers full time.

"Army Medical Research and Materiel Command is actually developing physiological sensors that Soldiers can wear," Jones said. "And in a few years, they will be able to field this. They can be wearing the sensors, and we can just monitor them. And we can do that remotely."

The general likened the sensors to something like a "Fit Bit," which Soldiers might wear now to monitor their heart rate and steps taken.

"This is just a step forward that will monitor other physiological parameters," he said. "Do they need to push more water? How many calories have they consumed? There is a lot of information we can provide commanders that they can use to manage their Soldiers."

The same sensors could be used to triage casualties automatically, so that those injured Soldiers whose vital signs are the worst are the ones who get rescued first.

"If you see a casualty whose heart rate is way up, whose respiratory rate is way up, that may be an indication they lost a lot of blood, and need treatment now, as opposed to a casualty whose vital signs are stable, and you wouldn't have to treat as quickly," he said.

The same sensors can also be installed on unmanned aerial vehicles that might one day rescue Soldiers when they go down.

Jones also discussed the use of cameras on Soldiers to document wounds and treatment that is administered. Such video, he said, could be transmitted real-time to follow-on treatment facilities where the physicians, there, can use it to better understand exactly what treatment a Soldier has already received. Additionally, such footage could be used to provide feedback to the medics who performed the initial care to help them improve their skills. The Army is doing something similar now, he said, using medical simulators.

"We train combat medics in simulators and record treatment they provide and play it back for them," he said. "We show them how they entered the scene, how they surveyed their casualties, how they decided which casualty to treat or not treat. And then we talk to them about the treatment they actually provided."



Photo By 500th Military Intelligence Brigade

HONOLULU — Soldiers with Company A, 715th Military Intelligence Battalion, 500th MI Brigade, pose for a group photo after completing urban land navigation training, here, Sept. 2.

715th MI turns normal land nav into amazing race

CHIEF WARRANT OFFICER DANIEL C. TALBOTT
AND SPC. JULIA G. CRAIG
500th Military Intelligence Brigade

SCHOFIELD BARRACKS—Soldiers with Company A, 715th Military Intelligence Battalion, 500th MI Brigade, conducted urban land navigation training, Sept. 2.

The Army regularly trains land navigation for leadership training, teamwork and esprit de corps.

The training usually occurs in the woods and consists of reading maps, plotting points, using a compass and eventually moving from one point to another to test the skills learned.

The noncommissioned officers of Alpha Co. decided to break the mold and planned a training event to test their Soldiers in land navigation wholly different from normal Army training.

"We wanted to deviate from the typical land navigation training, so we decided to test their navigation skills in an urban setting, and also test their critical thinking abilities," said 1st Sgt. Daryl G. McNeil, Co. A, 715th MI Bn. "To that end, we gave each team a small bag with few instructions and limited resources. Each Soldier had their cell phones and GPS watches temporarily secured and were provided with \$10 and a 20-ounce water source. How they spent that money was up to them."

The day started early at 4:30 a.m. with a formation, here. Soldiers were then broken into 10 teams of four to five Soldiers each and given instructions to travel in one vehicle per team to the navigation start point at Ala Moana Beach Park. Once there, they were given the mission and were provided with a safety brief.

"Your objective is to find eight points located throughout Chinatown, Magic Island and the Honolulu Zoo," said Chief Warrant Officer Daniel C. Talbott. "How quickly you arrive to those points will depend on your ability to think outside the box."

Four of the points were located at historical landmarks within the city, where Soldiers were required to take pictures to prove they had found the correct point. Soldiers were given coordinates to each historical point with clues about where to take the picture.

The other four points in the city had observer controllers positioned to test the team's knowledge about the historical site they had previously located, before giving the teams their next two points.

Each team competed against each other, and the winner was determined based on three criteria: time to complete the course, accuracy of photos and points gained from questions asked by the observer controllers.

"We knew we were graded based on time. Since the first sergeant did not say that we couldn't use public transportation, we hopped on a bus to get to some of our points," said Sgt. Kearn M. Henighan, leader of the victorious team that finished the course in four hours and 12 minutes.

The winning team received a four-day pass. Second place finishers received a three-day pass, and the third place team received company coins.

"This training reinforces the 'adaptive leader concept' that the Army is embracing," said Capt. Hobin Lee, commander, Co. A, 715th MI Bn. "I am extremely proud of my first sergeant and platoon sergeants planning and executing relevant and engaging training. We were able to develop innovative leaders through a fun training event. Not only did we test critical thinking abilities, problem solving skills and physical fitness, but we also exposed Soldiers to Hawaiian history and culture."

(Editor's note: Talbott is the executive officer and Craig is the order clerk for Co. A, 715th MI.)



Photo By Stephen Baack

One day, unmanned vehicles, similar to but larger than this small unmanned ground vehicle, may roll onto battlefields to rescue downed Soldiers, said the commander of the Army Medical Department Center and School.



Sgt. 1st Class Yoshio D. Padilla (left), dining facility manager, 209th Avn. Bn., and Staff Sgt. Albert R. Espinola, advanced culinary noncommissioned officer, 3-25th Avn. Regt., practice energy conservation using the panel of light switches for the DFAC.

DPW and IPC collaborate for energy conservation savings

Story and photos by
SANTIAGO HERNANDEZ
Directorate of Public Works
U.S. Army Garrison-Hawaii

The U.S. Army Garrison-Hawaii Directorate of Public Works teamed up with Island Palm Communities to begin its first-ever energy conservation collaboration.

The teams discussed past, present and future conservation efforts and problems, and exchanged best conservation practices.

“We’ve updated solar hot water systems on 745 legacy homes, and our plan is to install new systems on 1,100 legacy homes,” said Pete Sims, project director of IPC. “Also, in May and June of this year, we replaced 34,000 13-watt compact fluorescent light bulbs with more energy efficient, light-emitting diode bulbs. The estimated savings is around 45,000 kilowatt-hours for lighting and 61,000 kilowatt-hours, per year savings, in cooling costs.”

“The LED bulbs emit less heat; consequently, they help keep room temperatures cooler, which helps reduce air conditioning costs,” he explained.

Sims also added that the Department of Defense’s resident utility consumption program, managed by IPC at the local garrison, has made an impact on utility consumption.

“More than half our families are responsible for their electrical utilities, and they’ve made a great effort to conserve. We have realized an approximate 13 percent reduction in household energy use since implementing the DOD program.”

DPW monitors energy use throughout the garrison. Currently, it stresses an energy conservation campaign that should help cut energy costs by 10 percent over the next few years.

In September, the 2nd Stryker Brigade Combat Team, 25th Infantry Division, was the first to receive a formal mock bill from DPW, and the 25th Combat Aviation Brigade, 25th ID, received an informal bill for August and September.

To date, nearly all of the CAB’s buildings measured have demonstrated a decrease in energy use. For example, Bldg.102, a key facility that houses several battalion headquarters and the Wings of Lightning dining facility, recorded an \$8,500 savings for August.

The garrison is also working with the Exchange and with Family and Morale, Welfare and Recreation, and key on-base contractors, to reduce energy use.

The Class VI and furniture store on Schofield cost \$31,930.47 to operate in July. However, in August, their operational cost was reduced to \$25,777.29 – a savings of more than \$6,100.

“We want units and civilian organizations to use energy,” DPW energy manager Keith Yamanaka said. “However, we want them to use it responsibly. If they don’t need it, we need them to turn it off.”

DPW and IPC energy teams vowed to periodically meet to discuss energy conservation. The goal is to assemble productive and conducive energy conservation practices, which should lead to a reduction in energy consumption across USAG-HI.

These reductions in energy use, regardless of size, will equate to a reduction in carbon emissions. A lower carbon footprint makes for a healthier environment, a lower USAG-HI energy bill, and provides the path to a livable future.

Energy conservation is everybody’s responsibility.

When needed, use it, protect it and conserve it.

Everyone is responsible! Find ways you can help conserve energy.



CLICK IT OR TICKET



One individual can prevent a suicide

SHANNON COLLINS

DOD News, Defense Media Activity

WASHINGTON — As part of ongoing Defense Department and Department of Veterans Affairs efforts to continue to combat suicide, Pentagon officials recently emphasized the powerful role of individuals, as well as peer support and other resources, in suicide prevention.

DOD, in collaboration with the VA, promoted the “The Power of 1” campaign during September in observance of Suicide Prevention Month. The theme underscores the belief that individuals have the power to teach reliance, recognize warning signs, intervene, chat or make a call; it only takes one person or one act to save another person’s life.

One suicide is too many

“Every loss due to suicide is tragic, and we recognize that even one suicide is too many,” Defense Secretary Ash Carter said in a message to the force two weeks ago. “Suicide Prevention Month provides an opportunity for us to demonstrate our collective resolve to combat this preventable problem and promote steps to increase knowledge and foster understanding.”

Part of this understanding comes from peer support and direct leadership, said Keita Franklin, the director of DOD’s Suicide Prevention Office.

“We’ve moved away from a mass briefing in a movie theater,” she said. “The focus now is on small groups, and it’s interactive. The first-line supervisors are the folks who can really influence getting people into care when they need it and making sure people have access to the right resources at the right time, so they don’t have to struggle for longer than they need to.”

“In bystander training,” she added, “peers train to ask peers, ‘Are you thinking of killing yourself?’ We call it, ‘Asking THE question, the important question.’ We won’t know if folks are at risk unless we ask the question. It’s a tough question to ask, but when people ask the question, particularly at a peer level, we know they need to be able to stand ready to get the person into care and literally escort them into care if need be.”

Warning signs

Franklin said at-risk individuals could have anywhere from five to 20 different warning signs. She said they could be going through relationship, legal, financial, emotional or other problems and could withdraw from socializing with their fellow service members.

“When that sense of belongingness is threatened, it can be a troublesome time for a service member,” she said. “Leaders can combat this by letting their folks know it’s okay for

them to get care, that they’re there for them, and that their people are still an important part of the mission.”

Resources

The defense secretary encourages everyone to participate in the suicide prevention campaign.

“The campaign stresses that a simple act by a single person can save a life,” Carter said. “Building on that, I ask each of you to make a personal commitment to participate in the ‘Power of 1’ campaign by taking just one step to help someone you see in need. In 2015 and beyond, embrace the ‘Power of 1’ by understanding that taking the time to ask a question or to pick up the phone can make a difference.”

“Suicide is preventable,” Carter added. “No one needs to stand alone in crisis. The battle to prevent suicide depends upon our standing together – active and reserve, Army, Navy, Air Force, Marines, DOD civilians and their families.”

Identify the Warning Signs

- 1 Hopelessness, feeling like there's no way out
- 2 Anxiety, agitation, sleeplessness, mood swings
- 3 Feeling like there is no reason to live
- 4 Rage or anger
- 5 Engaging in risky activities without thinking
- 6 Increasing alcohol or drug abuse
- 7 Withdrawing from family and friends

For more, visit www.defense.gov/News/Special-Reports/0915_suicide-prevention.

Military Crisis Line

When people call the Military Crisis Line at 1-800-273-8255 and press 1, they can speak to a confidential peer responder specifically trained to deal with any crisis or stresses the service member, veteran or family member may be facing.

People can also reach the crisis line via an online chat or text message to 838255 or online at www.militarycrisisline.net.

The crisis line is free and confidential, and trained professionals are there 24 hours a day, 365 days a year.

Civilian employees can also reach out to the National Suicide Prevention Lifeline at www.suicidepreventionlifeline.org.



IVAO to host absentee voters registration drive

INSTALLATION VOTING ASSISTANCE OFFICE
Directorate of Human Resources
U.S. Army Garrison-Hawaii

Voting is our right, our privilege and our obligation to this great nation.

Let your voice be heard. Register and vote! U.S. Army Garrison-Hawaii's Installation Voting Assistance Office will host a voter registration drive in the lobby of the main Post Exchange, Oct. 5, 10 a.m.-2 p.m.

Some citizens, such as people serving in the military who are away from their permanent home on Election Day, their families or U.S. citizens who are living abroad, have special voting rights and ways to register to vote.

These people have the choice of either requesting a mail-in absentee ballot, the same way as other registered voters, or they can apply to register and/or vote through special programs for military and overseas voters, as described below.

The Uniformed and Overseas Citizens Absen-

tee Voting Act (UOCAVA) is a federal law that requires states to allow certain voters who are absent from their county of residence to have special rights that provide an expedited means for them to register and vote by mail-in absentee ballot.

Citizens covered by UOCAVA include the following:

- A member of the active or reserve components of the Army, Navy, Air Force, Marine Corps, or Coast Guard of the United States who is on active duty.

- A member of the Merchant Marine, the commissioned corps of the Public Health Service, or the commissioned corps of the National Oceanic and Atmospheric Administration of the

United States.

- A member of the National Guard or state militia unit who is on activated status.

- A spouse or dependent of a uniformed services member, as listed above.

- U.S. citizens residing outside the United States.

We are encouraging all garrison community members who haven't registered to come for registration assistance.



More Details

Visit the IVAO at 673 Ayres Ave, Bldg. 750, Room 116, Soldiers Support Center, Schofield Barracks. Call 655-5546. Get more details at <https://www.fvap.gov/portal/>.



Today

Revised Modification

— The southbound lane of Schofield's Humphreys Road, fronting the driveway of Bldg. 2069, which was closed Sept. 24, has been revised. It's now scheduled to end Oct. 2.

The dates were extended due to weather and conduits encountered during excavation.

The center turn lane of Humphreys will be used as the southbound lane. The closures will be weekdays, 8:30 a.m.-5 p.m.

5 / Monday

TLW — The 25th Infantry Division celebrates its 74th birthday, to include the 50th anniversary of the division's entry into Vietnam with Tropic Lightning Week, Oct. 5-8.

Anticipate traffic delays and noise advisories during the following events:

- Monday, Oct. 5, 6-8 a.m.**, the Division Run on Cadet Sheridan Road. Also, UH-60 Black Hawk helicopters will fly over Schofield Barracks in observance of the run.

To report concerns related to aircraft movement or aviation noise, call the U.S. Army Garrison-Hawaii Noise Concern Line at 656-3487.

- Wednesday, Oct. 6, 6:30-8:45 a.m.**, the 10K Run along Airborne Road on Wheeler Army Airfield.

- Thursday Oct. 8, 9:30-11 a.m.**, the Division Review on Weyand Field. Also, residents in the vicinity of Schofield may experience periodic increases in noise the morning and early afternoon between 8 a.m.-3 p.m., as a result of the capabilities demonstration in support of Tropic Lightning Week.

Call 655-6351 for more.

Carpenter Closure

— There will be a road closure at Schofield's Carpenter Street, 8:30 a.m.-5 p.m., Oct. 5-9, and Oct. 13-16, during the hours of 8:45 a.m.-1:45 p.m., Tuesday, Thursday, Friday, and 8:30-11:45 a.m., Wednesday.

Traffic will be stopped for pedestrians to walk around the work area.

AMR — There will be a partial road closure at Aliamanu Military Reservation along Bougainville Loop, and at the intersection of Plumeria and Bougainville loops.

Lanes along Bougainville will be restricted to one lane only through Oct. 9 for utility pole replacement. The intersection of Plumeria and Bougainville will have alternating lane closures, Oct. 9-23, for underground utility installation.

19 / Monday

Leilehua Closure — Schofield's Leilehua Avenue will be closed in phases in order to reconstruct the road.

- Curb repair will take place until Nov. 18.

- Phase 1 of Leilehua between Macomb and Kline/Gordon Lane will be Nov. 19-25.

- Phase 2 between Kline/Gordon Lane and Stoneman Field Road will be

Nov. 30 to Dec. 4. There will be no access to the parking of Bldg. 645, Family and Child Care and Garrison Sports Office.

- Phase 3 between McCornack and the Stoneman Field Road will be Dec. 7-11.

- Phase 1 through 3 closures will be 24 hours a day, seven days a week. The lanes between Leilehua and Waianae Ave that fall within the closed portions of Leilehua will be made two-way for residents only. On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue. The 100 feet no parking area will be used for cars to turn around.

- Top lift paving and striping will be performed 8 a.m.-4:30 p.m., Dec. 14-17.

The contractor will have appropriate safety signs and barriers when the parking lot closes.

Ongoing

Kolekole Closure — There is an ongoing lane closure on Schofield's Kolekole Avenue outbound between Flagler Road and Devol Street.

The right lane on Kolekole outbound will be closed in front of Bldgs. 2623, 2624 and 2625, daily, 8 a.m.-3 p.m. Traffic entering and exiting Burger King, Popeye's, the gas station and mini-mart will not be affected by this closure. Construction is scheduled to end Oct. 23.

Airdrome Road

— There will be a partial lane closure to allow for utility in-

stallation at the intersection of Wheeler's Sterling and Airdrome roads. Airdrome Road will be converted from a two-way road to a one-lane contra-flow around the construction area, consisting of two phases.

The first phase, will be performed to Oct. 21; Phase 2 will be Oct. 21-31. The work hours for both phases will be weekdays, 8 a.m.-5 p.m. (work on weekends only, if necessary).

Signal Drain — The traffic flow at Signal Street that began yesterday continues through Oct. 8 for storm drain line replacement.

During the above period, Signal Street will be closed 24 hours a day in both directions. The closure will begin near the southeast corner of Bldg. 1507 and end approximately 100 feet thereafter.

Traffic will be detoured around the closure, through the adjacent parking lot.

Updated Bennet Drive

— There will be intermittent lane closures at Fort Shafter's Bennet Drive in the vicinity of Bldgs. 341, 405 and 441 for the installation of a new water main line. The work occupies one lane, including the parking stalls perpendicular to the lane, weekdays, 7:45 a.m.-5 p.m., until Oct. 30. Intermittent traffic modification is required to allow for the chlorination of the new water main line, followed by the tie-in of the new water main line to the existing line at the intersection of Bennet Drive and Pierce Street. The preparatory work prior to the chlorination and tie-in begins after the entire length of the water main line for Phase 2 is installed. Phase 2 has encountered delays attributed to various differing site conditions.

The preparatory work prior to the chlorination and tie-in involves excavation, installation of pipe, concrete encasement of pipe, installation and welding thrust blocks, and backfilling at the point of connection.



Today

\$12.8 Million for Homeless Vets — On Tuesday, Secretary of Veterans Affairs Robert A. McDonald announced \$12.8 million in renewed funding through the Grant and Per Diem program to 20 community agencies that currently provide transitional housing with supportive services for homeless veterans under the Transition in Place model.

More information about VA's homeless programs is available at www.va.gov/homeless.

Community organizations seeking details and/or more information may contact the National Grant and Per Diem Program office at

www.va.gov/HOMELESS/GPD.asp or by calling 1-877-332-0334.

Education and Employment — On Wednesday, the VA announced the expansion of a program aimed at increasing education and employment opportunities for America's veterans to an additional 25 new communities.

The Veterans Economic Communities Initiative brings together local and national partners to coordinate services for veterans, service members and military families.

Honolulu is one of the participating communities.

Read the details at www.va.gov/opa/pressrel/press-release.cfm?id=2732.

10 / Saturday

Living History — The Tropic Lighting Museum hosts Living History Day to commemorate the 25th Infantry Division's organization day, 10 a.m.-3 p.m., featuring static exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of military artifacts.

Ongoing

Got an event of interest to Soldiers or civilian employees coming up? Send your announcements to news@hawaiiarmyweekly.com.

CFC Now — The Combined Federal Campaign for the Hawaii-Pacific region is underway, running until Nov 13.

To pledge, see your unit representative or visit www.cfc-hawaii.org/.

Mentors Needed — Installation Management Command Workforce Development re-announced the 2016 IMCOM Headquarters Centralized Mentorship Program. Applications will be accepted until Oct. 19, with a program target start date of Jan. 10, 2016. Previous applicants must reapply for consideration. Visit https://army.deps.mil/army/cmds/imcom_HQ/G1/TMD/SiteAssets/wfd.aspx.

Suicide Prevention — September was Suicide Prevention Month, but awareness continues into the rest of the year.

The Suicide Prevention Program for the garrison and U.S. Army Hawaii ask you to reach out and speak to your chain of command, chaplain or behavioral health professional.

Another option is to call the National Suicide Prevention Hotline at 800-273-TALK (8255).

Disaster App — The state Department of Emergency Management announced an app to prepare for disasters, one of the most important things you can do to keep your family safe.

ReadyHawaii is a smartphone app to keep you up-to-date on hurricanes, tsunamis and other natural or manmade disasters.

Call 723-8960 or email dem@honolulu.gov.

Sunday Shopping — The Schofield Barracks Military Clothing Store is open Sundays on a trial basis, 10 a.m.-5 p.m., until Nov. 15. Call 622-1773.



West Point ranked as No. 2 public college in U.S.

U.S. MILITARY ACADEMY AT WEST POINT
Media Relations

WEST POINT — A report released by “U.S. News & World Report” on Sept. 23 for the 2016 edition of “Best Colleges” ranked the U.S. Military Academy at West Point the No. 2 top public college along with several top five rankings in undergraduate engineering programs and high school counselors’ top college picks.

“This acknowledgement is the result of a team effort by our dedicated faculty and staff,” said Brig. Gen. Timothy Trainor, dean of the academic board. “It is with great pride that we are recognized for the quality educational experience at West Point afforded to the next generation of leaders, who will serve our nation as commis-

sioned leaders of character in the U.S. Army.”

In the best undergraduate engineering programs category (at engineering schools whose highest degree is a bachelor’s or master’s), West Point ranked No. 3, overall, with its civil engineering program ranked No. 2 and mechanical engineering ranked No. 4.

In the high school counselor picks for national liberal arts colleges, West Point ranked No. 1 and ranked No. 2 for top 10 public colleges.

Out of 245 liberal arts colleges that “U.S. News” categorized as awarding more than half of their degrees in the arts and sciences, West Point was listed as the No. 22 best liberal arts college, overall, when combining both private and public colleges.



Photo by William C. Bunce, U.S. Army Garrison-West Point

A report released by “U.S. News & World Report’s” 2016 edition of “Best Colleges,” Sept. 23, ranked the U.S. Military Academy at West Point the No. 2 Top Public College.

Soldiers wanted to become CID special agents

MARY MARKOS

U.S. Army Criminal Investigation Command
Public Affairs

QUANTICO, Virginia — “**Wanted.**” The word placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge incites fear in criminals around the world.

The latest “wanted poster” released by the U.S. Army Criminal Investigation Command, however, is seeking assistance of a different kind.

Commonly known as CID, the command is seeking applications from qualified Soldiers to train and serve as sworn federal law enforcement agents.

CID and its agents support the Army in peace and war, by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID’s reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement.

“If you want to do real detective work, if that is where your heart is, Army CID is where you need to be,” said Chief Warrant Officer 5 John Welch, the command’s chief warrant officer. “That is what we do day in and day out.”

CID special agents are on the cutting edge with the latest in criminal investigative tactics and techniques and receive some of the best training available in law enforcement today.

Agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, and the Canadian Police College.

“Our mission is felony investigations and anything associated with Title 10 criminal investiga-

tions,” Welch said. “We work hand-in-hand with U.S. attorneys, local law enforcement agencies, the FBI, DEA (Drug Enforcement Agency) and ATF (Alcohol, Tobacco and Firearms).”

CID special agents also conduct computer crime investigations, polygraph services,

criminal intelligence collection and analysis, and personal security services, much like the U.S. Secret Service, for key Department of Defense and Army officials.

For many CID special agents, however, the mission is second to the difference they make.

“There is no better feeling than helping people through your investigative efforts, whether it be helping an individual or helping a community,” Welch said.

Most Wanted Soldiers

Candidates must be U.S. citizens at least 21 years old with a maximum rank of sergeant (non-promotable). Promotable sergeants and staff sergeants with one year or less time-in-grade may apply with a waiver.

All applicants must have at least two years, but not more than 10 years of time in-service, have an ST score of 107 or higher (110 or higher if tested prior to Jan. 2, 2002), have at least 60 college credit hours (waiver of up to half of this prerequisite may be considered), and have normal color vision and no record of mental or emotional disorders.

Additionally, applicants must be able to speak and write clearly, attain and maintain a top secret single scope background investigation security clearance, have no record of unsatisfactory credit, and have no felony or courts-martial convictions.

Lastly, they must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

Soldiers with a passion for real detective work and the above qualifications are “wanted” by CID and can start the application process at www.cid.army.mil.



File photo

The U.S. Army Criminal Investigation Command is seeking applications from qualified candidates. See the “Most Wanted” requirements at right.



OPERATION
Rising Star

U.S. Army Garrison-Hawaii Operation Rising Star champion Arlen Abella belts out a tune.



From left, Operation Rising Star judges Bennie James of Royal Events, and Spc. Trent Urquhart and Sgt. 1st Class Danielle Turner, both of the 25th ID Band, listen to performances by the contestants.



The \$300 Spirit Award prize for the most supportive unit or family readiness group went to members of the 523rd Engineer Company, 84th Eng. Bn., and 130th Eng. Bde., in recognition of their enthusiastic cheers for contestant Selena Roney.



From left, contestants Arlen Abella; Sgt. Mylynrose Cruz of Intelligence and Sust. Co., HHBN; Selena Roney; Spc. Jason Cavinder of 516th Sig. Bde., 311th Sig. Cmd. (T); Pfc. Victor Ibekwe of 2-11th FA Regt., 2nd SBCT, 25th ID; and Alexandra Christman gather for a remembrance photo.

Army spouse wins USAG-HI 2015 singing competition

Story and photos by
DON ROBBINS
Contributing Writer

SCHOFIELD BARRACKS — Army spouse Arlen Abella dazzled the audience at the Nehealani, here, Sept. 23, to win first place in the 2015 U.S. Army Garrison-Hawaii "Operation Rising Star" finals.

She received a prize of \$750 for her championship effort.

She now qualifies to compete with singers from Army garrisons around the world.

Finals party

Nearly 100 people attended the USAG-HI finals to witness Abella's victory.

Abella said it felt great to be recognized and gave her renewed confidence in her singing ability.

"I haven't sung too much since I've gotten married, but I'm trying to get out and do it as much as I can. It's a good experience, and I've met a lot of great people," Abella said.

She took top place in the competition by singing "Chandelier" by Sia and "Respect" by Aretha Franklin.

Abella said she starting singing as a child. In fact, after the movie "The Bodyguard" was released, her mother heard her singing Whitney Houston songs.

Abella is the wife of Staff Sgt. Danny Cuello, a communication electronics maintenance shop employee for the 307th Expeditionary Signal Battalion, 516th Sig. Brigade, 311th Sig. Command (Theater), who was there with their children to cheer on his wife to victory.

The \$300 Spirit Award prize for the most supportive unit or family readiness group went to members of the 523rd Engineer Company, 84th Eng. Bn., and 130th Eng. Bde. in recognition of their enthusiastic cheers for contestant Selena Roney.

In addition, Army spouse Roney earned the second place prize in the Operation Rising Star competition, which included a \$350 award.

Roney's husband Staff Sgt. Chris Roney, a heavy equipment operator with the 523rd Eng. Co., said he was proud to attend the competition to encourage his wife.

"She always likes the competition. She supports me, and I support her," the staff sergeant said.

Judging talent

The three judges for the contest were Bennie James of Royal Events, Spc. Trent Urquhart and Sgt. 1st Class Danielle Turner, both of the 25th Infantry Division Band. They listened carefully to performances by contestants and provided feedback.

"Arlen is a powerhouse singer," said Urquhart. "She's diverse and can sing in so many different styles. She's captivating to watch. She has vocal power and presence, and is a lot of fun to watch."

"I thought it was fantastic. She's a polished performer," fellow judge Turner said of Abella. Turner said that the 25th ID Band is looking for talented vocalists and musicians to perform with Army Entertainment.

The third judge, James, said, "She's (Abella) just a well-rounded package as a performer."

He said he could envision her performing equally well as a pop singer or as a theater singer.

"I connected with her. She exudes confidence on stage," James added.

Abella is now eligible to be one of the 12 finalists to compete in the broadcast 2015 Army-

wide "Operation Rising Star" finals in San Antonio, Texas. The winning contestant of the 2015 Operation Rising Star finals and a guest will receive an all-expense paid trip to record a three-song CD.

Besides Abella and Roney, the other contestants in the 2015 USAG-HI "Operation Rising Star" finals were the third place \$200 prize winner Sgt. Mylynrose Cruz of Intelligence and Sustainment Co., Headquarters and Headquarters Bn.; Pfc. Victor Ibekwe of the 2nd Bn., 11th Field Artillery Regiment, 2nd Stryker Bde. Combat Team, 25th ID; Spc. Jason Cavinder of the 516th Sig. Bde., 311th Sig. Cmd. (T); and Army spouse Alexandra Christman.

Streaming Video Finals

Broadcasts of Operation Rising Star Finals and online voting for the Web viewing audience will be open for 24 hours after each broadcast for rounds 1-3. Broadcasts are Nov. 29, Dec. 1 and Dec. 3.

The 2015 winner will be revealed Dec. 9. Visit www.oprisingstar.com.

National Night Out parades, rides into Aliamanu, Oct. 9

ISLAND PALM COMMUNITIES
News Release

ALIAMANU MILITARY RESERVATION — Another great event packed with exciting safety-themed activities is planned at Island Palm Communities' National Night Out celebration, set to take place on Friday, Oct. 9, at 4 p.m., here, at the community center.

The festivities kick off with a superhero parade followed by activities for the whole family and a movie on the lawn at 6:30 p.m.

Families should plan to bring chairs and blankets, so they can kick back, relax and enjoy the featured film, "Big Hero 6."

Interactive exhibits, demonstrations and activities promoting safety within homes and in

the community will be showcased by IPC, U.S. Army Garrison-Hawaii's Directorate of Emergency Services (DES), the Federal Fire Department, the Honolulu Police Department, the U.S. Coast Guard, and other agencies and organizations.

Kids can ride their bikes to the event, then test their skills navigating a cool bike rodeo course, and parents can get their keiki fingerprinted and introduce their little ones to McGruff the Crime Dog and Eddie the Eagle.

The K-9 unit will put on an exciting demonstration and kids will have a chance to meet the unit's four-legged heroes.

Event-goers will enjoy complimentary pizza, cotton candy, popcorn and everyone's favorite:

shaved ice.

More fun can be found on a 16-foot inflatable slide and face-painting and balloon twisting booths. Also, mechanical stuffed animals will be part of the mix, giving kids of all ages a chance to ride them.

National Night Out has been held nationwide for 32 years to heighten safety awareness.

Online

For more information, log on to www.islandpalmcommunities.com.



Courtesy of Island Palm Communities

SCHOFIELD BARRACKS — Military Police Bike Patrol Sgt. Nicolas Wood and a friend share a photo opp, Aug. 7, at National Night Out, here.



Briefs Today

SB Tropics Closed — Tropics Recreation Center will be closed until early fall 2015 for building improvements. Renovations will include a full bar, redesigned bar layout, additional TV screens, upgraded beverage and food menus, and much more. Check back for updates on our website, HiMWR.com.

Grill Your Own Steak Night — FS Hale Ikena lets you grill your own steak, 3-8 p.m., every 1st & 3rd Friday on Mulligan's lanai for \$13.95, or let one of our chef's grill it for an extra \$3. All steaks are served with a baked potato and the chef's choice vegetable. Call 438-6715.

3 / Saturday

Adventure into Kayaking — Outdoor Recreation will host you on a cruise on the Anahulu River on the North Shore. For the entire family, with equipment and instruction included. Fee is \$59/per person. Call 655-0143 to register by noon, Friday, Oct. 2.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m. Saturdays; 6 a.m.-3 p.m., Sundays.

Rocktoberfest — Join the fun at SB Weyand Field, beginning at 4 p.m., which includes a Mr. and Mrs. Rocktoberfest contest, German food and beverages, children's activities, a costume contest, yodeling contest and entertainment, including O.N.E. Nation. Call 655-0111 or visit HiMWR.com.

4 / Sunday

FS Sunday Brunch — Enjoy Sunday Brunch at Hale Ikena from 10 a.m.-1 p.m. Visit www.himwr.com/images/dining/haleikena/2015-Hale-Ikena-Sundaybrunch-menu.pdf for a full menu. Call 438-1974.

5 / Monday

Mongolian BBQ — Barbecue starts at 5 p.m. at SB Kolekole Bar & Grill. You can customize delicious, healthy food in endless different ways. Create your own stir-fry using a variety of meats, poultry, seafood, vegetables, sauces and spices. Every stir-fry is served with your choice or combination of rice, fried rice and noodles.

6 / Tuesday

Taco Tuesday Night — Enjoy three tacos, rice and beans for only

SESAME STREET TODAY AT SCHOFIELD

The Sesame Street/USO Experience for Military Families

Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

TWO SHOWS:

- » **MOVING SHOW**
Featuring Katie, a military kid on Sesame Street who is moving to a new base.
- » **TRANSITIONS SHOW**
Featuring Katie, a military kid transitioning back to civilian life at Sesame Street after living on military bases the past few years.

PROGRAM HIGHLIGHTS:

- » Free admission for military families and their children
- » Mini-show and giveaways
- » For tour information visit www.sesamestreet.org/TLC and USO.org

DATE: Friday, October 2, 2015	TIME: 3pm (Transitions Show) 6pm (Moving Show)	PLACE: Martinez Gym, Schofield Barracks	TO SIGN UP: No sign up required First come, first served
--------------------------------------------	-------------------------------------------------------------	------------------------------------------------------	-----------------------------------------------------------------------

Doors open 30 minutes prior to performance time. Information: 655-0113 • HiMWR.com

SCHOFIELD BARRACKS — "Sesame Street" favorite characters are joined by Katie, a military kid, as "Sesame Street" and the USO team to bring two shows to Martinez Gym, here, today, at 3 and 6 p.m.

There is no admission charge or sign up required. The shows are intended for military families and children. Call Family and Morale, Welfare and Recreation Special Events office at 655-0113 or visit HiMWR.com for more details.

\$4.99 at SB Kolekole Bar and Grill, every Tuesday night. Call 655-4466.

7 / Wednesday

FS Library Story Time — Mermaid Harmony is returning for another great storytelling session featuring mermaid stories and songs, 3:30 p.m., at FS library.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

North meetings are held at SB Tropics, every 1st & 3rd Wednesday at 3 p.m. South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month at 10 a.m. BOSS is waiting for your call, 655-

1130.

8 / Thursday

Tropic Lightning Week Polo — SB Weyand Field hosts the sport of Kings, 3-5 p.m., preceded by the Food Truck Rodeo, beginning at noon.

9 / Friday

Resume Workshop — ACS Employment Readiness helps you create or update your resume for a private sector job, 10 a.m.-noon, at ACS SB. Call 655-4227.

Ongoing

Pau Hana Social — SB Kolekole Bar & Grill offers end-of-workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and

Fridays; plus 4-6 p.m., Thursdays.

Auto Repairs — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center at affordable prices. Call 888-2931 or 769-7454.

SKIES Unlimited New Programs — Attend any of the following:

- Learn Spanish for 18 months at the AMR and SB SKIES Studios. Participants must be 18 years of age; costs \$55/month/child.
- Yoga dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years old at our AMR and Schofield SKIES Studios; fee is \$35/month/child.
- Vocal Technique if you love to sing. Join the class and sing the night away. Class meets on Fridays from

See MWR B-4

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

First Friday Street Festival — Honolulu's Chinatown and the art district nightlife comes alive every first Friday of the month, 8 p.m.-2 a.m., with entertainment, food and activities. Sponsored by Arts District Merchant Association. Call 521-1812; visit www.artsdistricthonolulu.com.

3 / Saturday

Flu Shots — Tripler Army Medical Center will offer free flu shots to Tricare beneficiaries, 9 a.m.-2 p.m., Saturday, at the SB Exchange, for ages 2 and older.

Pacific Roller Derby — Double-header competition begins at 5:30, Palama Settlement Gymnasium, 810 N. Vineyard Blvd. Admission is \$7 for all ages. Visit www.facebook.com/PacificRollerDerby.

Great Guns Exhibition — Two-day show begins at 10 a.m. Saturday

at the Blaisdell Exhibition Hall presented by the Hawaii Historic Arms Association.

Tickets are \$6; cash only. Children 11 and under are free with an adult.

5 / Monday

Are you registered? — The Army celebrates Absentee Voters Week, Sept. 29-Oct. 6.

If you're not registered, take advantage of the registration drive between 10.m. to 2 p.m., Monday, Oct. 5, at the Main Post Exchange, SB.

Call 655-5546 for the Installation Voting Assistance Office, in the Soldier Support Center, Bldg. 750, Rm. 116, Ayers Avenue, SB. Visit www.fv.ap.gov for home state details.

6 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

7 / Wednesday

Keith Urban Concert — One of the industry's most electrifying live performers, four-time Grammy Award winner and American Idol judge Keith Urban will perform at the

Blaisdell Arena, Oct. 7. Tickets are on sale now at the Blaisdell Box Office, Ticketmaster.com, all Ticketmaster outlets, including all Walmart locations on Oahu, Maui, Kauai

and the Big Island, or charge by phone at 1-800-745-3000.

9 / Friday

The Magic Flute — Mozart opera scheduled for three performances, beginning Friday at 8 p.m. at the Blaisdell Concert Hall.

A Sunday matinee and Tuesday concluding performance are also scheduled. Call the Hawaii Opera Theatre box office at 596-7858.

10 / Saturday

Living History — The SB Tropic Lighting Museum hosts Living History Day to commemorate the 25th Infantry Division's organization day, 10 a.m.-3 p.m.

This family event will feature static exhibits of modern military memorabilia, restored military vehicles, re-enactors in period uniforms and hands-on displays of military artifacts, as well as period musical entertainment.

16 / Friday

Volunteers Needed — Hun-

dreds of volunteers are needed for the Kaneohe Bay Air Show and Open House to assist in food service, marketing, ticketing and more. Volunteers will receive an air show volunteer T-shirt and certificate of appreciation. Visit www.kaneohebayairshow.com/volunteer.html.

17 / Saturday

Kaneohe Bay Air Show and Open House — This two-day Marine Corps Base Hawaii, K-Bay, open house includes free admission, parking and a world-class air show. The family friendly event will feature the U.S. Navy Flight Demonstration Team and the Blue Angels, along with a list of exhilarating professional performers and historical Warbirds, static displays and keiki events.

For those who wish to upgrade their viewing experience, premium seating is available for purchase. Marine Corps Community Services' seating and private, shaded chalets provide the ultimate one-of-a-kind air show experience. Visit www.kaneohebayairshow.com/index.html.

Schofield Exchange — Schofield main store has been selected to have a New Balance promotional event 10 a.m.-3 p.m., Oct. 17.

A 20 percent discount and variety of T-shirts, bags, water bottles, etc., will be provided to customers.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance



Schofield Barracks

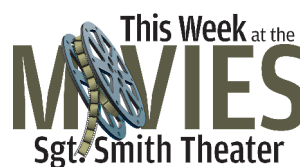
Sgt. Smith Theater

is closed for Directorate of Public Works maintenance work.

No reopening date for movie viewing

is now scheduled.

Call Schofield Exchange at 237-4502/4572.



FMWR car and bike show flashes style and morale

Story and photos by
DANIEL PIZARRO PEREIRA
 Contributing Writer

SCHOFIELD BARRACKS — They came in all shapes and sizes — extreme, off-road capable vehicles; very loud audiovisual vehicles; a slew of domestic, highly modified muscle cars; a few classic cars; some standout imports; and a half-dozen motorcycles — to share the spotlight of the Drags & Drifts Car and Bike Show at the Tropics.

Family and Morale, Welfare and Recreation, in collaboration with the Tropics Warrior Zone and the Better Opportunities for Single Soldiers (BOSS) program, combined to stage the Soldier-requested event.

Safe outlet

The car show provided Soldiers an unusual venue to blow off some steam and connect.

“We are trying to get them in here and keep them safe,” said Kalela Kini Keao, FMWR BOSS adviser.

Both the “Take a Stand” and BOSS programs have acknowledged a recent spike in Soldier suicides. Event officials indicated there is a cry out for help, and Army leadership is not just hearing it, but also taking action in a variety of programs, training, counseling and events.

“These events take as long as six months to get together, but the ability to hold them every quarter is definitely possible and requested constantly by the Soldiers,” said Keao.

Soldiers of a variety of ranks participated in the event that was visual and tactile. Even light rain and muggy temperatures didn’t prevent a sea of smiles among the participants and spectators alike.

Awards were presented with loud cheers.

Tropics

Tropics is currently under major renovation construction to provide a safe, fun place for Soldiers to enjoy themselves. It should be completed this fall.

Patrons will enjoy a beautiful, modern bar; plenty of parking; pool and ping pong tables; a stage; 12 large screens; and other beautiful, modern treatments.

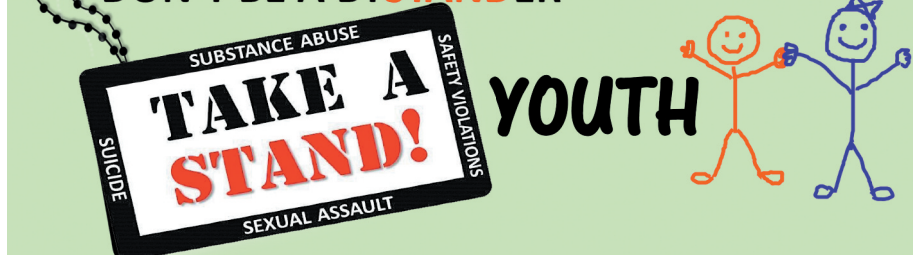
Tropics is located at Bldg. 589, Foote St., Schofield Barracks. Call 655-5698.



Personal operating vehicles of all shapes and sizes are showcased at the 4th annual Drags & Drifts Car and Bike Show. Categories included modified trucks (photo #1), audiovisual (#2), import (#3), custom motorcycles (#5), and custom and stock classics (#7). Trophies were awarded (#6), while event attendees of all ages participated (#4).

POSTER CONTEST

DON'T BE A BYSTANDER



Poster by Maleah Caesar, Mailee Kanayama, Haley Harper and Keilani Stewart

Personnel above took 1st Place in the Elementary School Division.

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Adolescent Support and Counseling Service
(808) 655-9944

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Installation Safety
USAG-HI Safety: (808) 656-1173 /
(808) 655-1167

'Old fogies' can still dance if they want to

Every year about this time, I go on a half-hearted crash diet involving tuna fish, hard-boiled eggs and colon-cleansing rabbit food.

I dig frantically through the neglected stash of garments in the back of my closet in hopes of finding a dress that still fits and a pair of shoes that won't make me walk like a Sleestak.

I stand in front of the mirror, more than usual, twisting my hair into updos, then brushing it out, over and over. I turn to the side, suck in my stomach, and rise up on my tippy toes. I inspect my toenails, fiddle through my jewelry stash and pray that I can find my most important accessory — my Spanx.

Why would I exhibit this odd behavior every year in October? Because it's time for the Navy Ball.

Just like the other military balls — the Army Ball in June, the Marine Corps Ball in November, the Air Force Ball in September and the Coast Guard Ball in August — the Navy Ball happens every year to celebrate our service's birthday, Oct. 13, 1775.

Military balls are pretty much the same every year, with programs that include cocktail hour, the parading of colors, dinner, speeches, dancing and some service-specific traditions, such as the Army's elaborate "Grog Bowl" ceremony.

Although these formal events don't change much, year after year, there is an unspoken expectation that one's behavior at military balls must change the older one gets.

When you're new to the military, the annual ball is a time to enjoy yourself, let your hair down, live a little.

But as the years of military service roll on, and you move up the ranks, you're expected to "set a good example."

What a drag.

I remember my first ball as a new Navy spouse in California in 1994. My husband and I were star-struck shaking hands with the guest speaker (a California senator) and other muckety-mucks in the receiving line.

After nervously negotiating the fancy dinner etiquette, we jumped from our seats for the main event: dancing.

I don't remember my moves on the dance floor that night, but I do remember bumping awkwardly into the senator and his wife, and being really, really sweaty.

At every Navy Ball since then, my husband and I hit the dance floor, ready to kick up our heels. My husband does the same funny little jig he's been doing since our first dance at a cheesy Holiday Inn bar in Kitty Hawk, North Carolina, nearly 23 years ago: He skips in place to the beat, with



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

his hands folded up near his chest like a T-Rex, and his quadruple-E feet whipping alternately to each side. He forgets I'm with him while he smiles to the crowd, occasionally stopping to point at someone for dramatic effect.

But somewhere along the way, we realized that we were the "old fogies" at the ball, and with that realization came a sort of obligation to throttle back and leave the dancing to the younger folks. Those of us who already have a couple decades of formal events under our expanding belts should probably stick to the cake and coffee, perhaps stepping out onto the dance floor for one or two obligatory conservative shuffles before heading home to take our Ginko Biloba.

Really?

It is true that career military types like us don't have all the moves (our teenage daughters have tried in vain to teach us to "whip" and "nae nae"), and we have never heard many of the popular songs because we're too busy listening to NPR news in our high-mileage minivans.

And yes, we do sometimes wake up the next morning from a night of dancing with bulging disks and torn ligaments.

But the fact remains that we still like to dance, and now that we're too old to hang out at nightclubs, military balls and weddings are our only opportunities. Besides, when my husband and I get out there on the dance floor to botch the moves to the Cupid Shuffle, we are setting an example.

In our sweaty state of dancing bliss, we are showing the world that making a career of military service can be fun.

(Currently stationed in Newport, Rhode Island, Molinari is a 21-year military spouse and mother of three, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, themeatandpotatoesoflife.com. Follow Molinari on Facebook and @MolinariWrites.)



Briefs

CONTINUED FROM B-2

5:30-6:30 p.m. at the SKIES Studio. Open to children 6-18 years old; fee is \$35/month /child. Call 655-9818.

SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55/month. Call 655-9818.

Mexican Cuisine Lunch Buffet — New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

Torch Club — The Torch Club is looking for volunteer teen leaders. Torch Club members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participat-

ing in leadership and social activities.

Meetings are held 3:30 p.m., once a week, at the FS Teen Lounge. Call 438-6470.

Pacific Teen Panel — AMR/FS Teen Center Teen Panel is looking for interested teens who want to serve on the PTP for the AMR/Tripler/FS communities. Teens must be CYS Services registered, in the 9th-11th grade, and participate in youth activities.

PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific. Call the AMR Youth Center at 833-0920 or FS Middle School and Teen Program at 438-6470.

SKIES Unlimited Hula Classes — SB and AMR host hula classes for \$35/month. Call 655-9818 for class availability or log onto FMWR at

www.himwr.com for more details.

Hawaiian Lunch Buffet — Enjoy a traditional Hawaiian luau lunch buffet every last Friday of each month from 11 a.m.-1 p.m. at FS Hale Ikena for \$14.95/per person. Large parties are welcome. For reservations, call 438-1974.

SKIES Dance Classes — Participate in dance at SKIES Unlimited AMR and SB studios. The SKIES Dance program offers a variety of dance classes, including rhythm in motion for 2 year olds. Call 655-9818.

RV/Boat/Jet Ski Lot — Not enough space? Store your recreation equipment with the Auto Skills Center.

Costs \$40 for 16 feet and below, and \$50 for any above 16 feet. Call SB at 655-9368 or FS at 438-9402.

NPL Day engages volunteers, aids SB Hawaiian Interpretive gardens

Story and photos by
CELESTE HANLEY
Oahu Army

Natural Resources Program SCHOFIELD BARRACKS — Volunteers and staff of the Oahu Army Natural Resources Program (OANRP) celebrated National Public Lands Day (NPLD), Saturday, through weeding and planting efforts in the native Hawaiian interpretive garden, here.

DOD funded 30 projects on 30 military installations across 16 states with the NPLD DOD Legacy Award in 2015.

The native Hawaiian interpretive garden at Schofield was one of the awardees, with a project focus of improving the appearance and educational capacity of the garden.

Species protection

OANRP manages endangered species in some of the most remote areas on the island of Oahu.

Established in 2008, the native Hawaiian interpretive garden at the OANRP base yard made it possible for community mem-

bers to experience some of the rarest ecosystems on Oahu – all within Schofield Barracks.

Rare habitats, from coastal dunes and shrub lands to high montane cliffs, are depicted as various “islands” within the garden.

Thanks to the 100-plus hours volunteers and staff spent weeding and planting on Saturday, the habitats are looking much closer to the natural areas they represent.

“We worked hard to remove invasive weeds that were overtaking the various islands within the garden, much like we have to do in order to protect endangered species in the wild,” said Kim Welch, environmental outreach specialist with the program.

“It felt really nice to see the garden come alive,” said volunteer Roy Kikuta. “It was definitely worth the TLC (tender loving care) we put in!”

Volunteers also planted native plants, including endangered species, such as ‘ohai (Sesbania tomentosa) to improve diversity within the garden.

“‘Ohai are likely pollinated by the endangered Hawaiian yellow-faced bee (Hylaeus sp.),” said Welch. “Other pollinators will surely enjoy these plants and additional new species in the garden.”

The effort supports the National Strategy to Promote the Health of Honey Bees and Other Pollinators.

Connect Online

More information on National Public Lands Day efforts throughout the nation can be found online at www.publiclandday.org.



Volunteer Days

Another volunteer day will be scheduled in November to finish up the remainder of the improvement project, which will include the assembly of a shelter, installation of interpretive signage, improvement of the garden compost pile and more weed control.

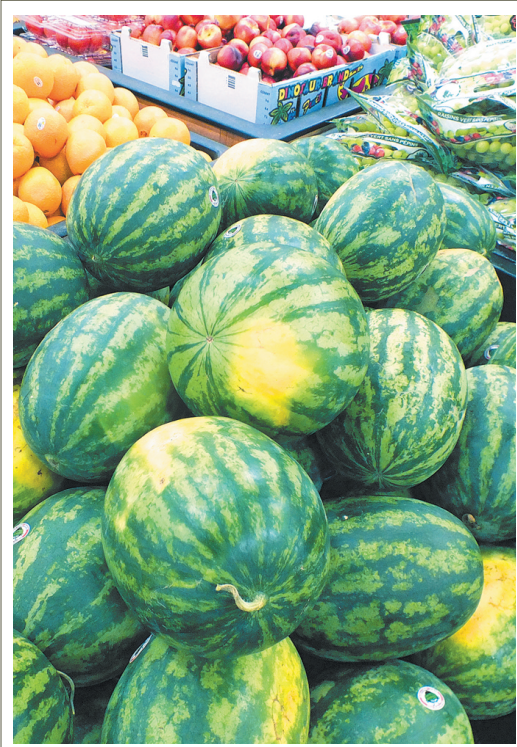
The native Hawaiian interpretive garden is located at the Oahu Army Natural Resources Program base yard on Schofield Barracks. To schedule a visit, contact outreach@oanrp.com.



The National Public Lands Day volunteer event, Saturday, included weed control in OANRP’s native Hawaiian interpretive garden, which represents various native ecosystems throughout Oahu.



Volunteers planted endangered Hawaiian plantings, including the ‘Ohai plants to improve the diversity of the garden.



File photo

Fresh fruits and vegetables are healthy food choices to maintain proper nutrition.

TAMC TIP

Nutrition



If you’re trying to drop weight, start by dropping the sugary drinks.

Sports drinks may provide electrolytes necessary for exercise, but they also deliver a considerable dose of calories from sugar.

As a general rule of thumb, if you are exercising less than 60 minutes, eat regular meals, which provide electrolytes, and replace fluids with water.

If exercising longer than 60 minutes and/or in very hot environments, consider using a low or no sugar sports drink. These provide electrolytes without providing an abundance of liquid calories that may hinder your weight loss efforts.

Other sugary drinks to replace or get rid of include sweet tea, lemonade, sugar sweetened energy drinks or soda, and even fruit juices. For instance, it takes 4-5 oranges to make a small 8-ounce glass of orange juice, but you don’t get the same fullness from drinking the juice as you do eating 4-5 oranges. Yet, you get all the sugar.

Instead, try low sugar or no sugar versions of your favorite drinks, eat the whole fruit instead of drinking the juice or slice up some citrus fruits and infuse into your water or seltzer water.

(Submitted by Capt. William R. Conkright)