



Photos by Staff Sgt. Kyle J. Richardson, U.S. Army-Pacific Public Affairs

Defense Secretary Ash Carter addresses a joint service audience about the historic role they play in Pacific rebalancing, Nov. 6.

Carter discusses military rebalance to Asia-Pacific

JIM GARAMONE

DOD News, Defense Media Activity

JOINT BASE PEARL HARBOR-HICKAM — The Asia-Pacific will be the economic driver for the world in the years to come, and that is why rebalancing the U.S. military to the region makes such sense, Defense Secretary Ash Carter said Nov. 6, here.

"It is the single part of the world that will be most consequential for the future," Carter told the joint service audience inside a hangar.

Carter said Asia is growing and becoming more prosperous because of the sacrifices American service members have made to preserve the peace.

"For 70 years now ... the single-most important factor that has kept the peace and stability in the Asia-Pacific region ... is the pivotal role of American military power," he said. "What the rebalance means is we intend to do that going forward."

Historic role

Carter told service members that they are the heart of the rebalance and that they are playing a role in history.

Service members asked Carter about China and its growing role in the region. The secretary said it was natural that China would seek to play as large a security role as it does an econom-

ic one. But China is not the only country in the region that is playing a larger part in security affairs.

"Japan is increasing its defense role out here, so is India," he said. "Many, many countries are asking us to work with them because they want to be part of this regional architecture that keeps the peace, and we welcome all of them, to include China."

The U.S. policy is not one of division or exclusion, the secretary said. "Our policy is one of inclusion," he said.

Employ diplomacy to solve issues

Carter called on all countries claiming land in the South China Sea to solve their problems diplomatically.

"For our part," he said, "the United States will continue to fly, sail and operate anywhere international law permits (from the South China Sea to the Arctic.)"

There are many challenges in the region, the secretary said.

He said the United States will continue to watch China, but American leaders are also concerned about North Korea and Russia. He also mentioned the Islamic State or Iraq and the Levant, saying the United States must defeat that "evil movement."

Carter also told service members there is progress on the budget front, noting he is pleased with the two-year budget agreement.



Service members assembled in a JBPHH hangar listen as Defense Secretary Ash Carter discusses U.S. military rebalancing, Nov. 6.

Uniform changes include Ike jacket, socks & cover

GARY SHEFTICK
Army News Service

WASHINGTON — Soldiers are now authorized to wear either black or white socks with their Army physical fitness uniform.

Effective immediately, black socks can be worn with either the gray-black PT uniform or the new gold and black uniform.

Like white socks, the black socks must be plain with no logos. The socks can be calf-length or ankle-length, but must at least cover the entire anklebone, said Sgt. Maj. Eva M. Commons, Army uniform policy senior enlisted adviser with G-1.

The new policy comes as a result of Soldiers requesting the change over the last several months, Commons said.

"The senior Army leaders will go out to various installations and receive questions from the field," Commons said. "... One of the ones brought back was the request to be authorized to wear black socks."

The Army staff then examined the request, she said.

The black sock question was also placed into a uniform item survey completed in August by 18,588 Soldiers. Almost 67 percent of respondents, or 12,408, said that black socks should be authorized.

Since the black socks will be optional, there was no production requirement, no cost associated, and the logistical aspect was minimal, so this change was able to go through an abbreviated board process, Commons said, but added that all of the steps of the Uniform Board process were still completed before the change was considered by the Army chief of staff.

"We were able to get through all of the steps much more quickly and get it approved and get it implemented, so Soldiers can start operating under this new guidance," she said.

The new guidance is outlined in an Exception to Policy, or ETP, memorandum signed by Lt. Gen. James McConville, Army G-1, Nov. 5. That memo will serve as the authorization for Soldiers to wear black PT socks until DA Pam 670-1 is updated in a few months, Commons said.

the current black windbreaker.

Soldiers also voted that all drill sergeants, including women, should wear a single-style "campaign hat," already worn by male drill sergeants. A total of 11,590 Soldiers, or 62.4 percent of respondents, wanted this headgear for all drill instructors.

A majority of survey respondents wanted the Army to go to a single-style service cap for all Soldiers. A total of 12,250 Soldiers, or 65.9 percent, wanted the "bus driver" type cap, now worn by males, to be authorized for wear by all Soldiers.

In addition, 10,313 respondents, or 55.4 percent, wanted the blue service cap to be the required headgear with ASUs for senior noncommissioned officers (sergeants first class and above), officers and warrant officers, instead of the beret.

A representative sample of active duty, National Guard and Army Reserve troops were asked to complete the uniform survey.

Ike Jackets and headgear

Another change to the new DA Pam 670-1 will be the elimination of all reference to the dress green Army Service Uniform, or ASU.

Sept. 30 was the wear-out date for the green Class A jacket, said Sgt. Maj. Eva M. Commons, Army uniform policy sergeant major with G-1. All Soldiers should now have the blue ASU.

Other items in the recent uniform survey must go before the Uniform Board at Department of the Army before they can be implemented, Commons said. The survey included questions about a windproof blue Eisenhower jacket, a single-style "campaign hat" for all drill sergeants and a single-style ASU cap for all Soldiers.

A majority of Soldiers voted for the optional windproof Eisenhower, or Ike, jacket meant to be worn in the workplace. A total of 11,613 Soldiers, or 62.5 percent of the respondents, were in favor of authorizing the Ike jacket to be worn in addition to

HAST preps for disasters

Story and photo by
SGT. 1ST CLASS NICOLE HOWELL
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The Asia-Pacific region's typhoons, tsunamis, earthquakes, cyclones, floods and mudslides directly impact millions, and they often require a rapid team effort by Pacific partners to save lives and help affected nations recover from natural disasters.

As part of that team effort, a team of U.S. Army-Pacific Soldiers from the 8th Theater Sustainment Command is training and preparing to contribute to regional humanitarian aid/disaster relief efforts across the U.S. Pacific Command area of responsibility.

"The Humanitarian Assistance Survey Team (HAST) is a rapidly deployable, tailorable package designed to give the USARPAC commander situational awareness and critical connectivity with the U.S. ambassador's country team, the primary federal agency and the state department representative or the Department of Defense joint task force," said Lt. Col. Sean Picciano, officer in charge of 8th TSC HAST A. "It is important to support other nations in the Pacific because it supports the USARPAC mission of building relationships that contribute to a stable and secure PACOM area of responsibility, which is USARPAC's vision."

The intent of the HAST is to assist the U.S.

Agency for International Development-Office of Foreign Disaster Assistance, the U.S. government, and the host nation's government by providing support, so lives are safeguarded, human suffering is alleviated, and the affected state/international community regains the ability to resume full control over the situation.

USARPAC has three units that are charged with providing HAST support: 8th TSC, 25th Infantry Division and I Corps. Each unit takes control of the mission for a period of 90 days and then passes it to the next unit in the rotation.

The 8th TSC HAST consists of two teams made up of no more than 15 to 20 personnel from the 8th TSC, 413th Contracting Support Brigade and the 18th Medical Command. Each individual brings a different capability to the team, such as communications, intelligence, medical, logistics planning, aviation, ordnance, contracting, operations, protection, engineering, military police, and chemical, biological, radiological and nuclear assessments.

"This mission provides us the ability to train on different skill sets while training on some of our core tasks, such as Soldier and equipment readiness and the ability to alert our team and deploy within 24 hours," said Picciano.

(Editor's note: Read more about the 8th TSC HAST's 2016 on-call mission at www.hawaiiarmyweekly.com.)



The 8th TSC HAST receives training on how to prepare for a pre-joint inspection, conduct blocking and bracing training and how to develop a load-plan for movement of their equipment prior to taking over the mission, Jan. 1. The HAST is an agile and responsive team with unique capabilities consisting of 15-20 personnel ready to deploy on short notice in support of humanitarian aid/disaster relief operations within the Pacific.



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com

News Editor
John Reese 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writers and Photo Editors
Doris Pangelinan 656-3150
reporter@hawaiiarmyweekly.com

Layout
Daniel P. Pereira
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI
96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MAJ Shea Asis
655-6343
2nd Stryker Brigade Combat Team
CPT Rich Barker 655-0738
3rd Brigade Combat Team
CPT Tanya Roman
655-1083
25th Combat Aviation Brigade
CPT Heba Bullock
656-6663
8th Theater Sustainment Command
SFC Nicole Howell
438-1128
311th Signal Command (Theater)
Liana Kim, 438-4095
94th Army Air & Missile Defense Command
SFC Jaquetta Gooden, 448-1556
9th Mission Support Command
CPT Debbie Eddin
438-1600 ext. 3478
18th Medical Command (Deployment Support)
SFC John D. Brown,
438-4737
Tripler Army Medical Center
James Guziar 433-2809
U.S. Army Corps of Engineers-Honolulu District
Joe Bonfiglio 835-4002
500th Military Intelligence Brigade
SSG Thomas Collins
655-5370
599th Transportation Brigade
Donna Klapakis 656-6420
USAG-Pohakuloa
Dennis Drake 656-3154

Police Call

Community can help when keiki are missing

COL. DUANE R. MILLER

Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

The community experienced three separate incidents of missing children over the past couple of weeks. Thankfully, the children were found safely and returned to their families.

Neither of these incidents involved a predator or a kidnapping situation; both children simply chose not to return home or left home without the knowledge of their parents.

These incidents are isolated and rarely occur, but the Directorate of Emergency Services would like all families to prepare in case this happens to them.

The first step is to be prepared prior to an incident occurring. In order to be prepared, you must have a current photo of your child readily available for authorities to distribute to the community. A photo with the



Miller

current likeness of your child is invaluable for us to post in order for the community to assist with the search.

Have current phone numbers of your child's friends and their parents.

This may be more difficult in a military community where families make permanent change of station, or PCS moves, in and out, but these numbers are extremely valuable if your child is missing.

Your child's friends are a good source of information about your child's last location.

Complete a keiki ID, which can be completed during community events, such as National Night Out and the Fourth of July at the Military Police tents. The ID kit contains a photo, fingerprints and a DNA sam-

ple of your child, which is a great resource for investigators.

Pay close attention to what your children are wearing and where they said they are going when they leave the house.

The more information you can provide for their description, the better. Also, knowing your child's schedule can help law enforcement focus on an area to search.

Lastly, if you suspect your child is missing, immediately notify law enforcement. You can call 911 off post, or if you live on post, either 911 or 655-5555.

The DES has the ability to check vehicles leaving the installation, to distribute a "be on the look out" to all patrols for your child using the photo and description you provided and to distribute a community bulletin on Facebook and other outlets. If you delay calling law enforcement, some of the procedures that we can put into effect may not work.

Police Blotter

The following incidents happened during Oct. 15-30.

Aliamanu Military Reservation

- 1 - Larceny of private property
- 1 - Wrongful damage of private property

Fort Shafter

- 1 - Duty upon striking
- 1 - Larceny of private property
- 1 - Larceny of private funds
- 1 - ROI (other) theft in the third degree
- 1 - Suicidal ideations

- 1 - Wrongful damage of private property
- 1 - Wrongful damage to government property
- 1 - Wrongful use of inhalant

Hawaii Armed Services Police (HASP)

- 4 - Abuse of a family or household member
- 1 - Criminal contempt of court

Schofield Barracks

- 2 - Absent without leave
- 2 - Assault
- 4 - Damage to private property
- 1 - Damage to government property
- 4 - Domestic without assault

- 1 - Failure to obey general order
- 1 - Juvenile misconduct
- 4 - Larceny of private property
- 2 - Larceny of government funds
- 4 - Shoplifting
- 1 - Simple possession of marijuana
- 2 - Suicidal ideation/gesture
- 3 - Traffic accidents
- 1 - Unattended child
- 1 - Undetermined death

Tripler Army Medical Center

- 1 - Larceny of government property
- 2 - Traffic accidents

CID seeking applications for special agents

CRIMINAL INVESTIGATION COMMAND PUBLIC AFFAIRS

The word "wanted" 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, it 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. "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, the Metropolitan Police Academy at Scotland Yard, and the Canadian Police College.



"Our mission is felony investigations and anything associated with Title 10 criminal investigations," Welch said. "We work hand-in-hand with U.S. attorneys, local law enforcement agencies, the FBI, DEA and ATF."

CID special agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis, and provide personal security services, much like the U.S. Secret Service, for key Department of Defense and Army officials.

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

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

"Wanted" Soldiers must be U.S. citizens at least 21 years old and 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, 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, they 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 no felony or court-martial convictions. Lastly, they must be able to complete 36 months of service obligation upon completion of the CID special agent program.



Agent Course

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

FOOTSTEPS in FAITH

Two awareness campaigns express 'who we are'

CHAPLAIN (MAJ.) LEO MORAS
500th Military Intelligence Brigade

In March, Sergeant Major of the Army Daniel A. Dailey kicked-off Sexual Assault Awareness and Prevention Month with "Not in my Squad, Not in our Army."

The kick-off was to focus on well-being, safety and dignity of Soldiers. It was a call to duty for leaders to take responsibility and own solutions for those in their care.

Similarly, U.S. Army-Hawaii has launched the "Take a Stand!" awareness campaign to prevent dangerous behavior in the 4S's: substance abuse, sexual assaults, suicide and safety.

The ultimate goal is to reduce the 4S behaviors and create an increased sense of safety and well-being for Soldiers, family members and civilians.

In concert with the call to duty with the Army and USARHAW, the 500th Military Intelligence Brigade has nested the two campaigns into its 2016 theme, "Who We Are," with quarterly installments:

- We are Vanguard;*
- We are Professionals;*
- We are a Team; and*
- We are a Family.*



Moras

Who We Are. Identity has to do with our good behavior for others to emulate. Hence, the focus is on who we are. All training, activities and events in the brigade are purpose driven and intentional. Who we are aims at forming a distinct identity to bring a culture of change at home and at work.

We are Vanguard. We're leaders out front. The motto of the U.S. Military Intelligence Corps is "Always Out Front." Being in the vanguard means to lead from the front.

Focus on being a vanguard, to be the first to Take a Stand! ... to do right in the barracks, in the family, at work, in the community, in combat, on or off duty.

We are Professionals. The Army profession is a vocation, demanding that we do everything right, seen or unseen, that we physically, socially, emotionally, financially, relationally and spiritually adhere to our moral and ethical principles.

Our grooming, the words we use in our conversations, the dignity and respect we give to others, our

habits, affect our profession. Strive to reduce at-risk behaviors from our formations through standards and discipline to live a life worthy of our calling.

We are a Team. The purpose of a team is to be responsible, resourceful and accountable to each other. Communication and sharing are keys to the success of a good team.

United we stand; divided we fall. The activities and events that we conduct in our formations should help build healthy relationships at home, at work, at church and in the community to build a strong team.

We are a Family. We stress living our family, national, spiritual and Army values in our actions. Apart from our biological family, our place of work is our second family, and we all belong to a larger family called the Army.

The basic threads that weave the members of the family are values and relationships. As we follow the national values (justice, freedom, liberty and the pursuit of happiness), we also follow the seven Army values to foster our bond with one another in our organizations.

In the 500th Military Intelligence Brigade, all the training events and social observances are themed to identify who we are: We are vanguard, professionals, a team and a family.

Voices of Ohana

In support of "The Great American Smokeout Day,"
"Have you ever struggled with/overcome a smoking habit?"

By 94th Army Air and Missile Defense Command



"I struggled with quitting before I left for basic training, knowing it would hinder my physical fitness requirements. It was hard, but well worth it."

Pfc. Dimetre Briggs, Admin Assistant, Command Group, 94th AAMDC



"Stress would trigger my need to smoke. Activities such as yoga and CrossFit helped me reduce my stress levels. As a senior leader, I wanted to set the example for Soldiers to follow."

Master Sgt. Joseph Collins, SARC, Ready and Resilient Team, 94th AAMDC



"Every time I deployed, I took up smoking to pass the time. I quit cold turkey over a year ago. Every time I wanted to give in, I reminded myself that I have four amazing nieces and nephews who look up to Auntie Jessie."

Staff Sgt. Jessica Dunda, Protection Cell, 94th AAMDC



"I stopped because I wanted a healthier lifestyle. I couldn't live with the knowledge of my children experiencing secondhand smoke because of me."

Spc. Ronnie McNulty, G3 Exec. Assistant, 94th AAMDC



"Yes. I quit because the smoking affected my wife's asthma very badly."

Ralph Miranda, IT Customer Support, G6, 94th AAMDC

WTB-Hawaii dedicates Nov. to Wounded Warriors

1ST LT. AUBREY "BRE" BOSWELL

Warrior Transition Battalion-Hawaii

SCHOFIELD BARRACKS — November marks Warrior Care, an entire month dedicated to the Army's commitment to care and recovery of our wounded, ill and injured Soldiers, veterans, their families and caregivers.

It is also an opportunity for Warrior Transition Battalion-Hawaii to inform and educate others on the resources and care available to WTB Soldiers.

The 2015 theme is "Show your Strength." The campaign will highlight four sub-themes – recovery, rehabilitation, reintegration and remaining strong – one each week this month to highlight physical, mental and spiritual strength.

WTB-Hawaii began Warrior Care Month, Oct. 31, by being honored at a tailgate party, followed by Military Appreciation Night, at Aloha Stadium, where the University of Hawaii took on the Air

Force.

For Capt. Julia Ryan, Alpha Company senior nurse case manager, this was her sons' first football game.

"The boys were so excited!" Ryan said. "It was a great experience to share together as a family, especially as UH recognized the military and their families."

Sgt. 1st Class Manser Patis, Co. A Soldier in Transition, was selected to sit on the field in the "best seat in da house."

"I'm honored to be selected to represent the WTB-Hawaii," Patis exclaimed, not containing his excitement. "It was touching that they would do all this for me!"

The theme for halftime was patriotism. A joint services color guard presented the colors and honored all branches of the military at the event.

"I don't think I'm going to be able to sleep. It was that great of a day," Patis said at the end of the

evening.

On Nov. 4, WTB-Hawaii hosted its own kickoff to mark the beginning of its Warrior Care Month events. Cadre spoke on topics, which related to the first sub-theme of recovery, to include the unique make-up of the quality of care in Hawaii, and personal accounts of recovery, which take place daily at WTB-Hawaii.

Distinguished guests included Tom Lee, Military Liaison for the Office of the Governor of Hawaii, who brought a unique perspective, being that he, himself, is a wounded warrior, having gone through the WTB in 2007 in San Antonio, Texas.

Following the kickoff, WTB-Hawaii hosted "Strikes for Strength" bowling to celebrate recovery. Soldiers, cadre and their families were all in attendance, and even the youngest children enjoyed the event. It was a nice way to wrap up the day, highlight the week's theme and foster es-

prit de corps.

WTB-Hawaii hosted numerous events during November to include a sit volleyball tournament at Martinez Gym, Nov. 10, and a water polo tournament, Nov. 12, at Richardson Pool. The tournaments were against teams from the Navy/Marines.

(Editor's note: Boswell is the executive officer of Company A, WTB-Hawaii.)

Upcoming Events at Schofield

- Resume class, 12:30-2:30 p.m., Nov. 19.
- Transition Expo, 10 a.m.-2 p.m., Nov. 20, the Soldier Family Assistance Center. All are welcome to attend.
- "Day in the Life of a WTB Soldier" interactive open house, 9:30 a.m., Nov. 24, which will highlight what WTB Soldiers go through when they first in-process at the WTB.

Anonymous survey to determine health-related behavior begins Monday

MILITARY HEALTH SYSTEM AND THE DEFENSE HEALTH AGENCY

News Release

FALLS CHURCH, Virginia — The Office of the Assistant Secretary of Defense for Health Affairs has announced the 2015 Health Related Behaviors Survey (HRBS) will be launched by the RAND Corporation, starting Nov. 16th.

DOD has asked the independent, nonprofit RAND Corporation to design, field and analyze this anonymous, Web-based survey, and ICF International will assist with data collection.

Active component and Coast Guard members will be randomly selected to complete an anonymous health survey via the Internet. The HRBS has been conducted approximately every three years since 1980 and is used to measure the health-related behaviors and lifestyles of military personnel who have the potential to impact readiness.

To protect service members' privacy, the survey is anonymous. This means that service members will not be asked for their name or other personal identifiers on the survey. No one, including DOD or its contractors, will link participants' individual survey responses with names, other personal identifiers or military records.

DOD, RAND and ICF will not know who has completed the survey and who has not. These

procedures are in place to encourage service members to participate in the survey without fear that anyone will match answers back to names.

"Through this anonymous survey, our experts are able to uncover those issues that may affect the health and well-being of our service members," said Dr. Jonathon Woodson, assistant secretary for Health Affairs and director, TMA. "Information gleaned from the survey is used to ensure we are providing the right kinds of guidance on services, programs and support essential to maintaining a ready force, which can be deployed at a moment's notice."

For those who will be asked to participate, a secure email invitation will be sent together with several follow-up reminders by mail and email to complete the survey.

The survey will likely take 40 minutes to complete, and service members are asked to be as candid as possible when responding.

Although participation in the survey is entirely voluntary, service members should recognize its importance and find time to sit down privately to answer these health-related questions. The survey can be completed using a government computer during duty hours or at home.

As in past years, a summary report with the survey results will be posted to the DOD website as soon as the final report is ready.

DOD hosts virtual ed fair

DOD NEWS

Defense Media Activity

WASHINGTON — Registration is now open for the Defense Department's first Virtual Education Fair, scheduled for Thursday, Nov. 19.

The fair is for service members and spouses. It provides the opportunity to chat online with representatives from several schools about degree and certificate programs, financial aid, tuition and fee costs, and Post 9/11 GI Bill benefits.

During and after the event, participants will have access to prerecorded sessions that will cover high-growth career fields and degrees, tools and resources for choosing a school, and bridging education and credentialing.

"We're excited to offer this opportunity," said Dawn Bilodeau, chief of the Defense Department's Voluntary Education Program. "This fair will help service members and their spouses make informed choices about their post-secondary education goals. They can get the important information they need from schools, without the pressure."

Participating schools have a signed agreement with the Defense Department to provide a quality education to service members and military spouses.

"It's never too early to start planning for your future," Bilodeau said. "Going back to school now for a post-secondary degree or certificate will certainly help to ensure your future success."

Well-educated, well-trained service members are critical to a changing postwar military force, she added. Today's military demands educated service members with expert technical and trade skills.

As the military realigns and becomes lighter,

faster and more technical, those with technical skills and higher education will have better job security when they transition from the military.

"The Department of Defense is committed to making higher education accessible for service members," Bilodeau said.

Registration

The Department of Defense's Voluntary Education Virtual Education runs from 3 a.m. to 1 p.m., Hawaii Standard Time. Information on participating schools will remain accessible online after the event as well. To register for the fair, visit www.dodeducationfair.com.



Photo courtesy of Metro Creative Connection

The DOD's first virtual education fair takes place Thursday. Personnel may learn more about colleges they wish to attend.

VCSA visits 94th AAMDC, receives Pacific IAMD vision

Story and photo by
SGT. KIMBERLY MENZIES

94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — Vice Chief of Staff of the Army Gen. Daniel B. Allyn spoke to leaders with the 94th Army Air and Missile Defense Command and received a command brief during a visit, here, Nov. 2.

The 94th AAMDC staff directorates shared information on the unit's overall capabilities and how it conducts mission command.

"The purpose was for him to visit the command and receive a briefing on our responsibilities as a theater air and missile defense command," said Maj. Shawn Steele, operational strategic plans deputy officer, 94th AAMDC.

Allyn was briefed about the ballistic missile threats in the Pacific, the role of the 94th AAMDC commanding general, mission command and support relationships, partner and ally capability and capacity, and the integrated air and missile defense vision for the Pacific region.

"We described some of the challenges within the region and what we are doing to build capacity with our partner nations to help ensure regional stability," continued Steele.

With budget cuts looming in the future and downsizing of the force, the visit was an opportunity to provide valuable insight into the unit's operations.

"Gen. Allyn's visit is significant because he is the one person in

the Army making decisions on behalf of, and making recommendations to, the Chief of Staff of the Army," said Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC. "He does not get many opportunities to get out of the Pentagon, so for him to visit us in the Pacific and take time out of his busy schedule shows the importance of what air and missile defense is at the strategic level, which is where he operates on a daily basis.

"Providing Gen. Allyn a clearer understanding of what we do and some of the challenges we face helps us later as tough decisions are being made in the Pentagon regarding force structure, budgets and other similar types of things," Sanchez said.

Allyn recognized the achievements and professional diligence of Soldiers in the unit.

"During the conversation about persistent land-based ballistic missile defense, Gen. Allyn expressed appreciation for the efforts of the 94th AAMDC in their support to the national defense strategy and the rebalance to the Asia-Pacific region," said Steele.

"He was impressed with our hard work and the progress with our allied partners and challenged us to continue building relationships in the future," said Sanchez.

Allyn's visit to the 94th AAMDC was part of a larger visit to the Pacific Command area of operation. He received a theater laydown in order to gain a better understanding of the enabling commands' various missions. While in Hawaii, he also visited U.S. Army-Pacific and the 25th Infantry Division.



VCSA Gen. Daniel B. Allyn (left) is briefed by Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC, and by several key senior leaders from the command, Nov. 2. Allyn learned about the unit's overall capabilities and how it conducts mission command.

Sea Dragon NCO goes from Honduras to the Army

Story and photo by
SGT. 1ST CLASS JAQUETTA GOODEN

94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — Army Sgt. Claudia Desantiago has accomplished more than she could have ever imagined at this point in her Army career.

Her military journey has made the impossible possible, and it was all achieved through hard work, dedication and believing in herself.

Since volunteering to serve her nation eight years ago, Desantiago has reached many milestones. She has completed five military schools, has three duty stations under her belt, has deployed twice to Afghanistan, and has received countless awards and



Sgt. Claudia Desantiago receives the Army Commendation Medal from Lt. Col. Jefferey Slown, commander, Task Force Talon, for her selection as the U.S. Army-Pacific Logistics Hero of the Month.

merits. She was most recently awarded the U.S. Army-Pacific Logistics Hero award for her outstanding work performance.

She is a native of El Progreso, Honduras. Desantiago grew up in a country where poverty is common, but you would never be able to tell that by her bubbly personality. Desantiago's voice is filled with joy and excitement as she shares stories about her upbringing.

"Growing up in Honduras, I was a very active child. I played on the girls' soccer team, and I played the drums in the school band," Desantiago said. "Although my parents struggled financially, they did a very good job in making sure that my siblings and I had the best childhood possible."

Desantiago grew up in a loving household where her parents worked extremely hard to provide for their family. Desantiago, who is the second oldest of four children to her parents, Martha Sibrián and Hector Martínez, watched her parents work several different jobs and barely make ends meet.

"I prided myself on getting straight A's in school. My parents told me from an early age how important education is and how it can affect your future, so I put every effort into ensuring that I was successful," she said.

In August 2002, Desantiago's parents made the decision to move their family from Honduras to the United States (New York) in hopes of achieving the American dream. The move and the American dream would not come without its challenges.

Desantiago said being uprooted from everything and everyone you know and love at 17 was not easy. Even the most positive person in the world would have trouble adjusting to the new life that awaits them.

For Desantiago, her challenges would be in school, going from being a well-known athlete and band musician to being the new kid that didn't understand the primary language took its toll on 17-year-old Desantiago.

"That was a very difficult time for me, because I didn't speak or understand the English language at that time, and it was really hard when I started school because I didn't know anyone," shared Desantiago.

Desantiago enrolled at Newton High School in Queens, New York, where at 17 years old, she was enrolled in the ninth grade, because the language barrier put her far behind her peers. What once came easy to the straight-A Honduras student was now a struggle.

"I remember crying when they told me I would be put back to the ninth grade due to the fact that I was so far behind. I had to take multiple English classes because of the language barrier. It was very difficult for me to communicate with my teachers and vice versa."

(Editor's note: Read the rest of Desantiago's story at www.hawaii.armyweekly.com.)

8th seeks to copy TLA

MASTER SGT. PETE MAYES
25th Infantry Division

SCHOFIELD BARRACKS — When the 8th Army's top senior enlisted adviser visited the 25th Infantry Division's Lightning Academy, recently, it was more than just seeking ways to create a similar training experience on the peninsula; it was also a trip down memory lane.

Back in 1996, 12 years into his military career, Command Sgt. Maj. Rick Merritt was assigned to the U.S. Army's Jungle School at Fort Sherman, Panama, as a senior instructor and team sergeant, where he served for 17 months.

"This is a lost art," Merritt told Soldiers at the Lightning Academy's Jungle Operations Training Course, Nov. 3. "I'm afraid there's not a lot of guys today who understand jungle warfare, but those who have done it can take this training anywhere with them."

Soldiers are normally assigned to a tour in Korea for one year.

Merritt said he is seeking to develop a training academy there that is similar to both the Lightning Academy and the National Training Center at Fort Irwin, California.

"I'm looking to do the same, but to a smaller degree," he said. "It has to be something that is sustainable, due to the many rotations. The 8th Army is serious about wanting to conduct this type of training for its Soldiers."

The visit consisted of a briefing detailing the Lightning Academy's capabilities and training programs that are designed to make better, well-rounded Soldiers, and several hands-on demonstration exercises highlighting various techniques used to survive in a jungle environment.

This is the first time the Army has had its own jungle school since Fort Sherman was turned over to the Panamanians in 1999. However, jungle warfare training on Oahu is not a new concept. According to 1st Sgt. Glen DeMarcus, Lightning Academy noncommissioned officer in charge, more than 300,000 U.S. Soldiers went through jungle warfare training during World War II in preparation for combat in the Pacific.

"I love it when people refer to us as the 'baby jungle,'" DeMarcus said, referring to comparisons to other jungle operations courses throughout the Pacific region. "We don't have the animals out here that can kill you, but not having that allows our Soldiers and students to focus solely on training as opposed to what they might have faced in Panama."

Merritt said he was very impressed with the training offered at the Lightning Academy, and was equally impressed with the regional partnerships developed with the sister services around the Pacific.

He also said he was impressed with the academy and the Soldier's level of jungle operations knowledge.

"This is what you're supposed to do in the Army ... pass on our training and experience to the next generation," he said.

The division's JOTC is the only one of its kind in the Army that focuses on preparing Soldiers for the rigors of surviving harsh jungle environments, primarily in the Asia-Pacific, and it supports the Department of Defense's rebalance in the Pacific Command.

(Editor's note: Mayes works in Information Operations at 25th ID.)



Photo by Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

The 8th Army's top senior enlisted adviser, Command Sgt. Maj. Rick Merritt, visits the 25th ID's Lightning Academy, Nov. 3.

America Recycles Days set for Nov. 17-19 at USAG-HI

CHELSEA HOGAN
Army News Service

WASHINGTON — The Washington Headquarters Service is urging the Department of Defense to participate in America Recycles Day, Nov. 15, a day we are reminded to resolve to recycle regularly.

Locally, at Schofield Barracks/ Wheeler Army Airfield, Fort Shafter and Tripler Army Medical Center, electronic waste recycling days will be observed Nov. 17, 18 and 19.

Recycling reduces the amount of waste sent to landfills and incinerators (and associated costs), conserves natural resources, saves energy and helps the DOD achieve its goals. Recycling centers are located in common areas, such as corridors and apexes, and individual offices may also have their own recycling bins. Tenants are encouraged to sort recyclable materials appropriately, while avoiding contamination (e.g., food scraps on office paper).

The following are materials accepted:

•**Paper:** office paper, newspaper, magazines, card-

board, envelopes, sticky notes, receipts, cardboard coffee cups, coated paper cartons, file folders.

•**Plastic and glass:** plastic soda/water bottles and their caps, plastic takeout clamshells, plastic containers numbered one through seven.

•**Recyclable glass:** glass bottles and jars.

•**Aluminum and steel:** soda cans, aluminum foil, metal cans.

•**Garbage:** all food and non-recyclable items (i.e., everything else).

During the local recycling campaign, electronic waste can be recycled, such as laptops, DVD players, computers, fax machines, cell phones, medical equipment with no biological hazards, wires and cables, and more.

Resolve to recycle at work and at home. Many of the items listed above may also be recycled where you live. Check your municipality's website to find out which recyclables it accepts and collects.

(Editor's note: Hogan works with Washington Headquarters Service, Facilities Services Directorate, Standards and Compliance Division.)

America Recycles Day

Electronic Waste Collection Events:

<p>Tripler Thursday, 19 November, 0900-1200 Location: Kurkowski Rd. Dirt Pull-off. Turn Left after entering main gate, pull-off will be on your right.</p>	<p>Schofield/Wheeler Tuesday, 17 November, 0900-1200 Location: Commissary Parking Lot</p>
	<p>Fort Shafter Wednesday, 18 November, 0900-1200 Location: Parking lot near Library, Gym and Bowling Alley</p>

Taking a stand is as simple as being neighborly

BILL MAXWELL

311th Signal Command (Theater)

There are many opportunities to Take a Stand! and help keep a neighbor safe.

My doorbell rings pretty often since all my neighbors know I have good power tools, ladders and extension cords — even a generator.

Why climb on top of a trash can to hang Christmas lights when they can borrow my folding ladder?

It helps that I've known most of my neighbors for 10 years.

"I have talked to my neighbors many times, but mostly about yard work. Once I brought a pair of safety glasses to a neighbor using a string trimmer

edging their flower beds," said John Boeck, network planner, 311th Signal Command. "The grass and rocks were flying up, and his machine didn't have a guard.

"There was another neighbor that started mowing his grass wearing flip-flop slippers. I had to describe to him all the things that could go wrong, but he went inside and put on shoes," Boeck said.

Seeing flames leaping up from your neighbor's back deck can be pretty startling, said Sgt. 1st Class Brian Stewart, with the command's communications and electrical maintenance.

"My neighbor was warming his grill and had pushed it against the wood railing," Stewart said.

"By the time I saw something, the flames were pretty high. Turns out my neighbor had no idea. I rang the doorbell and chased everyone out of the house."

Don't assume your neighbors know how to be safe around the house. Step in and help them if you see something amiss.

"Sometimes they may not appreciate the advice," said Marcial Tumacder, safety specialist, 9th Mission Support Command. "My neighbor once told me he would just be a few minutes, so why does he need to wear safety equipment?"

"It's probably easier to establish a friendly rapport with your neighbors before you make a safety correction," said Arnold Iaea, safety specialist,



U.S. Army Garrison - Hawaii.

"You hope you can depend on your neighbors to watch out for you, too."

There are a lot of hazardous tasks taking place all around your neighborhood. Automobile maintenance, yard work, furniture moving, holiday decorations — you name it. You don't have to be nosy to Take a Stand! Just be ready to help when you see something.

(Note: Maxwell is the safety manager at 311th Sig. Cmd.)

rel/pressrelease.cfm?id=2739.

H2O Feedback — Honolulu's draft storm water management program plan is available for review and public comment. Visit www.honolulu.gov/dfnswq/aboutus/875-site-dfm-swq-cat/20922-storm-water-management-plan.html.

Survey — Is the garrison meeting your expectations? Tell us what you think; take the survey at <https://www.surveymonkey.com/t/USARHAW2015> or call 656-0880.

Got ID? — The Schofield Barracks ID card will be closed Nov. 9-13 for office relocation; Visit <https://rapids-appointments.dmdc.osd.mil> to schedule an appointment with an alternate location.

16 / Monday

AFAP — Volunteers and delegates are needed for the Army Family Action Plan Conference. Apply at www.himwr.com/getting-involved/army-family-action-plan.

Military Clothing — The Schofield Military Clothing Store ends its trial hours on Nov. 15. Effective Nov. 16, hours will revert back to the following:

- Monday-Friday, 9 a.m. to 6 p.m.
- Saturday, 9 a.m. to 4 p.m.
- Sunday, closed.

Ongoing

Gift Wrapping — Family readiness groups authorized to operate on the installation may register to participate in annual holiday gift wrapping fundraisers at the Exchange.

Send a request to usarmy.wheeler.imcompacific.mbx.fundraising@mail.mil.



Got an event of interest coming up for Soldiers or civilian employees?

Send your announcements to news@hawaiiarmyweekly.com.

Today

CFC Now — The Combined Federal Campaign ends today. See your unit representative or donate online at www.cfc-hawaii.org/.

OPM Update — For updates on the cyber intrusion or tips on protecting your information, visit www.opm.gov/cybersecurity.

Judgment Day — The state seeks science and engineering fair judges for students in grades 6-12. Judges must hold a degree and have experience in the respective category. Qualified Soldiers must fill out the registration form and send to sparkcubed@gmail.com.

A State of Hawaii Department of Education staff member will follow-up and provide details.

Homeless Vets — The VA and Pentagon Federal Credit Union Foundation are expanding the PenFed Foundation's existing Military Heroes Fund Emergency Assistance Program to include all veterans. Previously, the program was available only to veterans of Operation Iraqi Freedom/Operation Enduring Freedom conflicts. Visit www.va.gov/opa/press



Visit www.garrison.hawaii.army.mil/trafficalendar.htm for the latest traffic advisories. Phone numbers are 808 area code unless otherwise specified.

14 / Saturday

Power Outage — Shafter's Bldg. 520 will be without power, 7 a.m.-3 p.m. The outage is required to remove existing wires/cables for equipment no longer in service and installation of new grounding wires to main distribution panel.



16 / Monday

A Bridge Not Far — Both lanes of Kamehameha Highway, just north of Wahiawa, will be closed, 9 p.m.-4 a.m., and again, same hours, on Nov. 17, at the Karsten Thot Bridge between Whitmore and Kilani avenues. There will be a marked detour around the road closure. Call 682-4833.

McMahon — There will be a one-lane closure at Schofield's McMahon Road, 8:30 a.m.-5 p.m., until Nov. 20.

AMR Revised — Aliamanu Drive and Sky Loop will see ongoing closures, 8 a.m.-4:30 p.m. at Aliamanu Military Reservation. Only one lane is closed at a time, until Nov. 20. Ac-

cess to YMCA will always be available during project duration.

18 / Wednesday

New Phase — Phase 1 of Leilehua between Macomb and the Kline/Gordon Lane work finishes Nov. 17; phase 2, between the Kline/Gordon Lane and the Stoneman Field Road, will be Nov. 18-24. There will be no access to the parking at the Family and Child Care and Garrison Sports Office.

30 / Monday

Carpenter Street — There will be a road closure at Schofield's Carpenter Street, weekdays (except Wednesday), 8:45 a.m.-1:45 p.m., until Dec. 7.

Full Closure — A full road closure on Schofield's Waianae Avenue (South Corridor) between Generals Loop and Jecelin Street will take place, weekdays, 8 a.m.-3:30 p.m., until Christmas. During this closure, Waianae Avenue (North) between Generals Loop and Jecelin Street will be designated for two-way traffic.

During nonworking hours, weekends and holidays, a right lane closure will take effect on Waianae Ave (South Corridor) between Generals Loop and Charlton Street, Monday through Thursday, 3:30 p.m.-8 a.m., and weekends beginning Friday evenings at 3:30 p.m. and ending Monday morning at 8 a.m.

Waianae Avenue traffic patterns will not be altered during this lane closure. Traffic control will alternate between the full road closure and right lane closure until Friday, Dec. 25.

Ongoing

Sheridan & McCornack — There is a road closure, weekdays, 8:30 a.m.-5:30 p.m., until Nov. 22, at the Schofield intersection of Cadet Sheridan and McCornack roads.



POHAKULOA TRAINING AREA

Deployed 2-14th Cav. registers troopers in the field

**1ST LT. JON DEANE AND
2ND LT. HAVANA MENDOZA**
2nd Squadron, 14th Cavalry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Despite a rigorous training schedule, Soldiers from 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, took part in a two-day voter registration drive, Nov. 1-2, while deployed, here.

Voting assistance officers (VAOs) facilitated voter registration for over half of the deployed personnel.

Given the impending primaries and follow-on presidential election in 2016, affording Soldiers the opportunity to register to vote is mission critical.

In a garrison environment, Soldiers operate on a routine battle rhythm that makes it easier to support voter registration. However, the deployed environment poses certain challenges for resources and communication, but these conditions only served to further motivate 2-14th's VAOs.

"It's my duty to inform all Soldiers on the importance of voting and to afford them the opportunity to register, no matter where they are training," said 1st Lt. Chase Cappo, the squadron's primary VAO.

Cappo, along with 1st Lt. Edward Dieppa, is determined to en-

sure voter readiness of the squadron.

"It was a team effort to provide Soldiers with an opportunity to receive their ballot ... whether they're in the field or in garrison," Dieppa emphasized.

A simple table, complete with a Federal Voting Assistance Program banner, served as the registration desk in the field, where



Photo by 1st Lt. Edward Dieppa, 2nd Stryker Brigade Combat Team

more than 100 Soldiers registered to exercise their constitutional right.

The voter registration was considered a success, largely due to command support and placing motivated personnel in the VAO duty positions.

Lt. Col. Jabari Miller, squadron commander, provided perspective on the importance of voting and encouraging all Soldiers to vote.

"(Leaders) have to afford our Soldiers the ability to affect their own futures," said Miller. "We are voting for the very people that provide us resources, both monetary and materiel, to enable us to train and complete the mission."

The right to vote is presented as a soldierly and civic duty, and Strykehorse Soldiers stepped up to accomplish the mission as always.

"This is my first time voting, and I'm glad I have the opportunity to contribute to the nation's democratic process," said Spc. Zachary Sabin.

While the hassles of deployment and the rigorous training schedule in the field could have caused voter registration to fall by the wayside, the dedication of time, resources and motivation to the campaign made it a success.

(Editor's note: Deane is the public affairs officer and Mendoza is the human resources officer for the 2-14th Cav. Regt.)

Navy, NPS seek volunteers for Pearl Harbor Day

JOINT BASE PEARL HARBOR-HICKAM
Public Affairs

PEARL HARBOR-HICKAM — The joint National Park Service and U.S. Navy 74th Anniversary Pearl Harbor Day Commemoration will be held on Monday, Dec. 7, at 7:45 a.m. at Kilo Pier, here.

The Navy and NPS are looking for more than 700 active duty military volunteers to help with the following:

- Navy and National Park Service 74th Anniversary Pearl Harbor Day commemoration,
- USS Utah Memorial sunset ceremony,
- USS Oklahoma Memorial ceremony,
- USS Arizona interment ceremony, and
- FOX Sports Pearl Harbor Invitational.

Volunteer tasks include the following:

- Nov. 24-Dec. 3: Grounds preparation, ceremony setup, staging.
- Dec. 1-7: Site preparations and event day support for the FOX Sports Pearl Harbor Invitational at Bloch Arena.
- Dec. 6: USS Utah Memorial sunset ceremony setup and breakdown.
- Dec. 7: Navy and NPS Pearl Harbor Day commemoration ushers, escorts, parking attendants and crowd control.
- Dec. 7: USS Oklahoma Memorial ceremony setup/breakdown and ushers.
- Dec. 7: USS Arizona interment ceremony sideboys and setup/breakdown.

Volunteering provides an opportunity for active duty members to personally contribute to the Pearl Harbor Day commemoration, preserving the memory and honoring those who made the ultimate sacrifice 74 years ago.

To volunteer, call (904) 434-9485 or 473-5752.

Please sign up by Nov. 24.

Points of Contact

For general information on Pearl Harbor Day events, contact the JBPHH Public Affairs Office at 473-2926 or 473-2880, or visit www.pearlharborevents.com.



Photo by MCSN Johans Chavaro, U.S. Navy Photographer

Volunteers are wanted for the joint National Park Service and U.S. Navy 74th Anniversary Pearl Harbor Day Commemoration, Dec. 7.

Voting drive kicks-off for 2016 voting season

ANGELITA DIZON

U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — The garrison conducted successful, simultaneous voting kickoffs with unit voting officers campaigning north and south on Oahu, while the troopers of the 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, led the charge at Pohakuloa Training Area, Hawaii.

Soldiers lined up and diligently completed their federal postcard application forms in order to get their absentee ballots in on time to vote.

Meanwhile, unit voting officers from all of U.S. Army-Hawaii handed hundreds of flyers and registration forms to community members at Schofield Barracks and Fort Shafter.

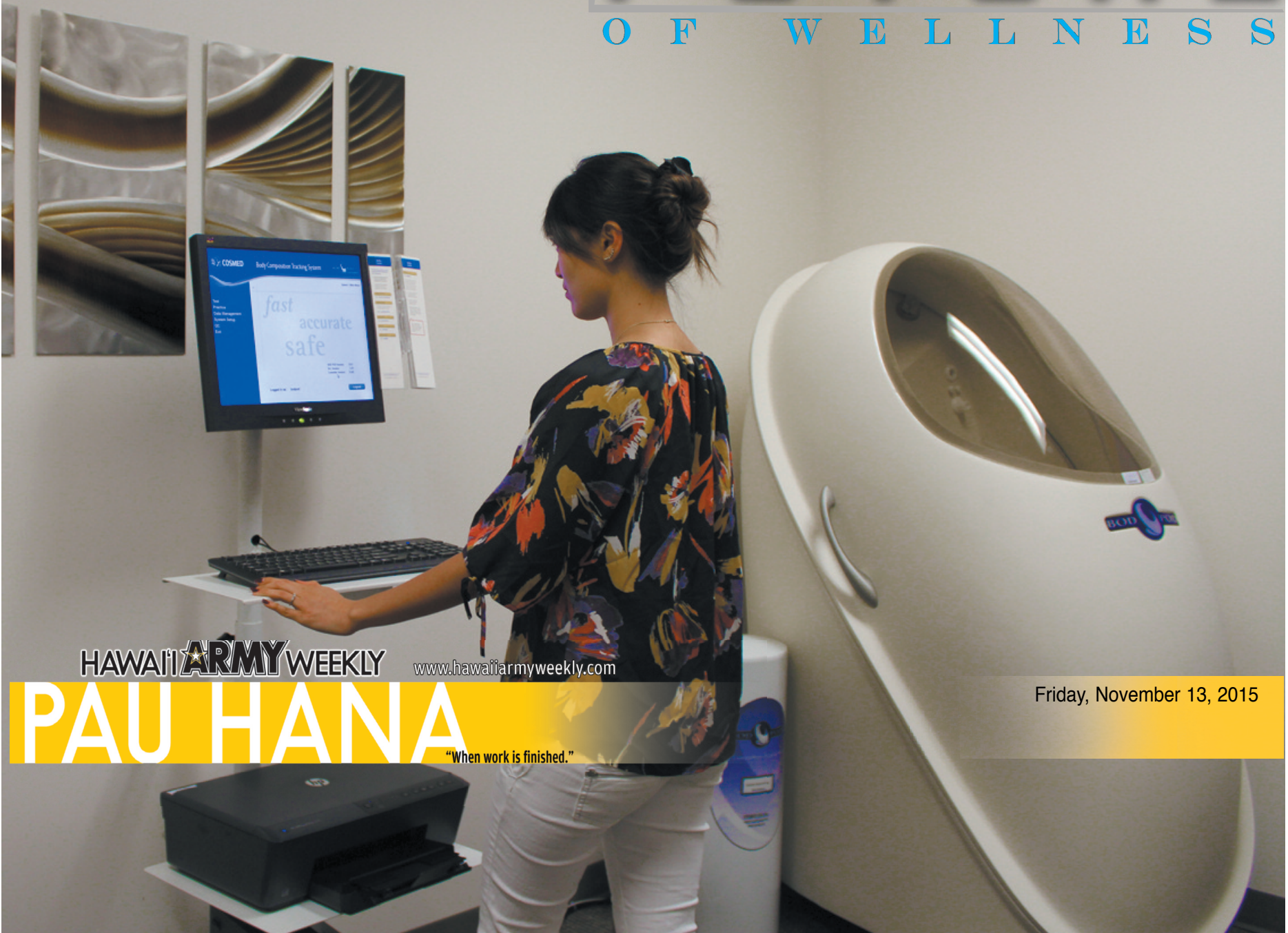
All together, it was a great effort by the command and unit voting officers to ensure that all are given the information and the resources necessary for the coming election cycle.

The Installation Voting Assistance Office and your unit voting officers are always ready to assist everyone to register and vote.

Together we can make a difference. We are One Team.

Let's vote, America!

(Editor's note: See related story this page. Dizon works at the Installation Voting Assistance Office, Directorate of Human Resources, USAG-HI.)



HAWAII **ARMY WEEKLY** www.hawaiiarmyweekly.com

PAU HANA

"When work is finished."

Friday, November 13, 2015

Kelli-Ann Wong, the AWC health promotion technician, runs an analysis with the BodPod at the new Schofield Barracks Army Wellness Center. This machine tests body composition and fat mass. The official grand opening of the center is scheduled for noon, Thursday, Nov. 19, and will be hosted by U.S. Army Senior Commander Maj. Gen. Charles A. Flynn. Following the ribbon-cutting ceremony, visitors will be invited for refreshments and a tour of the center.

Army Wellness Center hosts grand opening, Nov. 19

Story and photos by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — Are you ready to take control of your health and general well-being, but feel you need extra support to properly get started with your plan?

The Army Wellness Center (AWC), here, which reopens on Nov. 19, is the place to go.

In the planning for several years, the new, spacious AWC is equipped with state-of-the-art equipment and comes with a professional staff that will run a variety of tests, set you up with an action plan and provide you with tools and educational classes, so you can be on your way to feeling fitter by the day.

Comprehensive concept

AWC services are available to active duty military personnel from all branches, their family members and dependents, retirees and Department of the Army civilians, and consist of health assessment reviews, metabolic testing, healthy nutrition education, exercise testing, stress management education, weight management, biometric screening and general wellness education.

Since August 2015, the Schofield AWC staff has been busy with in-house training of its seven health educators, four of whom are NCCA certified and hold at least a bachelor's degree.



Can you touch your toes? Exercise testing and planning is one of AWC's services.



Amber Mowry, new director of the AWC at Schofield Barracks since August, will oversee center operations, including health education classes.

How does it work?

In most cases, customers call in to schedule appointments because their medical doctors or unit commanders have referred them. In those cases, making an appointment is not mandatory, but recommended - for example, if a Soldier is having trouble keeping up with his peers during routine unit physical trainings. Others may choose to self-refer and contact the AWC on

their own.

Although walk-ins are welcome, it's best to schedule an appointment in advance.

Amber Mowry, the new Schofield AWC director since August, said, "After the initial appointment and testing, clients attend our educational classes. Our wellness plans are tailored to each individual and are designed to have 40-day follow-ups."

The goal of wellness coaches is to help clients make lasting lifestyle changes that will allow them to live longer, healthier lives.

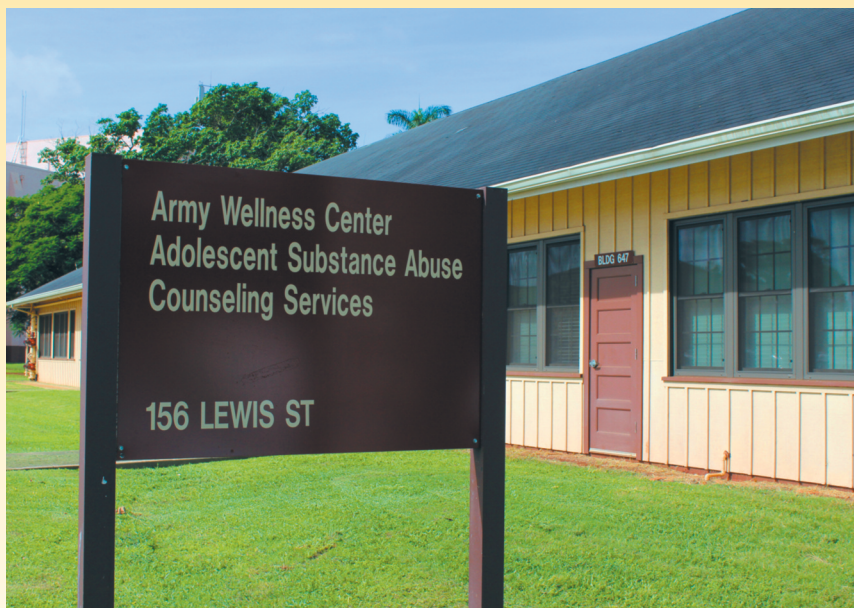
For people who say they don't find enough time to exercise, Mowry suggests, "If you only have 30 minutes to work out, make sure you exercise in your correct heart rate zone, so you can burn up to twice as many calories. I recommend using a fitbit to track your fitness. It's a great motivational tool. It helps me walk 10,000 steps a day."



The AWC team is ready to help you get fitter.



The AWC provides resting metabolic testing for weight management. Once testing is completed, an individual weight and exercise plan is crafted for each client.



The AWC is located at 156 Lewis St., Bldg. 647, Schofield Barracks.
Call: (808) 655 1866
Hours of operation: Monday - Friday
7:30 a.m. - 2:30 p.m.
Thursday Staff Training: 1 - 3 p.m.

- Meals in minutes.
- Personal resiliency.
- Healthy sleep habits.

To make an appointment, fill in the on-line Health Questionnaire prior to your visit at <https://awc.army.mil/>. Otherwise, please arrive 20 minutes early. Parking is limited during peak hours.

Health Education Classes
•For upping your metabolism.



Briefs Today

Holiday Crafts Sale — SB Arts and Crafts hosts the annual two-day sale beginning Friday, Nov. 13, 9 a.m.-4 p.m., Bldg. 572, 919 Humphreys Road. Call 655-4202.

14 / Saturday

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

15 / Sunday

Sunday Brunch at FS Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1 p.m.

Groups and large parties are welcome. Reservations are recommended; adults \$24.95 with children's prices available. Call 438-1974.

16 / Monday

Mongolian Barbecue — "Create your own stir fry" begins at 5 p.m. on Mondays at the SB Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices.

Children's menu is available. Cost is 65 cents for each ounce. Call 655-4466.

17 / Tuesday

FS Storytime — All preschool-aged children are welcome at 10 a.m. for reading, dancing and crafts every first and third Tuesday of the month. Call 438-9521.

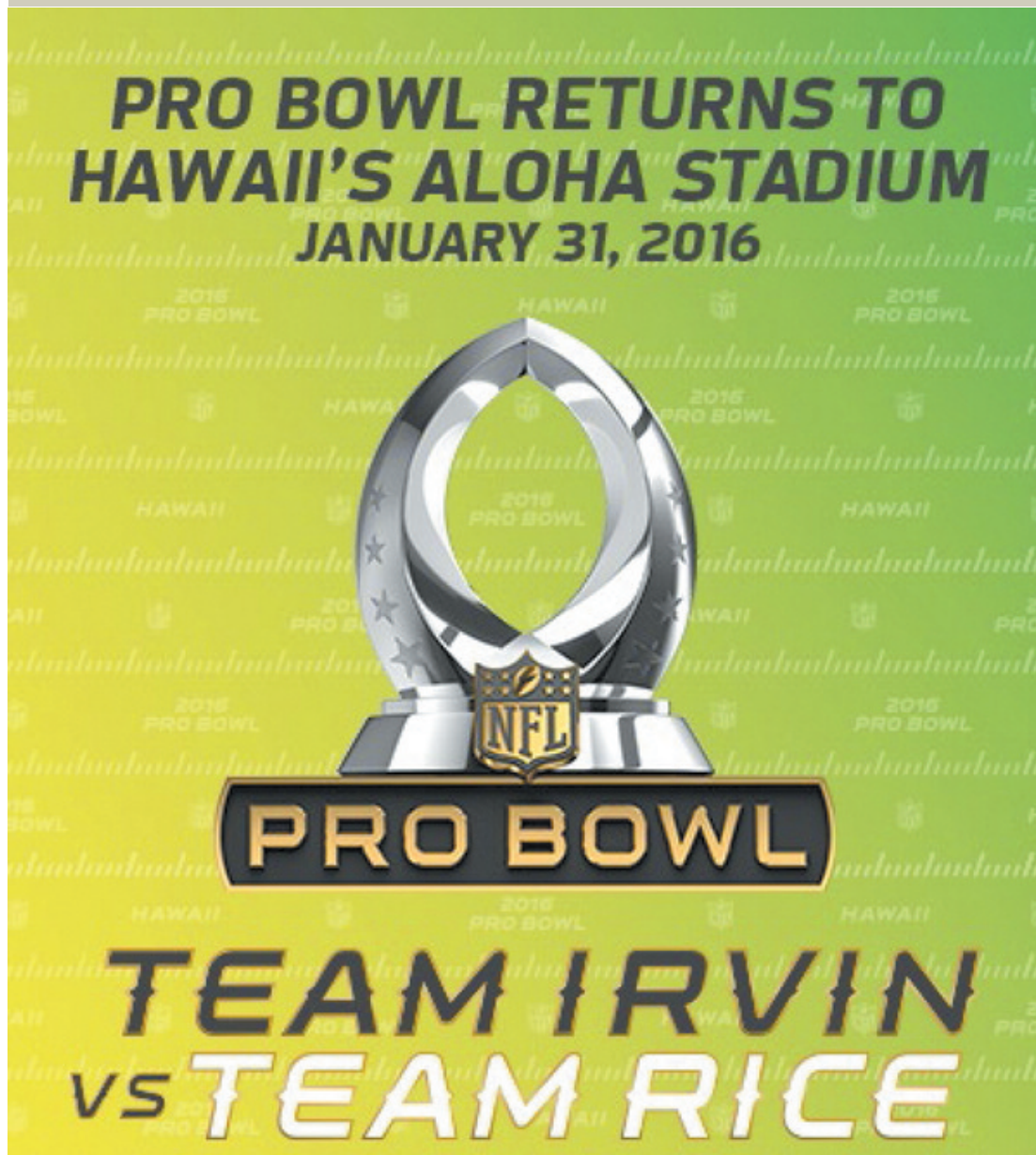
SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays. Open to CYS Services registered children ages 7-18 at \$55 per month. Call 655-9818.

18 / Wednesday

Spouses Boots to Business Entrepreneur Seminar — SB ACS presents two-day seminar with experienced business owners who will identify tools and strategies to start your own business on Wednesday, 9 a.m.-noon, and Thursday, 9 a.m.-3 p.m. Call 655-4227 or register online www.himwr.com/acs.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the

NFL SUPERSTARS IN HAWAII



NFL courtesy artwork

Top stars from the National Football League return to Hawaii and Aloha Stadium for the 2016 Pro Bowl, Jan. 31.

Tickets for the Jan. 31 all-star game at Aloha Stadium are on sale now at the Schofield Barracks Leisure and Travel Services office. Military ID required for purchase, and you must be 18 years of age or older. Visit www.HiMWR.com or call the LTS office at Flagview Mall at 655-9971.

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 and 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 at 655-1130.

19 / Thursday

SB Arts and Crafts — Moms "n" tots work together on a creative project, 10-11 a.m., every Thursday. Cost is \$5. Call 655-4202.

20 / Friday

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m., at the FS Hale Ikena on Mulligan's lanai for \$13.95, or let one of the chefs grill it for an extra \$3.

All steaks are served with a baked potato and the chef's choice of vegetable. Call 438-6715.

Right Arm Night — Kick back with your "right arm" with drink specials and pupu buffet, 5 p.m., SB Nehelani. Spouses and DOD civilians are welcome. Call 655-4466.

21 / Saturday

Thanksgiving 5K Run — Pre-registration cost is \$20 for the holiday-themed 6:30 a.m. race at Helemano Physical Fitness Center. Call 653-0719/0723.

2015 Army Soldiers Show — "We Serve" family style variety show begins at 7 p.m., Martinez Gym, SB. Features performances that span several genres.

24 / Tuesday

SB Christmas Tree Lighting — Evening at Generals Loop begins at 5:30 p.m., and features a performance by Army Music Hawaii, appearances by costumed characters, pictures with Santa, cookies and cocoa.

Ongoing

Home P.E. — Youth Sports conducts free P.E. classes for military home-school families. Cost is free. Register and include the following information: youth's name, age/grade, home/cell number and family email address. Visit www.ar.myhawaiiyouthsports.com or call 655-6465 (SB) or 836-1923 (AMR).

Tropics Closed — SB Tropics Recreation Center will be closed until early January 2016 for building improvements. Renovations will include a full bar, redesigned bar layout, additional TV screens, upgraded beverage and food menus, and much more. Visit HiMWR.com.

Torch Club — The Torch Club is looking for volunteer teen leaders. Members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities. Meetings are 3:30 p.m., per week, at the FS Teen Lounge. Call 438-6470.

Community Calendar

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

Today

Janet Jackson, Unbreakable World Tour — Music icon, multiple Grammy Award-winner and multi-platinum selling artist performs, 8 p.m., Nov. 13-14, at the Blaisdell Arena. Call 768-5400.

Exchange Special — The Army & Air Force Exchange Service and Popeyes restaurants will celebrate Military Appreciation Day on Nov. 13 by offering eight pieces of chicken or handcrafted tenders for only \$5.99.

14 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open, Nov. 14-15.

Eat the Street — Schofield Exchange Mall hosts, 10 a.m.-2 p.m., Nov. 14, with food, Hali Hali horse rides, a bounce house and more. Contact the SB Exchange at 423-7694.

Sea Life Park — Get face-to-fin with more of Hawaii's native marine

life at its newly renovated Touch Pool exhibit during its Nov. 14 grand re-opening premier. The 3,000 square foot exhibit features a one-of-a-kind immersive experience.

The new attraction includes three areas: a showcase of baby sharks and juvenile Hawaiian rays for the first time and an interaction with baby honu (Hawaiian sea turtles) during hatchling season. Call 259-2500 or visit www.sealifeparkhawaii.com.

Patriot Glow Run — This Barbers Point area run includes food trucks and glow contests. Begins at 6 p.m. at Pointer Field, Kalaeloa, and benefits military veterans.

Military discount online. To register or donate, visit www.usvetsinc.org/barberspoint or call 672-2984.

The Glenn Miller Orchestra — An evening of unforgettable music of the 1940s from the Golden Era of Swing begins at 6 p.m., Nov. 14, at the Blaisdell Concert Hall. The Glenn Miller Orchestra features 26 musicians and phenomenal singers and dancers, performing music from the library of the Glenn Miller Army Air Force Band. Call 768-5252.

15 / Sunday

"Raisin in the Sun" — The Actor's Group performs at Powell The-

atre, Dole Cannery, weekends through Nov. 15. Military tickets are \$15. Make reservations at 722-6941 or online at www.taghawaii.net. Call 741-4699.

17 / Tuesday

America Recycles — Recycle outdated electronics at one of three Electronic Waste Recycling events this November. Each event will be held 9 a.m.-noon on the following dates and locations:

- SB/WAAF on Tuesday, Nov. 17, at the commissary parking lot.
- FS on Wednesday, Nov. 18, at the parking lot near the library, gym and bowling alley.
- TAMC on Thursday, Nov. 19, at the dirt pull-off on Kurkowski Road. Turn left after entering the main gate; pull-off will be on your right.

Acceptable items include laptops, LCDs, printers, fax machines, copy machines, stereo equipment, DVD players, computers and peripheral equipment, wires and cables, telecom equipment, personal cell phones and medical equipment with no bio hazards.

Hawaii Film Festival — "Waiting for John" world premier showing, 8 p.m., Dole Cannery B; it explores the American military's extraordinary impact on one remote Pacific island,

immersing viewers in the last cargo cult.

The John Frum Movement dates to the 1940s when Allied troops' technology was believed to be from the gods. Customs resembling army drills are carried on to this day in hopes of summoning the prophet John Frum and his cargo of western technology. Tickets at hiff.org; military discount is available.

20 / Friday

Kristi Yamaguchi — An extraordinary figure skating show headlined by Kristi Yamaguchi and Brian Boitano takes center ice at the Blaisdell Arena, for two days, beginning Nov. 20. Show supports early childhood literacy in Hawaii. Group sales office is 593-2468.

Ongoing

Federal Survey Cards — In September, a Federal Survey Card was distributed to every Hawaii public school student as part of the Federal Impact Aid Program that partially reimburses school districts that lose revenue due to the presence of tax-free federal properties.

The card needs to be completed and returned to your child's school. If you have questions, contact your child's school or the Army School Liaison Office at 655-8326.

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

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Schofield Barracks' Sgt. Smith Theater

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

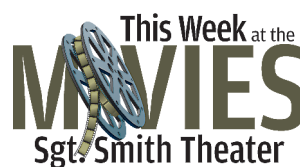
scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



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

25th CAB recruits Maui, Baldwin High School cadets

Story & photo by
CAPT. HEBA BULLOCK

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WAILUKU, Hawaii — Soldiers of the 25th Combat Aviation Brigade visited Henry Perrine Baldwin High School in support of the Maui Army Recruiting Center, Oct. 29.

A CH-47 Chinook, a HH-60 Black Hawk and the crews were flown in to display their aircraft and equipment for high school students to interact with and explore.

Actually seeing what a helicopter repair specialist of a Chinook or a Black Hawk does expands students' horizons, which in turn has them asking themselves how am I doing on my Armed Services Vocational Aptitude Battery



Spc. Joseph Pacifici, 25th CAB, interacts with a Baldwin High School JROTC student concerning the equipment he uses aboard an HH-60 Black Hawk.

scores or my reading and my math, said Allen Patty, senior Army Junior Reserve Officers Training Corps instructor.

Approximately 200 JROTC students spent their free periods visiting the aircraft and asking the crews questions about not only the Army and flying, but also about their possible futures.

"Our students are super excited to be able to experience this. It's not something everybody gets to do," said Catherine Kilborn, Baldwin High School principal. "Baldwin High School has a really strong JROTC program; I believe that in developing students the best thing to do is provide them with lots of choices and options."

This visit to Baldwin H.S. is one of many community outreach events that the 25th CAB is involved with across the islands.

"I think the military provides both an excellent venue for education as well as experience," said Kilborn. "Similar to college, I think

the kids can learn a lot, but even in the post high school setting, this is one of their options."

"We are increasing the awareness of Army aviation. Instead of being something you can see in the sky, you can now touch it," said

Chief Warrant Officer 2 David Kirkpatrick, 3rd Battalion, 25th Aviation Regiment, pilot in command.

"Especially in Hawaii, they see us fly all the time, and now we are bringing something different," he said.



Chief Warrant Officer 2 David Kirkpatrick, 25th CAB, discusses with Henry Perrine Baldwin High School's JROTC students the capabilities of the CH-47 Chinook and the variety of positions associated with the aircraft, Oct. 29.

Volunteers help Exchange shoppers wrap holiday presents



Photo courtesy of Metro Creative Connection

Save time and have your presents wrapped through the gift wrap program.

HAWAII EXCHANGE
News Release

SCHOFIELD BARRACKS — Community groups can raise funds for their worthy causes while spreading some holiday cheer as the Schofield and Hickam exchanges actively solicit partners for the Army & Air Force Exchange Service's annual community gift wrap program.

"To make the holidays a little easier, we partner with local groups to ensure gifts purchased at the Exchange are wrapped up before they even leave the store," said General Manager Robert Rice.

"Beyond offering a one-stop solution for busy mili-

tary shoppers, this effort also helps raise money for local military support initiatives," he said.

During peak holiday seasons, the Hawaii Exchange sets up tables and provides supplies that community volunteer groups can use to wrap gifts in exchange for donations.

Points of Contact

Interested organizations can contact Denelle Gonzalez, fundraising coordinator, at 656-0102, or Glen Schneider, operations manager, at 423-1304, for information on scheduling a time to participate.

Participation, rather than scandals, merit trophies

I grew up in Western Pennsylvania, the cradle of quarterbacks, Steeler country, the home of those folks accused of “clinging to their guns and religion,” where hard work and home style values are honored more than social position and wealth.

An appreciation for football, a hard-knocking sport requiring the kind of gritty strength admired in Western Pennsylvania, was ingrained in me from my youth, so when our son reached the appropriate age, my husband and I registered him for flag football.

Problem was, too many kids had already signed up, and the league needed one more coach. My husband, a product of small private schools, had never played football on a team, but he volunteered to give our son the opportunity.

Each of the overcrowded teams gave up two of their players, and along with our son, these rejects became “The Sharks,” the real-life version of “The Bad News Bears.” It was immediately apparent that The Sharks were in serious trouble.

In a desperate effort to provide the group of distractible boys a worthwhile team experience, regardless of their obvious lack of athleticism, the parents made up cheers, blared the theme from “Jaws,” waved purple towels and instilled in the boys the ceaseless will to win.

The Sharks never scored a point that season and lost every game. However, our team became legendary in the league for its undying spirit in the face of impossible odds. Despite finishing dead last, The Sharks were, in a way, inspirational.

At our end of season picnic, my husband called each player up one by one, and told the proud parents what their sons had done to contribute to the team. Then, he handed every single player a trophy.

Yep, I said it. The team had lost and everybody received a trophy.



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

“What?” you’re all saying. “You gave everybody a trophy? You’re contributing to the epidemic of unmotivated individuals who feel entitled to praise!”

I hear you, and on many levels, I agree that participant trophy policies send the wrong message to kids. I do believe that rewards must be earned. But, despite coming in last place,

As longstanding team owners, the Rooney family seemed to understand what the growing fan base valued in players and coaches. They never went for flashy cheerleaders or hotshot superstars, opting instead for a team that appealed to its blue-collar, no-nonsense bread and butter.

But nowadays, the NFL is wracked with scandal involving criminal and moral misconduct.

There are so many arrests among NFL players. Newspapers, such as “The San Diego Union Tribune” and “USA Today,” maintain extensive online NFL arrest databases.

Even my beloved Steelers have been swept up in the tide of scandal. Most recently,

best.” But Harrison continues to play and receive his million-dollar salary, despite a history of domestic abuse, anger management counseling and repeated violations of the rule against helmet-to-helmet hits.

Scores of NFL players and coaches have been involved in criminal or cheating activities; yet, they continue to be rewarded with sponsorships, over-the-top salaries and unfettered playtime. In its insistence on recognizing only athletic skill, modern society overlooks the virtues that make athletes truly great.

The Sharks could teach the NFL a thing or two about sportsmanship and character, but the league is too busy compromising its values for the Almighty Dollar.

As Vince Lombardi famously said, “The price of success is hard work, dedication to the job at hand and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com)



Photos courtesy of Lisa Smith Molinari

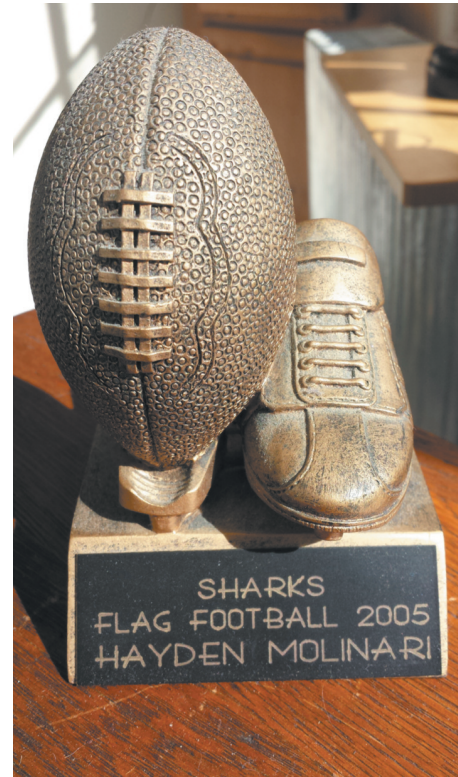
The young boys' team spirit was an inspiration to all in the community, so each received a participation trophy.

The Sharks displayed certain desirable qualities that are rarely recognized in today’s athletic culture: good sportsmanship and moral fortitude.

Consider the NFL. Where I grew up, kids looked up to players like Bradshaw, Harris, Blount and Ham. As underdogs, these unlikely superheroes rose above the pollution-choked confines of 1970s Pittsburgh to epitomize the right mixture of raw talent, determination and team responsibility.

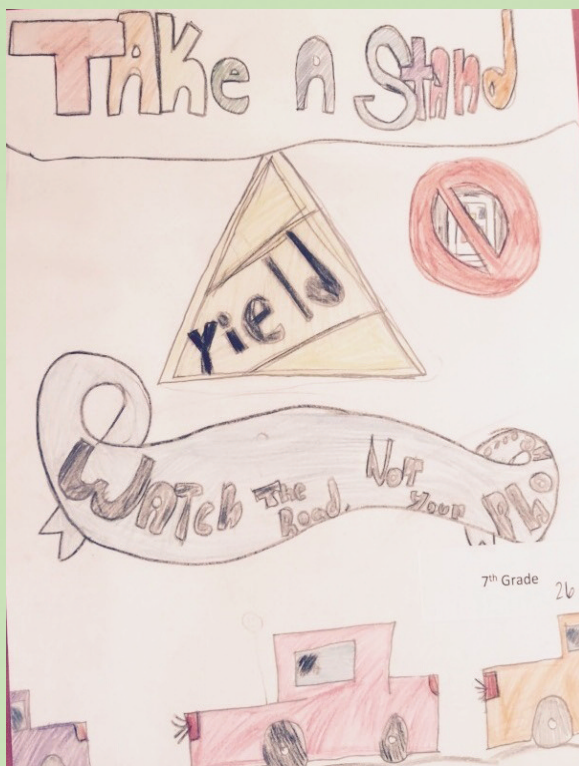
Michael Vick, who was sentenced in 2007 to 23 months in federal prison for running a brutal dog-fighting ring, was hired as Steelers’ backup quarterback, amidst widespread fan protests.

Ironically, Steelers’ linebacker James Harrison posted on Instagram in August about taking away his sons’ participation trophies because he was “not about to raise two boys to be men by making them believe that they are entitled to something just because they tried their



Here's a dusty relic from the season in which the Sharks lost every game.

POSTER CONTEST



Contest artwork provided by Xavier Garrido, 11th Grade, and High School 2nd place award winner.

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

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



Photo courtesy of Metro Creative Connection

The Hawaii Quit Line helps smokers kick their tobacco habit.

TAMC TIP

Tobacco Cessation



According to the Centers for Disease Control, lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the U.S.

Most lung cancers, about 90 percent, are linked to cigarette smoking and affect more than 200,000 people in the U.S. annually.

Thinking of cutting down or stopping smoking? Do your research before jumping on to e-cigarettes. You may find a different way that may be more suitable to your needs and your wallet!

The Hawaii Quit Line is a free program for all Hawaii residents over the age of 18 who want help with tobacco cessation. Someone is available 24 hours a day, 7 days a week to provide individual coaching.

Call now or visit www.hawaiiquitline.org to see if you qualify for a free supply of nicotine replacement therapy products, such as gum or a patch to get you on your way.

For more information on tobacco cessation, contact the Hawaii Tobacco Quit Line at 1-800-QUIT-NOW (784-8669).



GREAT AMERICAN SMOKEOUT
NOVEMBER 19

Flu prevention education works

JOHN AMBROSE
U.S. Army Public Health Center

The days get shorter, the air gets cooler and the leaves begin to change colors. Everyone knows that this signals the beginning of fall. What you may not know is that it also signals the beginning of flu season.

The flu is a contagious respiratory illness caused by the influenza virus. It is spread when viral particles from an infected person travel through the air from a cough, sneeze or even talking.

Symptoms usually start one to four days after the virus enters the body; however, people who are infected can actually spread the virus a day before they feel sick.

Flu facts

Common symptoms of the flu include fever, chills, cough, sore throat, muscle aches and fatigue. The U.S. Centers for Disease Control and Prevention estimates that approximately 200,000 people a year are hospitalized for influenza in the United States, and deaths from influenza can range from 3,000-49,000 per year.

Some people are at higher risk of influenza hospitalization or death than others. These groups include children under 5, adults over 65, pregnant women, residents of nursing homes and people with certain medical conditions, including asthma, chronic lung disease, heart disease, blood disorders and diabetes.

Other individuals at risk for the flu include those with weakened immune systems, such as people with HIV and cancer and those individuals taking chronic steroids.

The best way to prevent flu infection is by getting a flu vaccine. Everyone over the age of 6 months should be vaccinated against the influenza virus.

There are two main formulations of the vaccine: one given by an injection into the muscle; the other is given by a nasal spray.

Which vaccine is right?

The nasal spray vaccine is approved for people between the ages of 2-49. Some people should not receive this form of the vaccine, including people with an allergy to the vaccine or eggs, pregnant women, those with weakened immune systems and children with asthma.

For everyone else, the injectable flu vaccine is approved for ages 6 months and up. Those who have had an allergic reaction to the flu vaccine or to eggs should talk to a doctor before being vaccinated. Talk to your doctor or pharmacist about which vaccine is right for you and your family.

Can you get the flu from the flu vaccine?

Neither flu vaccine can cause an influenza infection. However, since the flu vaccine takes one-two weeks before it is effective, being exposed to the influenza virus before or during this time may lead to infection. In addition, infections that are not influenza, such as a cold, can cause similar symptoms that are not prevented by the flu vaccine. There also may be strains of the influenza virus that are not covered in this year's vaccine.

What are the side effects?

Some people experience mild side effects after the vaccine. For the injected vaccine, the most common side effects are soreness at the injection site and low-grade fever. This represents the reaction mounted by the immune system. For the nasal vaccine spray, the most common reactions are a runny nose, sore throat and mild headache.

As we continue through this fall and flu season, make sure you're covering your mouth when you cough or sneeze, washing your hands frequently, and most importantly, that you get a flu vaccine.

Since the influenza virus can spread before you even know you're sick, getting vaccinated doesn't just protect you, it also protects everybody around you.

(Note: Maj. Elisabeth Hesse, USAPHC, contributed to this article.)



Photo courtesy of Metro Creative Connection

Don't let the flu get you down this autumn.

Flu immunization

•**Tripler.** Beneficiaries can go to Tripler's Allergy/Immunization Clinic during its office hours, 8 a.m.-3:30 p.m., Monday-Friday. Its closed the first Friday of every month from noon-3:30 p.m.

•**Schofield Barracks.** Patrons and civilians may get flu shots, locally, from 7:30-11:30 a.m. and 1-3 p.m., Monday-Friday. Exceptions are Tuesday and Thursday afternoon from 1-2 p.m., and Wednesday afternoons, 1-5 p.m.

Learn more online

For more information on influenza and the vaccines, visit the Defense Health Agency Immunization Healthcare Branch, www.vaccines.mil/flu, and U.S. Centers for Disease Control and Prevention at www.cdc.gov/flu/protection/vaccine/index.htm.

