



U.S. Army photo by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division
Spc. Hayden Harnek (left) mans a M240B machine gun while Spc. Josh Rowe helps with aiming at a defensive position at Fort Polk, Louisiana, on Feb. 15.

Bronco Brigade successfully concludes JRTC

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

FORT POLK, Louisiana — Through incessant rains and thick Louisiana mud, the Broncos have successfully finished their rotation at the Joint Readiness Training Center, here.

More than 3,000 Soldiers with the 3rd Brigade Combat Team, “Bronco,” 25th Infantry Division, spent last month completing a demanding series of exercises that tested each of its battalions to the fullest.

“The Bronco Brigade’s goals during JRTC were to reinforce fundamentals of what an infantry BCT should be: shoot, move, communicate while challenging and testing ourselves against world class opposing forces and a BCT live-fire exercise,” said Col. Robert Ryan, commander, 3BCT.

“Key difficulties were weather,” Ryan said. “Rain (poured) throughout most of the deployment, which did not allow us to fully integrate Air-Ground Integration (AGI). Balancing the Joint Forcible Entry mission right into the offensive and then a defense while in contact was a great test for all leadership at all levels.”

The commander believes that cohesion was the biggest takeaway the Bronco Brigade received from JRTC.

“Units came together, built teams of teams and accomplished the mission. Learning from the observer-controller coaches allowed leaders to think through problems, outload with a sounding board



Photo courtesy of JRTC PAO
A Soldier with the 3BCT, 25th ID, fires a M240B machine gun as Soldiers prepare to enter the fictional village of Marghoz in the JRTC at Fort Polk, Louisiana, Feb. 15.

and have a professional dialogue with senior noncommissioned officers and officers that have multiple experiences,” he explained.

As for Bronco Brigade’s senior enlisted adviser, Command Sgt. Maj. Michael Spear saw the brigade coming together as one fighting unit.

“The training further strengthened our bond as brothers and sisters in arms and allowed the brigade uninterrupted time to focus on both individual and

collective competencies to prepare for our wartime mission,” Spear said. “The Bronco Brigade stands ready to answer the call at any time at any place.”

During JRTC, the brigade employed unorthodox measures to get the upper hand against OPFOR.

“TheCyberElectronicMagneticActivity (CEMA) cell provided synchronization of effects across the spectrum,” said Capt. Gregory Rich, CEMA, S-7, Headquarters and Headquarters Company, 3BCT.

“Based on the commander’s guidance and (priority intelligence requirements), we leverage a variety of assets ranging from Electronic Warfare to Information Operations to ensure that he has the ability to make informed decisions.”

The CEMA cell had to overcome a number of difficulties because JRTC does not have a cyber domain fully in place, Rich said.

“Difficulties faced were overcome by sticking to the basics,” he said. “For example, (Defense Advanced GPS Receivers) were encrypted allowing units experiencing jamming to locate the source and provide targeting.”

In the end, it was the hard work and grit of Bronco Soldiers, such as Spc. Josh Rowe, assigned to 2nd Battalion, 27th Infantry Regiment, 3BCT, who were in the thick of it sharing their experience with their fellow infantrymen.

“This year at JRTC was really different for me,” Rowe said. “I got a chance to see both aspects on both sides, such as security and assaulting through the objective. We had some new Soldiers come out with us – brand new guys in the Army and having to see those guys’ reaction to their first field problem, which is JRTC.”

Rowe also said he had a chance to meet Sgt. Maj. of the Army Daniel A. Dailey while out in the field.

“One thing that stood out in JRTC was, we found out that one of our platoons had 10 Soldiers defeat three tanks,” he said, “so that was pretty impressive.”

Military culinarians showcase talents at annual JCTE

SPC. BRITTNEY HIDALGO
214th Mobile Public Affairs Detachment

FORT LEE, Virginia — The 43rd annual Joint Culinary Training Exercise (JCTE) commenced March 10 at MacLaughlin Fitness Center on post, here, and culminated with an awards ceremony at the Lee Playhouse, March 16.

The JCTE, administered by the Joint Culinary Center of Excellence, is the largest American Culinary Federation (ACF)-sanctioned competition in North America, showcasing the talent of military chefs from around the globe in all branches of the U.S. armed forces. It includes four international military teams from the United Kingdom, Germany, France and Canada. Industry executive chefs rate and provide feedback to all service members competing on meals made during the exercise.

The mission of this exercise is to improve readiness of the armed forces. Competing military members are able to hone their skills as culinary arts specialists and improve the quality of food services to their unit, enabling them to better perform their duties at home and in a deployment environment.

The exercise simultaneously provides an opportunity to train and to showcase service members’ culinary skills outside of day-to-day dining facility menu options.

“A lot of people have a perception that armed services only make mass meals, make rations and serve (Meals Ready to Eat),” said Army Staff Sgt. Tyler Heyenga, Team Alaska manager leading Army and Air Force members from Joint Base Elmendorf-Richardson and Fort Wainwright. “A lot of people don’t see the other side of what we do as culinary artists. They don’t see that we are able to make elegant food.”

JCTE encourages knowledge sharing between the Army installations, other military services and the international armed forces in attendance. The sharing of techniques and information allows for a variety of meal options and styles to be utilized.

“You just have to sit around and listen and watch them, and you’ll see like, ‘Hey, I might want to think about adding a little bit of this or a little bit of that,’



U.S. Army Reserve photo by Spc. Trenton Fouché
Sgt. Darmel Carrasquillo, a culinary arts specialist for Team Hawaii, works meticulously using a knife and cutting board preparing mangos during the 43rd annual Joint Culinary Training Exercise. The 43rd JCTE started March 10 at Fort Lee MacLaughlin Fitness Center and continued through March 15.

said Command Sgt. Maj. Sean J. Rice, U.S. Army Quartermaster School, U.S. Army Combined Arms Support Command. “Even the nutritionist learns in this competition because everyone is held to an industry standard.”

Participating service members are not competing against each other, but against the culinary industry

standards. Awards are given based upon those who meet or exceed those standards.

“To these young men and women, the opportunity to be here is one thing, but the opportunity to medal means a great deal to them,” said Rice. “They know they can build on those skills and get better as they go forward.”

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599th Trans. Bde. welcomes leader

DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — A new commander has taken the helm of the 599th Transportation Brigade, here.

Col. Frazariel I. Castro assumed command of the brigade from Col. Lillard D. Evans during a change of command ceremony hosted by Maj. Gen. Stephen E. Farmen, commanding general of Military Surface Deployment and Distribution Command (SDDC), the 599th's higher headquarters.

Evans had high praise for the 599th.

"Although change is inevitable in Army organizations, it is great to see units such as the 599th with a very resilient backbone," he said. "That resilience shows every day in a workforce that is welcoming, competent and proficient. I have enjoyed every minute of my time in the 599th."

Evans now will return to his assignment as the chief of staff for SDDC.

A true transporter, in the past Castro has commanded transportation units at all lev-

els of responsibility up to brigade.

He is also familiar with the U.S. Pacific Command area of operations. He is originally from Guam, and his recent battalion command was at Army Field Support Battalion-Korea, 403rd Army Field Support Brigade at Camp Casey, Republic of Korea.

Nor is he a stranger to U.S. Transportation Command (USTRANSCOM).

In an earlier assignment, Castro served as joint transportation plans officer, then executive officer to the director of operations and plans for USTRANSCOM at Scott Air Force Base, Ill.

He joins the brigade from his latest assignment as the chief of the Transportation Policy Division, Enterprise Systems, Operations Directorate, Headquarters, Department of the Army, at the Pentagon.

The 599th Transportation Brigade is U.S. Pacific Command's only transportation brigade and is responsible for all military movements within the Pacific, which includes strategic surface movements supporting



Photo by Ruby Ragrakola

Maj. Gen. Stephen E. Farmen (left) passes the colors to Col. Frazariel I. Castro during the 599th Trans. Bde. assumption of command ceremony, Feb. 26.

more than 360,000 military and civilian personnel and half of the world's surface, across 16 different time zones.

CONNELLY AWARDEES



Courtesy of 8th Theater Sustainment Command Public Affairs

Part of the U.S. Army-Pacific, the Forward Support Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command is the winner of the regional Philip A. Connelly Award. Conducted on an annual basis, the Joint Culinary Center of Excellence administers the annual Philip A. Connelly Program in both field and garrison environments.

USARCENT appoints CSM to 25th Sust. Bde.

Sergeant major becomes 'one of less than 1 percent'

Story and photo by
STAFF SGT. JARED CRAIN
U.S. Army Central

SHAW AIR FORCE BASE, South Carolina — Personnel from U.S. Army Central witnessed a unique event, March 2, as one of the command's sergeants major was latterly appointed to the rank of command sergeant major at Patton Hall, here.

Command Sgt. Maj. Felicia Griffin, a logistics sergeant major, is one of the Army's newest appoints, and she is one of less than 1 percent of the Army's enlisted personnel who will ever attain this rank.

"It was a privilege to be here today to appointment her to command sergeant major, and for her to achieve that status and have the honor to serve at that level is quite an achievement," said Command Sgt. Maj. Eric Dostie, USARCENT command sergeant major.

Griffin's path in the Army began in March 1991 at Fort Jackson, South Carolina. From there, she made her way up the ranks, serving in many key leadership positions.

"Being lateral appointed to CSM is one of the biggest accomplishments in my 27 years of active service," said Griffin. "I want to say to the NCOs (noncommissioned officers), do not become complacent, challenge yourself, strive for excellence and take the road less traveled."

Griffin is the first sergeant major within



Command Sgt. Maj. Eric C. Dostie, U.S. Army Central command sergeant major, laterally appoints Sgt. Maj. Felicia Griffin, a logistics sergeant major, to the rank of command sergeant major during a ceremony at Patton Hall on Shaw Air Force Base, South Carolina, March 2.

the USARCENT headquarters to be appointed to command sergeant major this year. This is the only time within an NCO career when someone is appointed to a rank and not promoted.

During her final remarks, Griffin thanked everyone throughout USARCENT for sharing this special moment with her and ex-

pressed gratitude to her fellow leadership in helping her grow while serving here as she prepares for the next phase of career.

Griffin will assume responsibility as the command sergeant major for 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, 25th Infantry Division, located in Schofield Barracks, Hawaii.

- Contributing Commands
- U.S. Army-Pacific**
Russell Dodson, 438-2662
25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery
LTC Curtis J. Kellogg
655-6350
 - 2nd Brigade Combat Team**
MAJ Karen Roxberry
655-0738
 - 3rd Brigade Combat Team**
CPT Eric D. Hudson
655-9526
 - 25th Combat Aviation Brigade**
SGT Ian Morales
656-3207
 - 8th Theater Sustainment Command**
MAJ Lindsey Elder
438-0944
 - 8th Military Police Brigade**
SFC John Brown
655-5630
 - 311th Signal Command (Theater)**
CPT Liana Kim, 787-4095
 - 94th Army Air & Missile Defense Command**
SFC Claudio Tejada Valerio
448-1556
 - 9th Mission Support Command**
Crista Mary Mack
438-1600 ext. 3114
 - 18th Medical Command (Deployment Support)**
SSG Luisito Brooks, 437-4737
 - Tripler Army Medical Center**
James Guzior, 433-2809
 - U.S. Army Health Clinic-SB**
Ramee L. Opperude
433-8750
 - U.S. Army Corps of Engineers-Honolulu District**
Dino Buchanan, 835-4003
 - 500th Military Intelligence Brigade**
SGT Shameeka R. Stanley
787-6824
 - 599th Transportation Brigade**
Donna Klapakis, 656-6420
USAG-Pohakuloa
Eric Hamilton, 808-969-2402

Voices of Ohana

Because March 17 is St. Patrick's Day, we wondered,

"What would you do if you found a pot of gold?"

By U.S. Army Garrison-Hawaii Public Affairs



"I'd pay off my school loans."

Sarah Clay
Recreation aide
Outdoor
Recreation Center



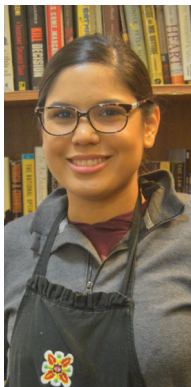
"Pay my mom's house off. She took care of me when I was little, and I want to take care of her."

Charlotte Cortes
Assistant manager
Outdoor
Recreation Center



"Pay off my family bills, put aside money for my daughter's college and take a trip to Australia."

Christine Mayes
Employee
Hui O Na Wahine
Thrift Shop



"Travel. I want to go to Japan, Italy and Scotland."

Irlane Rodriguez
Employee
Hui O Na Wahine
Thrift Shop



"I'd buy a house - and the land around it, too."

Lapreace Spires
Employee
Hui O Na Wahine
Thrift Shop

2IBCT aims to set AUPP readiness standard

1ST LT. JORDAN LINDER
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 2nd Infantry Brigade Combat Team, 25th Infantry Division is paired with a National Guard unit in Indiana as part of a pilot program to increase readiness across the Army.

The 2IBCT and the 1st Battalion, 151st Inf. Regiment out of Indiana will train together in an effort to capitalize on each other’s strengths, deploy more efficiently, better adapt to modern battlefields and enhance the Army’s overall goal of fighting and winning.

The partnership was made through the Associate Unit Pilot Program (AUPP), which links National Guard battalions with active duty brigades to increase overall readiness.

The 1-151st is headquartered at Camp Atterbury, Indiana, and has companies spread across southern Indiana. It will complete its 2018 annual training (AT) with the 2IBCT, here, on Schofield Barracks, and at other locations on Oahu. It will participate in the 25th ID’s annual Lightning Forge training exercise in preparation for more training at the Joint Readiness Training Center in Fort Polk, Louisiana.

Army Reserve and National Guard units are required to complete two to three consecutive weeks of AT to meet yearly training and readiness requirements.

Meeting these requirements can be a challenge for those in the Reserve and Guard, who also have civilian jobs and responsibilities.

However, those challenges also strengthen the Reserve and Guard units. Because those in the Guard and Reserve are civilians outside of weekend training, their work experience reinforces unit cohesion.

“A benefit of working with a National Guard unit like 1-151st Inf. is that we have backgrounds and skills sets most active units don’t typically have,” said Lt. Col. Shawn Eaken, commander of 1-151st. “I have Soldiers who are police officers, bankers, accountants, farmers and many more career fields. These backgrounds help us be a more adaptive unit.”

Capt. Daniel Pierce, commander, 2IBCT Delta Company, 1st Bn., 21st Inf.



Soldiers assigned to the 65th Brigade Engineer Battalion, 2IBCT, 25th ID conduct room clearing exercises in a complex, realistic urban environment while conducting two-week training in July 2017, at Muscatatuck Urban Training Center, Indiana.

Regt. shared a similar sentiment. Pierce, an Indiana National Guardsman, was commander of the 1-151st Headquarters and Headquarters Co. from 2015 to 2017. He said the challenges of training in the National Guard better prepared him for active duty training.

“The overall idea is that (AUPP) is meant to increase readiness across the Army,” said Pierce.

“In the Guard, we have guys from all over the state who travel to have drill weekends,” he explained. “Doing something as simple as qualifying Soldiers on weapons in the Guard can be stressful – just to get the numbers we need.

“Transitioning to an active duty unit with that knowledge of planning movements across a state helps me plan and lead my company now.”

Likewise, active duty training will also bolster the strength of those in the Reserve and Guard.

Sgt. 1st Class Gregory Bailey, the Operations sergeant for 2IBCT, has been a product of the AUPP program for the last year and a half.

“As an individual, I can take my experience from being in 2IBCT back to the Reserves when my rotation is over.

Operations tempo and training online programs, such as ATTRS (Army Training Requirements and Resource System) and



Soldiers of 1st Bn., 151st Inf. Regt. of the Indiana National Guard and 1st Bn., 27th Inf. Regt., 2IBCT, 25th ID participate in bunker clearing drills and squad live fires, Aug. 11, 2017, on Schofield Barracks.

DTMS (Digital Training Management System) are going to allow me to take something valuable back to the Guard.”

2IBCT has the goal of setting the standard for the AUPP across the Army. Soldiers of 1-151st have been part of numerous training events, and some have participated in area-specific schools like Jungle School out of the Lightning Academy, here, on Schofield Barracks.



Capt. Daniel Pierce (center) stands before his Soldiers during an Exercise Cobra Gold 18 ceremony in Thailand. Pierce, commander of Delta Co., 1st Bn., 21st Inf. Regt., 2nd IBCT, 25th ID and an Indiana Guardsman, is part of the AUPP, which pairs reserve units with active duty units across the Army.

Safety Excellence Streamers awarded 9th MSC

CRISTA MARY MACK
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — Ten green Army Safety Excellence Streamers were ceremonially awarded and added to the 10 colors, or unit flags, of each direct reporting unit of the 9th Mission Support Command, here, March 9.

“Our unit colors and guidons are adorned with streamers that reflect our heraldry and wartime campaigns, where risk to force was unfortunately necessary to reduce risk to mission,” said Brig. Gen. Douglas Anderson, 9th MSC commanding general. “These safety streamers celebrate our success in safety and risk mitigation because risk to force in peacetime is unacceptable.”

To qualify for the awards, the units – spanning across the Pacific from Alaska to Guam – completed 12 consecutive months, from Oct. 1, 2016, through Sept. 30, 2017–without experiencing a Soldier or unit at fault in a Class A or B accident. Each had 100 percent completion of risk management training and the Army Readiness Assessment Program (ARAP) within the last 24 months at time of submission.

Headquartered at Fort Shafter Flats, the 9th MSC, a geographic U.S. Army Reserve Command, is made up of approximately 3,500 Army Reserve Soldiers and 160 civilians throughout the Pacific, to include Hawaii, Alaska, American Samoa, Japan, Korea, Guam and Saipan.

“I’ve been on this job for almost 10 years and noticed that this was the first time in an entire fiscal year we were really fortunate to not have any accidents,” said Marshall Tumacder, 9th MSC Safety and Occupational Health manager. “It validates the fact that, as a unit and Soldiers across the entire command, we are following standards, accountability and leadership, and we are following the commanding general’s guidance by not having any accidents at all.”

The units awarded and the state or country they base themselves in were as follows:



Courtesy photo

Brig. Gen. Douglas Anderson (left), commanding general, 9th MSC, attaches the Army Excellence in Safety Streamer to the official colors of the 322nd Civil Affairs Brigade. The 322nd flag was one of the command’s 10 direct reporting units awarded for excellence in safety for fiscal year 2017.

- 303rd Maneuver Enhancement Brigade, Hawaii;
- 653rd Regional Support Group, Seoul, South Korea;
- 322nd Civil Affairs Brigade, Hawaii;
- U.S. Army Pacific Command-Support Unit, Hawaii;
- 3rd Mobilization Support Group, Alaska;
- Theater Support Group-Pacific, Hawaii;
- 4960th Multi-functional Training Brigade, Hawaii;
- 1984th U.S. Army Hospital, Hawaii;
- 411th Engineer Battalion, Hawaii; and
- 302nd Transportation Terminal Battalion, Hawaii.

HIARNG earns 2017 Army environmental award

RITA HESS
U.S. Army Environmental Command

HONOLULU — The Hawaii Army National Guard’s responsiblity stretches across several tropical island sites and encompasses 1,300 total acres.

Some of these sites are home to rare, threatened and/or endangered ecosystems and species, making managing these areas an immense challenge.

However, the HIARNG Natural Resources Conservation (NRC) Program was successful enough to earn a 2017 Secretary of the Army Environmental Command award for finding the right balance between managing unique and fragile ecosystems with important training activities.

“Training areas in Hawaii are valuable resources for our Army National Guard,” said Maj. Gen. Joe Logan, Hawaii’s state adjutant general. “Our HIARNG Environmental office has done a phenomenal job by not only caring for our installation by protecting native species and cultural sites, but also virtually ridding our properties of invasive plants.

“We have units deploying in 2018, and the critical work they have accomplished has kept maneuver areas clear. Our Soldiers can maintain their readiness and train on our own land.”

The NRC Program focused on one invasive species at a time and targeted seed sources – specifically those of invasive species such as miconia, albizia, kiawe and strawberry guava.

The past two years saw removal of all mature miconia trees and a renewed focus on juveniles and seedlings. This allowed HIARNG to transition from treatment to monitoring. The elimination of adult trees slashed herbicide use by 95 percent.

Next, the NRC Program turned to al-



U.S. Army photo

Restoration of KMR lowland wet forest continues after the removal of invasive species. Hence, endemic species thrive, endangered species habitat is protected, maintenance costs are reduced and training lands are sustainable. These efforts are critical to the success of the HIARNG mission.

bizia, which can quickly overtake the installation’s vehicle corridors and pass-through areas. The tree grows over 100 feet tall and is easily uprooted during storms and strong winds. It can get caught in electrical lines, thereby causing power disruptions and road barricades.

The program removed 4,000 adult and juvenile albizia trees over the past two years and now considers this invasive species as fully controlled.

At Kekaha Firing Range, nearly 20 percent of the training site was overrun by long-thorn kiawe, an invasive, noxious tree that can grow to 30 feet tall with long thorns capable of piercing shoes and truck tires. Over the past two years, approximately 5,000 plants were removed; each was capable of producing thousands of seeds per year.

People enjoy strawberry guava fruit. Feral pigs do, too, which contributes to the trees’ spread. Working with the U.S. Department of Agriculture, the NRC Program introduced a biological control agent using a scale insect, Tectococcus ovatus, to reduce fruit production.

Eradicating invasive and/or non-native species means less pesticide use and more accessible training land. It also benefits wildlife that relies on native forests, such as the endangered Hawaiian hawk and Hawaiian hoary bat.

The NRC Program’s success was due in large part to its use of goat and sheep grazing. This cost- and resource-effective approach slashed herbicide use, safeguarded sensitive habitat and enabled reopening 46 acres of the Keaukaha Military Reservation for training.

About half of the site’s 504 acres are endangered lowland wet forest ecosystems, which are thriving in harmony with military readiness activities due to the NRC Program’s innovative approach to ecosystem management.

HIARNG began using grazing animals on 46 acres with a portable paddock and a herd of 194 animals in 2016. Goats and sheep clear an average of one acre a day, including on terrain that is difficult for machines to access. Grazing herds also reduce fire fuel loads, thereby minimizing interruptions in training.

Elephant grass grows at a rate of 1 foot per week with the rainy conditions of KMR, so keeping areas cleared for Soldier training is essential.

The NRC Program also partners with Invasive Species Committees, the University of Hawaii, the U.S. Geological Service and the U.S. Department of Agriculture to ensure invasive species management goes hand-in-hand with forest restoration, data collection and wildlife habitat improvement.

The goal of the NRC Program is to reduce invasive species on military training land while improving the health and longevity of native ecosystems.

Many installations could adopt similar strategies for invasive species management. Avoiding the cost and the risks of herbicides and returning acreage to training access more quickly is a win-win for natural resources and for HIARNG.

“The innovative techniques and the dedicated staff of the HIARNG Environmental office have saved the department money and preserved Hawaii’s installations,” said Karl Motoyama, Environmental program manager. “We are working to both prepare our Soldiers for their missions and to be responsible stewards of our lands for our future generations.”

Guard chaplains focusing on resiliency, combating suicide

Conference attendees gather to share information, resources

AIR FORCE TECH. SGT. ERICH B. SMITH
National Guard Bureau

ARLINGTON, Virginia — Chaplains and chaplain assistants from the National Guard gathered at the Herbert R. Temple Jr. Army National Guard Readiness Center, here, recently, for a training conference focused on building resiliency, preventing suicide and bolstering support among Guard members.

“You and I have an incredible amount of influence over people,” said Air Force Brig. Gen. Steve Chisolm, a chaplain and the director of the Office of the Joint Chaplain at the National Guard Bureau. “For such a time as this, you have been allowed to care for those men and women who desperately need you.”

Chisolm said the more than 50 chaplains in attendance got to share information that would help them better address the needs of Guard members at their home units.

“That cross flow of information enables them to learn and share what they know with others,”he said.

Chaplains learned more about a programs and methods available to build resilient Guard members.

“They help you identity what is it that helps you become resilient and helps you add those aspects to your life,” he said, adding those items tie in directly to the chaplains’ mission to provide support, comfort, care and counseling to Soldiers and Airmen.

“That is squarely in the lane of the Chaplain Corps:



Photo by Jack Sykes

Air Force Brig. Gen. Steven Chisolm, chaplain and director of the Office of the Joint Chaplain at the National Guard Bureau, speaks at a chaplains conference at the Herbert R. Temple Jr. Army National Guard Readiness Center in Arlington, Virginia.

‘What can I do to help you be the most spiritually fit Airman or Soldier you can be?’”

Building resiliency, Chisolm said, is the backbone of suicide prevention.

“If I am a resilient individual, I am maybe going to take a good punch in the stomach, but then (I’ll) get back up and maybe even go forward in a stronger capacity,”he said.

However, preventing suicide also means asking the right questions to those who may be having suicidal thoughts, said Dr. Kelly Posner, a clinical professor of

medical psychology at Columbia University, who spoke during the event.

Some of those questions include asking individuals if they have contemplated suicide or have taken steps to end their lives.

Asking those questions is about “breaking through the silence, connecting with a troop and building a path to resilience,” said Posner, who has researched and developed multiple methods of suicide intervention and prevention.

Not posing those questions can hinder the ability to fully identify warning signs, added Chisolm.

“Nobody is immune from (suicide),”he said. “No rank structure, no gender, no race – it’s out there for everyone.”

Having a larger community to build support from is another way to build resilience, said Chisolm, and during the conference chaplains touched on ways they work with local care providers, organizations and congregations to address the needs of Guard members seeking help.

“The idea is to give them some resources – not trying to convert, or postulate – but trying to help them with resources in the local community,” said Chisolm.

But when it comes to “caring for the caretaker,” Chisholm reminded chaplains that inspiring resiliency often starts with them.

“Make sure (Soldiers and Airmen) see that self-care, nurturing part of you,” he said, adding that chaplains are no different than anybody else. “In some instances, we may be impacted more because you and I have been called to share the burdens of those entrusted to us.”

System will allow Soldiers to see buried bombs

Story and photos by
SEAN KIMMONS
Army News Service

FORT BELVOIR, Virginia — The Army is developing technology that visually alerts Soldiers to hidden explosives in the ground rather than just providing audible notification.

Called real-time spatial location tracking, the technology can show sensor images of buried bombs on either a heads-up display or tablet attached to a handheld detector.

As a Soldier sweeps with the device, a colored representation of the area – where orange means the user is close to a metallic object – appears on the screen.

The goal is to keep Soldiers safe when clearing routes by enabling them to better identify potential threats.

“You can immediately see the shape of the object and roughly its size,” said Christopher Marshall, a scientist in the Countermine Division of the Night Vision and Electronic Sensors Directorate. “By providing this information to the Soldier, it makes it easier to operate and it means a faster response.”

The directorate falls under the Army’s Communications-Electronics Research, Development and Engineering Center, which held a media day, here, late last month, to highlight its emerging technology.

With the device’s position location capabilities, information about where a Soldier has swept, and what was found there, can be passed on easily, in real-time, to observers in other locations. Currently, minesweepers must flag potential threats with sticks or other markers.

The system also monitors how a Soldier swings the mine detector as he or she uses it, to ensure they are not fatigued in such a way that it may cause them to miss a hidden object.

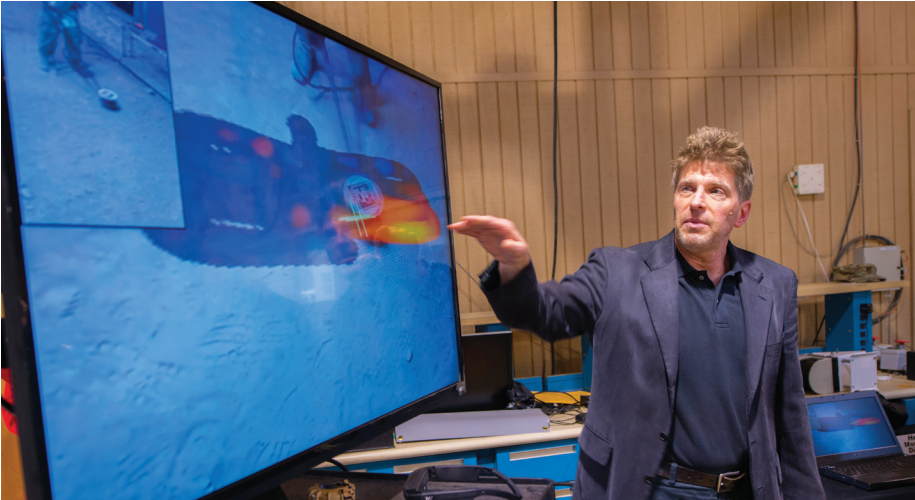
“If the Soldier is starting to swing erratically, that could be an early warning sign, so operationally that can help,” Marshall said. “Then someone could come up to take the place of the Soldier.”

Other advanced technology to better discriminate between metal objects that the device finds is also underway. That way, a Soldier can more quickly differentiate between harmless objects and would-be threats.

Sgt. 1st Class Jared Huffstickler,



Sgt. 1st Class Jared Huffstickler, a combat engineer assigned to the Countermine Division of the Night Vision and Electronic Sensors Directorate, demonstrates how a Soldier would use real-time spatial location tracking at Fort Belvoir, Virginia, Feb. 22.



Left — Christopher Marshall, a scientist in the Countermine Division of the Night Vision and Electronic Sensors Directorate, explains how real-time spatial location tracking can display a potential threat in the ground at Fort Belvoir, Virginia, Feb. 22.

a combat engineer assigned to the Countermine Division, said because of its visual displays, the technology would help Soldiers be more aware of their surroundings as they clear dangerous

routes. “This is giving us an opportunity to actually see signatures in the ground without taking away our situational awareness on the battlefield,” he said.

Since the device tracks sweeping patterns, it could even serve as a training tool for Soldiers like him who are taught to sweep at certain speeds and distances with metal detectors, he added.

Mine detection robots could also be equipped with the technology to capture and send back imagery to Soldiers in a nearby vehicle.

“The idea is that we take these exact same technologies that we’re maturing for the handheld dismounted operation and we put it there,” Marshall said of the robots. “Now the Soldier isn’t even in the picture and it’s much safer.”

USARPAC honors eight for 180 years of service

Story and photos by
STAFF SGT. JUSTIN SILVERS
U.S. Army Pacific Public Affairs

FORT SHAFTER — U.S. Army Pacific Soldiers, families and friends came together at historic Palm Circle, here, to honor eight Soldiers during a Celebration of Service ceremony, March 7.

Brig. Gen. Peter Andrysiak, USARPAC chief of staff, was the host of the ceremony, and thanked the Soldiers for their military service, which encompassed a combined total of 180 years.

“Today we celebrate the service of eight USARPAC leaders that together have a combined 180 years of service to our nation and 25 combat deployments,” said Andrysiak.

“It’s my distinct honor to be a part of this ceremony. Thank you for your dedicated service to our Army and our nation.”

Andrysiak said that the skills the Soldiers gained during their service would not be lost, but will go on to benefit society as they transition to another phase in life.

Andrysiak highlighted the careers of



Left — Brig. Gen. Peter Andrysiak, USARPAC chief of staff, presents a Certificate of Retirement to Lt. Col. Ryon Adams during the Celebration of Service ceremony, March 7, at historic Palm Circle on Fort Shafter.

the eight Soldiers over the course of the ceremony, noting their distinguished accomplishments, deployments and their future ambitions.

“Each of the eight Soldiers sitting here today made that decision to stay and commit to something greater than them-

selves, even during a period of sustained combat and great personal risk,” said Andrysiak.

“They served our nation with honor and integrity in order to secure our freedom and protect the American way of life. Thank you for your service.”

USARPAC’s Celebration of Service ceremony recognizes Soldiers for exceptional service to USARPAC and the nation as they get ready to transition into new careers. During the ceremony, Soldiers received awards, and were presented with the U.S. flag.

Retirees

Lt. Col. Ryon Adams
Lt. Col. Shane Dentinger
Lt. Col. George Gilbert Jr.
Master Sgt. Larry Gregory Jr.
Maj. Auvie Lee
Sgt. 1st Class Larry May Jr.
Sgt. 1st Class Jared McMahon
Lt. Col. Laura Nugent

Service members could get 0 percent interest on student loans

DEPARTMENT OF DEFENSE News Release

WASHINGTON — The Department of Defense is collaborating with the Departments of Education (ED) and Veterans Affairs (VA) to educate service members and veterans about a significant student loan benefit based on their military service.

Federal law exempts members of the military from paying interest for up to 60 months on certain student loans while serving or having served in an area that qualifies them to receive hostile fire or imminent danger pay. Service members and veterans can also apply retroactively based on previous qualifying military service.

This benefit applies to direct loans or a portion of a direct consolidation loan made on or after Oct. 1, 2008.

“The DOD is excited to collaborate with our federal partners to make sure members of the uniformed services are aware of this education benefit and know how to take advantage of it,” said Fred Drummond, deputy

assistant secretary of Defense for Force Education and Training. “It’s also important for service members and veterans to know that if they overpaid student loan interest they can take action to get a refund.”

To build awareness of the benefit among military borrowers, the DOD joined forces with ED and the VA on a multifaceted communications campaign to reach service members, veterans and their families through a variety of platforms.

Taking advantage of this student loan benefit is simple and straightforward. Eligible active duty, National Guard and Reserve service members and veterans can take these actions to avoid student loan interest:

1) Check your loan type and servicer by logging in to “My Federal Student Aid” at StudentAid.gov/login.

2) Contact your loan servicer to find out how to provide any of the following forms of proof:

- A leave and earnings statement showing receipt of hostile fire or imminent danger pay,

- A certifying official’s statement and signature, or
- Military orders showing service in a hostile area.

“This is a tremendous opportunity for military borrowers to save on education costs,” said Drummond. “We encourage service members, veterans and their families to explore this benefit and use it to improve their financial readiness.”

Service members and families can also meet with an accredited personal financial manager or counselor for free financial counseling at their local installation’s Family Center.

More Details

For more details about the 0 percent student loan interest benefit, visit StudentAid.gov.

Follow the DOD Office of Financial Readiness on Facebook, Twitter and Instagram.



Send announcements for
Soldiers and civilian employees to
editor@hawaiiarmyweekly.com.

16 / Friday

Spring Concert — Enjoy the Army Music Hawaii performance at Ala Moana Mall center stage, from 7 to 8 p.m. This 25th Infantry Division Band concert is free and open to the public.

Ongoing

Casualty Assistance Center — The center has relocated to Soldier and Family Assistance Center, 371 Brannon Road, Bldg. 663, on Schofield Barracks to better serve the community. Call 655-1199.

Sgt. Smith Theater — The Sgt. E.R. Smith Theater will be closed for renovation through Oct. 31. Contractor Anderson Burton, in conjunction with the U.S. Army Corps of Engineers, will assume control of the building. The entirety of the building interior will be an active construction zone.

Temporary closures of the pedestrian pathway in front of the theater are also anticipated. Due to the hazards associated with construction activities, access to the building can only be granted by Anderson Burton personnel. Appropriate signage will be posted.

Veterans Card — Reminder, effective June 1, 2018, the Department of the Army will no longer recognize Veteran Health Information Cards (VHIC) for access to Tripler Army Medical Center. (Military retiree ID, military dependent ID, CAC cards and PIV cards are OK.)

Veterans and their caregivers must present a valid driver’s license or state ID and proof of Social Security. They must have photographs taken

Oahu communities to receive LED street lights

CITY AND COUNTY OF HONOLULU News Release

A city contractor has begun converting approximately 53,500 city-owned street lights to more energy-efficient LED (light-emitting diode) lights.

Once all of the street lights have been replaced, the city is expected to realize energy savings of approximately \$5 million per year.

The \$36.7 million project is being financed by First Hawaiian Bank and is projected to pay for itself within a decade.

The total cost of the project is \$46.6 million, which includes the construction, financing, and the warranty and network services over a 10-year period.

“Transforming Oahu’s communities to become more sustainable, resilient and environmentally friendly is going to take a multi-faceted approach, and replacing all of our street lights to energy-saving LEDs is a big step forward in this process,” said Honolulu Mayor Kirk Caldwell.

“When this project is completed Oahu will use 60 percent less energy to power its street lights, which is equivalent to eliminating 14,400 tons of greenhouse gases each year.”

Typically, work will be done during the day from 8:30 a.m. to 3:30 p.m., Mondays through Fridays.

However, there may be instances where work on heavily congested streets will be done at night or on weekends to minimize the impact to traffic.

For more information about the project as well as updates, go to the project’s website at myoahustreetlight.com.

at either of these places:

- Spark M. Matsunaga Ambulatory Care Center between 8 a.m.-3 p.m., Monday-Friday (Modular 5, second floor).
- Visitor Control Center (VCC), Bldg. 6508, Leilehua Golf Course, Wahiawa, between the hours of 7:30 a.m.-3 p.m., Monday-Friday. (The VCC is closed daily from 11 a.m.-noon.) Call the VCC at (808) 655-1620.
- Vet Mobile at Oahu

Veteran Center, 1298 Kukula St., Honolulu, every 3rd Thursday of the month.

A background check will be performed and approved (which may take up to 30 days). The Control Access Pass (CAP) is valid for two years. The VA will contact veterans and caregivers to pick-up the pass. If veterans or their caregivers have information in their background that would bar installa-

tion access, they may not be allowed to enter TAMC to receive VA services, but will be eligible to receive VA services at the Leeward Community Based Outpatient Clinic. Call the center at 1 (800) 214-1306.

Scholarship — Active duty service members, veterans and spouses are eligible to apply to be a 2018 Tillman Scholar and possibly receive an average of \$10,000, per

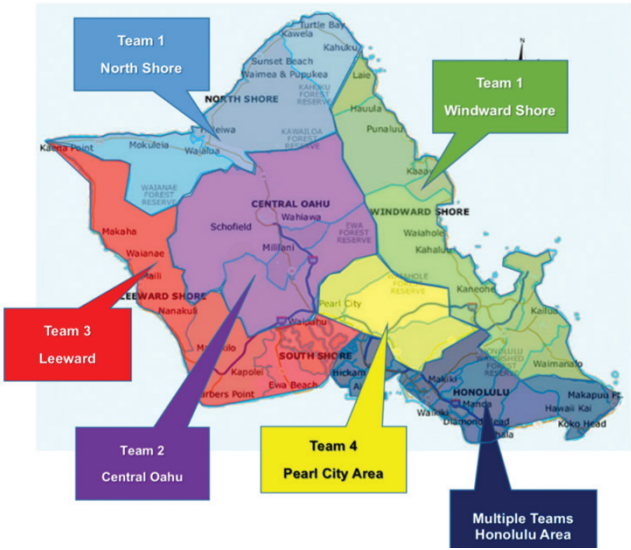
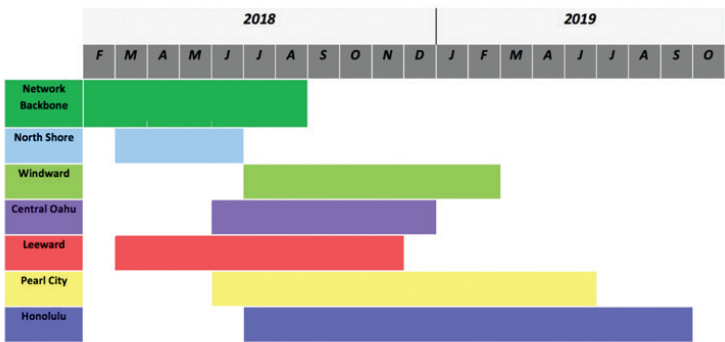
academic year, to be used for tuition, books and living expenses. Visit <http://pattillmanfoundation.org/apply-to-be-a-scholar/> to apply.

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425 for more details.



Courtesy photos

Installation Start and End Dates (Anticipated)



Courtesy graphics

Advisories from Army and Hawaii
Department of Transportation
(HDOT) sources. Provides traffic,
construction and outage information.

Ongoing

Extended Work — Roadwork on the right shoulder lane on Wheeler’s Wright Avenue will be extended to March 31. Workdays will be from 8 a.m. to 3 p.m., Monday through Saturday.

McCornack Road — There will be a parallel parking stall closure along Schofield’s McCornack Road near Bldgs. 660, 678 and 676 during crane erection of the new clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have appropriate signs.

Ganhan Road — Due to project delays and unforeseen site conditions, Wheeler’s Ganhan Road will be closed at the entrance at Wright Avenue through the duration of construction occurring at Bldg. 107. The closure will continue through Aug. 31.

Revised Traffic Codes — The Military Police has begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes.

The most significant change is the expansion of traffic offenses that incur monetary fines.

Offenses such as seat belt violations, illegal parking and cell phone usage/texting while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation or a suspension of driving privileges on the installation.

Vist “Garrison Policies” at www.garrison.hawaii.army.mil for more details.



Courtesy photos
During Spring Break this year, Army children will have many opportunities to learn, have fun and pass the time. There are events and activities available off and on post.

KAREN A. IWAMOTO
Staff Writer

Spring Break is right around the corner (March 19-22 for public schools in Hawaii), and if you're still looking for fun, productive ways to keep your kids engaged during a school-free week on Oahu, we've compiled this roundup for you.

Hawaii FMWR

The Directorate of Family and Morale, Welfare and Recreation provides leisure and family services to the Army community. These include everything from special events to youth services and more. Here are a few options for Spring Break.

•**Open Rec:** The Bennett Youth Center on Schofield Barracks is offering its Open Rec program. Youth registered with Child Youth Services are welcome to drop in and hang out with friends, play computer and board games, dance, compete in foosball and air hockey, and more.

March 19-23, 2-8 p.m.; free for youth registered with CYS. The Bennett Youth Center is located at 2251 McMahon Road, Bldg. 9090. Shuttle bus service to and from the center is available. Contact the center at 655-0451 for more information.

•**Get Wet and Wild with Watercolors:** This se-

ries of youth classes at the Schofield Barracks Arts & Crafts Center covers different types of watercolors, various tools used to create watercolor paintings, overviews of different painting techniques, lessons on color theories and composition, and more. At the end of the classes, students will have created their own piece of art.

March 20 and March 23, 10 a.m.-noon; two classes will be offered at the same time with different skill levels; for ages 8-12 and 13-16; \$25 per class or four classes for \$80. Call 655-4202 for more information. The Schofield Barracks Arts & Crafts Center is located at 919 Humphreys Road, Bldg. 572.

•**Games, movie time:** The Sgt. Yano Library, Schofield Barracks is bringing out its collection of board games for Spring Break. Patrons can choose a game to play in the library during library hours from March 19-24. It's also hosting a Movie Afternoon, 3-5 p.m., March 21, in the library conference room where attendees will also get free popcorn. Those interested are asked to call ahead to find out which movie will be screened.

The library's hours of operation are 11 a.m.-8 p.m., Monday-Tuesday; 11 a.m.-6 p.m., Wednesday-Saturday. The library is located at 1565 Kolekole

See EVENTS B-3

Activities promise fun for whole family



Courtesy of Directorate of Family and Morale, Welfare and Recreation
The Schofield Barracks Arts & Crafts Center is hosting several classes for military children this spring.



Briefs
16 / Friday

Lei Making — Learn to make a beautiful lei every Friday for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

17 / Saturday

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

18 / Sunday

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 11 a.m.-3 p.m., on Sundays, and 5-8 p.m., on Tuesdays. Costs \$100 for a 10-week session at the SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202.

19 / Monday

Sundae Monday at Hale Ikena — Every Monday at FS from 11 a.m.-2 p.m., build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

20 / Tuesday

Resiliency through Art (for Wounded Warriors) — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Preschool Story Time at FS Library — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Taco Tuesday at Hale Ikena — Every Tuesday at FS from 11 a.m.-2 p.m., enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

21 / Wednesday

Preschool Story Time — Attend every Wednesday

AT SCHOFIELD BARRACKS

2018 FUN FEST
Earth Day and LTS Travel Fair
SATURDAY, MARCH 31, 2018
9 A.M. - 2 P.M.
WEYAND FIELD, SCHOFIELD BARRACKS

ENTER TO WIN \$500 GIFT CARD TO BE USED AT LEISURE TRAVEL SERVICES
CASH ONLY FOR CERTAIN ACTIVITIES. ATM AVAILABLE ON SITE

FAMILY ACTIVITIES
Egg hunts, games, rides, pony rides, petting zoo, stage entertainment, Easter Bunny photos, keiki obstacle course, inflatables, food booths and more.

CHECK OUT THE TRAVEL FAIR
Recreational vendors from around the island, and prize giveaways.

EARTH DAY ACTIVITIES
Upcycling, crafts & coloring activities, artifacts search, sustainability and natural resources educational activities.

EXCLUSIVE TO ALL EFMP MEMBERS:
Picture with the Easter bunny: 8:45 - 9:30 a.m.
Egg Hunt: 9:30 - 10:00 a.m.

EFMP MEMBERS PROVIDED PREFERENCE WITH WRISTBAND*:
Static displays/Soldier tactics demo: 10:00 - 10:30 a.m. & 11:00 - 11:30 a.m.
Little warrior games: 10:30 -11:00 a.m. & 11:00 a.m. - Noon
*Check-in at the EFMP tent to obtain wristband.

This sponsorship does not constitute DoD, Army or Federal Government endorsement

SCHOFIELD BARRACKS — Join the family fun with a day at Fun Fest, Earth Day and the LTS Travel Fair, featuring activities, rides, free egg hunts and more, 9 a.m.-2 p.m., at Weyand Field. Visit HiMWR.com.

for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Xbox Challenge NBA 2K17 — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Titles are available upon request. Call 655-8002.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

22 / Thursday

Mom & Tots — Every Thursday, moms (or a parent/guardian) can enjoy mixed media crafting at \$5 from

10-11 a.m. at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy \$0.75 wings and draft specials from 4:30-8 p.m. Call 656-1745.

Texas Hold'em Poker — Play Texas Hold'em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place. Awarded the last Thursday of each month. Call 655-5698.

9 Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Wing Night at Mulligan's — Every Thursday night on FS from 3:30-8 p.m., get 10 wings for \$3, 20 wings for \$5.

community
Calendar

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

16 / Friday

Jewish Services — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

R. Kelly Tickets — Tickets now on sale at \$89-\$300 for the April 27 concert at Neal Blaisdell Center. Visit Ticketmaster.com.

17 / Saturday

Kolekole Trail — The SB trail is open to DOD hikers and their guests this weekend, 5:30 a.m.-6:30 p.m.

St. Patrick's Day Parade — More than 200 marchers, 40 vehicles, 4 bands march through Waikiki, noon-1:30 p.m. It starts at Saratoga Road/Kalakaua Avenue and ends at Queen Kapiolani Park. Lanes will be closed from 11:30 a.m. For more info, visit www.irishclubhawaii.com/.

St. Patrick's Day Block Party — Sponsored by Murphy's Bar & Grill, the

event is expected to have 5,000+ participants, 11 a.m.-10 p.m., near Aloha Tower.

Kuhio Beach Hula Show — Authentic Hawaiian music and hula show by Hawaii's finest hula halau (dance troupes). The show is presented Tuesday, Thursday and Saturday at 6 p.m. at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue in Waikiki. Seating is on the grass; bring beach chairs and mats. Don't forget your camera.

25th ID Band Concert — 25th ID Band performs, center stage, at the Ala Moana Center, 7-8 p.m., with a free performance.

Drunk Driving Prevention Program-Oahu — You can avoid impaired driving! DDPP will drive you home completely free of charge, and, if you'd like, the DDPP will also drive your car home for free. DDPP's Hawaii chapter (with volunteers from Schofield Barracks) is taking pickups and more volunteers. Call 888-7407 or visit ddpp.us.

18 / Sunday

Family Fishing — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For details/reservations, call 233-7323.

19 / Monday

ASYMCA — The Armed Services

YMCA of WAAF needs your help. Please donate non-expired food to its pantry. It's located at 1262 Santos Dumont Ave. on Wheeler. Call 624-5645 for more details. Visit www.asymcahi.org.

23 / Friday

Luke Bryan in Concert — Two-time country music Entertainer of the Year/superstar performs, 7:30 p.m., at the Neal Blaisdell Arena with Friday and Saturday night performances, along with the Brothers Osborne. Tickets begin at \$49.50. Visit www.emporiumpresents.com.

24 / Saturday

Prince Kuhio Commemoration Parade — Watch 800 marchers, 35 vehicles, 2 floats and 2 bands, beginning at 9:30 a.m. Parade begins at Kalakaua Avenue at Saratoga Road and ends at Waikiki Shell parking lot, Queen Kapiolani Park.

Honolulu On Tap — Craft beer festival features two sessions, \$30 each, general admission. Sessions run 1-4 p.m. and 6-9 p.m. at the Blaisdell Exhibition Hall. Features 100 releases from some of America's best craft breweries.

30 / Friday

The Music of Journey — The Hawaii Symphony Orchestra performs the music of Journey on Friday, March 30, and Led Zeppelin on Saturday, March 31, 7:30 p.m., at Blaisdell Concert Hall. Tickets begin at \$29. Tickets at ticketmaster.com.

Ongoing

Army Museum in Waikiki Volunteering — The U.S. Army Museum of Hawaii is looking for friendly and sociable

volunteers to greet museum visitors from all over the world. Volunteers will man the reception desk, Tuesday-Saturday (closed on Sunday and Monday), 10 a.m.-1 p.m. or 1-4 p.m.

The museum is also looking for docents (volunteer tour guides) and individuals who have knowledge and abilities in woodworking, metal work, assembly and/or web design and graphic arts.

The museum is operated by USAG-HI and is located in the heart of Waikiki on historic Fort DeRussy. The museum is free and open to the public. Call 438-2825.

TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use, for \$5 adults and \$2.50 youths, and \$2 for eligible disabled, seniors, and U.S. Medicare and TheHandi-Van cardholders. Limited to cash-paying passengers and replaces the need for transfers. Contact TheBus Information line at (808) 848-5555 or visit www.thebus.org.

Honolulu City Arts and Culture — Learn about current and upcoming free events sponsored by the mayor's office at www.honolulu.gov/moca/moca-calendar.html.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Mammograms — "Helping Women Now. Are You Due?" The U.S. Army Health Clinic-SB offers walk-in mammograms at the Radiology Clinic, Bldg. 685, first floor. Call 433-8355.

See COMMUNITY CALENDAR B-4

The Sgt. Smith Theater will be closed until Oct. 31 for scheduled renovations.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	AMR: Aliamanu Military Reservation	FMWR: Family and Morale, Welfare and Recreation
25th ID: 25th Infantry Division	ASYMCA: Armed Services YMCA	FRG: Family Readiness Group
ACS: Army Community Service	BCT: Brigade Combat Team	FS: Fort Shafter
AFAP: Army Family Action Plan	CDC: Child Development Center	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
	EFMP: Exceptional Family Member Program	ODR: Outdoor Recreation
	FCC: Family Child Care	PFC: Physical Fitness Center
		SAC: School Age 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

Events: Spring fun blooms on Oahu

CONTINUED FROM B-1

Ave. Call 655-8002 for more information.

Hawaii State Public Libraries
The Hawaii State Public Library System’s mission is to nurture a lifelong love of reading and learning. In addition to its extensive catalog of books and periodicals, it hosts a number of events and programs at its various branches, many of which are recurring and can be found at librarieshawaii.org/events. Below are a sampling of a few offered during the Spring Break.

•**Spring Break STEM Activities:** The Kahuku Public Library is hosting this event featuring hands-on learning activities geared toward elementary-aged keiki. They’ll get to create music on a Makey Makey, race a Sphero or Dash-n-Dot, make their own Squishy Circuits, build with magnets and more.

March 22, 2-4 p.m.; free, but preregistration is required at www.librarieshawaii.org/event/spring-break-stem-activities/. The Kahuku Library is located at 56-490 Kamehameha Hwy.

•**Buggy for Books:** Kapolei Public Library’s annual Spring Reading Program rewards keiki who participate with weekly and bonus prizes just for reading. Those in the sixth grade and below are welcome to join, and parents are encouraged to read to children who cannot read or need help reading. This program is sponsored by the Friends of the Kapolei Library.

Ongoing during Spring Break; participants may register for this free program and pick up their prizes during library hours. The Kapolei Public Library is located

at 1020 Manawai St.

•**Army Music Hawaii:** The Makani Collective, the woodwind quintet from Army Music Hawaii, performs at Wahiawa Public Library. This performance is perfect for families and young children.

March 17, 10-11 a.m.; free. The Wahiawa Public Library is located at 820 California Ave.

Bishop Museum
Bishop Museum is hosting a month-long Hi-Sci Festival that celebrates all things science, from astronomy to oceanography, career-building to early exploration. The following event takes place during the Spring Break.

•**Fall in Love with Science Discovery Day:** Meet scientists and researchers and learn about the museum’s natural science collections. Stick around to visit the museum’s dinosaur exhibit. This is the feature event for the Hi-Sci festival. It lasts all day and is full of family-friendly activities. There will be food trucks on site as well as expert guests from the fields of botany, entomology, malacology, ichthyology, zoology and more.

March 18, 9 a.m.-3p.m.; free with preregistration for kamaaina and those with military ID; 50 percent off admission on day of event for kamaaina and those with military ID. Bring a reusable water bottle and stay hydrated with water from Menehune Water. Bishop Museum is located at 1525 Bernice St., Honolulu.

Waikiki Aquarium
The Waikiki Aquarium is the second oldest public aquarium in the United States. Established in 1904, it continues to provide exhibits and activities for the whole family. For admission times and prices, and a full list of regular events and programs, visit waikikiaquarium.org. The following event falls during the Spring Break:

•**Aquarium After Dark:** Do fish sleep after dark? If so, how? Find out at a nighttime class-by-flashlight at

the aquarium and stick around for an after-dark tour of the aquarium’s various exhibits.

March 20, 6:30-8:30 p.m.; \$15 per adult, \$10 per child for non-members; Waikiki Aquarium members receive a 40 percent discount.

Discounts may be available for kamaaina and those with military ID. Visit waikikiaquarium.org or call 440-9011 between 8 a.m.-2:30 p.m., Hawaii time, for more information. Waikiki Aquarium is located at 2777 Kalakaua Ave.

Honolulu Zoo
The Honolulu Zoo is the only zoo within an over 2,000-mile radius. It boasts hundreds of animals, from barn owls to bongos to baboons to Burmese pythons. Visiting hours are 9 a.m.-4:30 p.m., daily.

•**Spring Break Camps:** The zoo hosts two Spring Break Camps, the first from March 17-23 (the last day to register for this one is Friday, March 16) and a second from March 24-30 (the last day to register is March 23).

For more information, visit honolulu zoo.org/zoo-events. The zoo offers discounts to kamaaina and those with military ID. The Honolulu Zoo is located at 151 Kapahulu Ave.

Hawaiian Humane Society
The Hawaiian Humane Society is an animal welfare organization that enforces animal cruelty laws, runs an animal shelter and educates the community through programs and events like the one below.

•**Windward Canine Game Day:** If some of your “children” have four legs and bark, this event lets you ruff it up with them at Kaohao Public Charter School. It features a dog derby, a canine-friendly pool, morning doga (dog yoga), a dog and owner look alike contest and more.

March 24, 10 a.m.-1 p.m.; free. Kaohao Public Charter School is located at 140 Alala Road.

Weekends begin with Friday prizes

ARMY & AIR FORCE EXCHANGE
News Release

SCHOFIELD BARRACKS — What’s better than Fridays? Winning a great prize from the Army & Air Force Exchange Service’s Free Friday giveaway.

Soldiers who follow the Exchange’s main Facebook page have a chance to win every week in 2018.

The Exchange plans to give away more than \$28,000 in prizes on Fridays this year, including a Troy-Bilt EZT 54 riding lawn mower and a Husqvarna Z254 turn riding mower, both valued at \$2,999. Other planned prizes include Briggs & Stratton electric pressure washers, Weber and Char-Broil barbecue grills and a Bel Air patio furniture set.

“Soldiers and their families at Schofield Barracks work hard, and the Exchange wants to help them get the work done at home and relax,” said Asia Gilchrist, store manager, Schofield Barracks Exchange. “If you follow facebook.com/shopmyexchange, you won’t miss out on Free Fridays, and it would be great to have someone at Schofield Barracks win one of these great prizes.”

In 2017, the first year of the Free Friday promotions, the Exchange gave away more than \$15,000 in prizes to Soldiers, Airmen, military families, retirees and honorably discharged veterans.

To enter the contests, authorized



The Schofield Exchange is participating in the Army & Air Force Exchange Services Free Friday giveaway program that will total more than \$28,000 in prizes on Fridays this year.

shoppers simply post a comment with their name, city, state and local exchange to each Free Friday post at facebook.com/shopmyexchange. Entries made by 6:59 a.m., Hawaii time (which is 11:59 p.m., Central Standard Time) on the day of the posting will be entered into the drawing.

Drawings are held on the Monday after each Free Friday giveaway.

Exchange on Facebook

The Army & Air Force Exchange Service gives away great prizes every Friday during its Free Friday giveaway on Facebook. Authorized shoppers can view the weekly prize and enter to win at facebook.com/shopmyexchange.

Increase savings with Military Star

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

DALLAS — The expansion of the Exchange Credit Program’s Military Star card to all Department of Defense commissaries is proving to be rewarding for service members and their families.

The card offers a robust rewards program in which cardholders can get a 2 percent return on purchases, earning a \$20 rewards card for every \$1,000 spent. Since the Defense Commissary Agency began accepting the card late last year, more than 197,000 military shoppers have earned \$1.4 million in rewards.

Benefits
“Expanding acceptance of the Military Star card to the commissary creates additional benefits for military shoppers,” said Jami Richardson, Exchange Credit Program senior vice president. “The Military Star card now works even harder to support service members and military families.”

Authorized exchange and commissary shoppers enjoy a host of benefits when using the Military Star card, including these:

- The lowest APR (11.49 percent) of any retail-issued credit card, no matter the cardholder’s credit score;
- No annual, late or over-limit fees; and
- 10 percent discount on first day’s purchase.

More Online

The Military Star card is administered by the Army & Air Force Exchange Service. For more information, visit MyECP.com.

As it turns out, winter offers proof civilians are people, too

I never imagined that our family’s old minivan – the budget-friendly 2005 Toyota with embarrassing filth ground into her carpets, a spider infestation and a pizza box once taped over a broken window – would one day teach me a profound lesson about the innate goodness of the human race.

But it happened last week.

Despite the fact that our minivan has safely transported our family during many tours of duty, I’ve been longing for an upgrade. She has served us faithfully, never quitting when the kids upchucked onto her upholstery or dropped sticky fruit snacks between her seats. Her dashboard sometimes lights up like a Christmas tree, but her engine never quits. She has never left us stranded, whether negotiating the pristine autobahns of Stuttgart or the dicey inner-city streets near our kids’ school in Jacksonville.

But when we got orders to the Naval War College in fancy-schmancy Newport, Rhode Island, our minivan stuck out like a sore thumb. Our public school kids were offered scholarships to become day students at a prestigious local boarding school. As “the military kids” among mostly privileged students, they were a novelty, at first, but they soon fit in just like everyone else.

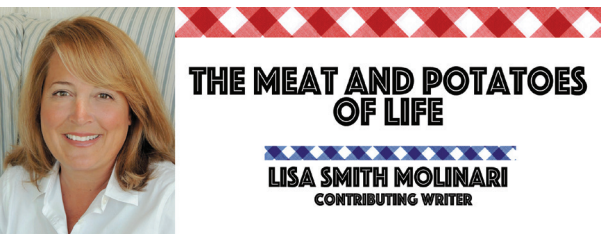
Well, almost.

I’d show up to school drop offs in our bedraggled minivan, making a scene among the shiny European imports driven by the other parents. To make matters worse, the doors would freeze shut on cold mornings, requiring our kids to climb in and out of the hatchback door.

So when news of Winter Storm Riley hit last week, I parked our minivan under a big tree in our front yard and prayed for Mother Nature to put her out of our misery. But, alas, not so much as a twig fell on her dull, pitted hood.

The next day, my husband, Francis, and I drove to the school to watch the semifinal basketball game. Driving past Audis, Range Rovers and BMWs, we found the only parking spot left in a grassy area behind the field house.

When the game was over, we snuck out a back door to our waiting van.



“Oh crap,” Francis barked from the driver’s seat, “she’s stuck in the mud!”

Sure enough, when Francis pressed the gas, the wheels oozed deeper into the storm-saturated earth. Francis got out to push, but this only aggravated his sciatica. I pitched handfuls of gravel into the sloppy ruts and shoved an abandoned two-by-four under the wheel. But nothing worked.

Francis and I were mortified. Not only did we own the most unsightly vehicle in the parking lot, but we were also making a scene, revving the old heap’s engine, splattering mud and gouging the pristine grounds of the historic campus.

Regardless of our shame, we needed help. The useless revving of the engine finally attracted other parents, and soon four couples were pushing our front bumper with all their might.

“One, two, three!” I bellowed. They groaned and shoved against mushy turf while I hit the gas. Strangers brought bundles of sticks, sheets of plywood and rubber floor mats for traction. But after many attempts to free our heap from the sludge, our makeshift team had nothing to show for itself but destroyed shoes and soil-splattered clothing.

Defeated, but touched by our fellow parents’ kindness, we called for a tow-truck and bid the good Samaritans adieu.

Driving home after the fiasco, I was ashamed that I’d thought the parents at our school would avoid helping us. I knew about the “military-civilian divide,” and I’d assumed it was all their fault. Civilians don’t understand us. Civilians won’t give us a chance. Civilians don’t respect our sacrifices, I’d thought.



Photo courtesy of Lisa Smith Molinari

Civilian assistance comes to the muddy rescue despite the condition of the author’s bedraggled minivan.

Perhaps it’s not fair to place all the blame on civilians. Military communities can be insular, and we often behave as if we’ve cornered the market on service and honor. However, our civilian neighbors deserve the same understanding and compassion that we demand from them so vehemently.

It took our minivan 216,370 odometer miles to teach us that respect is a two-way street, but I gratefully patted her dashboard, as we parked her back under the big tree to await the next storm.

(Molinari shares more military family insights at www.themeatandpotatoesoflife.com.)

‘Rock and a hard place’ pose tough decisions

CHAPLAIN (MAJ.) MIKE TURPIN
25th Combat Aviation Brigade
25th Infantry Division

SCHOFIELD BARRACKS — Do you ever find yourself between a rock and a hard place?

I was recently reminded of a situation in the Bible where Moses was leading God’s people out of slavery. As they began their journey, they quickly found themselves trapped between the Red Sea and Pharaoh’s army.

The people that Moses was leading grew afraid and complained to Moses about bringing them out of Egypt and slavery. They wanted to go back and serve in bondage rather than die in the desert. They were afraid, and Moses and the people he was leading were between a “rock and a hard place.”

Tough choices

Moses had a choice. He could have joined with the people and complained against God for his situation. He could have went back to Pharaoh and asked him to be nice and allow the people to return

to Egypt. Or, he could believe that God brought them to that place for a reason and trust the Lord for salvation.

Moses chose to believe that God brought him to that place and would continue to provide for his people. That night, God placed a pillar of smoke in front of Pharaoh’s army and opened up the sea for the people to escape. God provided.

Personal choices

In counseling over the years, people often come to me with situations that seem like a rock and a hard place. It can be a leader or peer at work that seems to not understand the situation. It can be marriages and the struggles of military life together with the difficulty of understanding one another and finding solutions. It can be physical or family issues that seem to have no resolution.

I would encourage you, today, to ask yourself, has God brought me into a difficult situation to teach me something? What am I supposed to learn? Ask yourself, how can I best trust the Lord and wait to see his salvation.





community calendar

CONTINUED FROM B-2

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military posts with base access.

Army ROTC Scholarship — Army ROTC Study.com offers a \$500 scholarship for the coming year. Apply by April 1, at http://study.com/pages/Army_ROTC_Scholarship.html.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.

Installation Waste Disposal — For proper disposal in residential areas, contact your local community center. Do not place any cardboard, wood, bulky waste, hazardous materials or green waste in or around dumpsters. Visit www.islandpalmcommunities.com/CurrentResidents.

SAT/ACT Prep — Free DOD-sponsored prep prepares students for the college testing season. Request a donated program at eKnowledge.com/HAW or call (951) 256-4076.

Big Brothers, Big Sisters — Would you like to mentor? Big Brothers Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its Military Youth Mentoring Program. Your mentoring is needed an average of two to four times a month for a 12-month period. Contact Lauren Jagla, enrollment

and matching specialist, at 695-4569.

Lost Bicycle — Have you lost a bicycle? Go to the Provost Marshal Office, Bldg. 3010, Lyman Road, SB. Provide a good description of the bike – like make, model, color, any identifying marks – or give a receipt showing the serial number of the bike.

Plenty of bikes have been found. Call Lenwood Redd, the evidence/found property custodian, at 655-9497.

Freeway Service Patrol — This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline.

The service is available, 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

TAMC Arts & Crafts Volunteers — The American Red Cross is seeking volunteers for patient and family support. Call Yolanda Gainwell at 433-6631.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Mondays-Fridays. Call 624-5645.

Volunteer with Salvation Army — It is our generous and hardworking volunteers who help us continue to do the most good throughout the Hawaiian and Pacific Islands. Our volunteers help us throughout our red kettle campaign, at various

events and with some of our programs.

If you would like to volunteer for the Salvation Army, please fill out a volunteer interest form at www.hawaii.salvationarmy.org/hawaii/volunteer.

Hanauma Bay Education Program — HBEP seminars (educational talks or films) are Thursday evenings, 6:30-7:30 p.m., at Hanauma Bay Nature Preserve Theater. Admission is free; parking is free after 4 p.m. Watch seminars live or any time on YouTube at Hanauma Talks. Visit hlep.seagrant.soest.hawaii.edu/community-events-calendar.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m. and providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel, and more. Call 433-2271.

Naval Air Museum — This nonprofit museum, located in Bldg. 1792, Midway Road, Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7, adults, and \$5, keiki, under 18. Visit www.nambp.org or call 682-3982.

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation 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
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

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

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

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

Good nutrition begins with planning, preparation

Prepping your meals in advance may be helpful for health going forward

MARLYNE PEREZ
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — March is an exciting month for your Nutrition Team, here, because it’s National Nutrition Month (NNM).

There couldn’t be a better occasion for us to share the good news about quality nutrition because this is a time when the people in our great community are really beginning to take charge of their health. They inspire us.

The theme of NNM this year is “Go Further with Food,” a message about planning and prepping, which leads to savings.

So what does this even mean?
Perfect question. One of the biggest reasons why it’s difficult for many people to eat healthy is that they don’t have a plan. Just like with missions in the field, projects at work, starting a business or a day’s routine with the kids, all could fall apart without a solid plan.

Thankfully, meal planning doesn’t need to be as complex as the aforementioned situations. With a little time invested, you can save yourself quite a bit of time, money, stress and calories.

So where do I begin?
We’re happy you asked. The amazing part about all of this is that there are so many resources. Begin by getting savvy with online recipe resources like “My-Recipes, EatingWell” and “CookingLight.” There are several smartphone apps that can generate your meal plan for the week, and most include grocery lists, such as “Mealtime,” “Yummly” or “Food-Print.” Of course, you can also utilize your Schofield Barracks Nutrition Team who are here to help guide you.

Got it! What’s next?
Next, start prepping. Cut veggies and store them in the fridge to be readily available for recipes. Have meat thawed and ready to go. Put all the ingredients for each meal together in one spot to make them quicker to grab and start cooking when you’re ready.

You could even plan to utilize a slow cooker or Instapot pressure cooker, aka, “all in one” pots, where all the ingredients can be added at once, like in a healthy turkey chili, for instance. It’s also handy to cook up bigger portions of recipes that can be packed for the following day’s breakfast, lunch or dinner meal.

Prepping meals in advance may seem like a mighty task, but can actually save you time, money, stress and calories, as mentioned before. You’ll know exactly what’s for dinner after a long day, which can lessen the urge to hit a drive through for the sake of convenience.

“Failure isn’t a bad thing; it’s necessary in forming who you are and in pushing you to where you want to be.”
- Marlyne Perez, U.S. Army Health Clinic-Schofield Barracks



Photos by Ramee Opperrude, U.S. Army Health Clinic-Schofield Barracks
Marlyne Perez and Capt. Kay E. Kerstens pose near the “Move 2 Health” model on Schofield Barracks, March 13. Nutrition is a part of the holistic approach to health that is addressed in the Move 2 Health model.



Will this really make a difference?
Let’s put it this way: Just one cheese-burger meal alone at McDonald’s is about 900 calories. And that’s with a diet, not even a regular Coke. For most people, that’s about half of their total daily calorie intake – in just one meal.

If it takes 3,500 calories to make 1 pound of body weight, you can see how calories in fast food add up quickly. And the piece of lettuce and tomato on that burger doesn’t really count for a serving of veggies. Nice try.

Now that you’re motivated to get started on rewarding your body with quality food, we’ll let you get to it. But

before you go, we’d like to sum it up with this message: In life, there are opportunities to lead and moments to be led. When it comes to your health, you can be empowered by both.

Lead by taking control of your health. Begin by planning for your goal, while staying flexible and allowing the right guidance to influence you on your path.

Take-away plan
Remember this: Just as it is with every other mission in life, the plan doesn’t always lead to perfection. But don’t let the risk halt your will and determination. Be bigger than excuses, which are designed to try and block you. You are stronger. Plan, take action, stumble back a bit, get up and push forward again. But PLAN.

Failure isn’t a bad thing; it’s necessary in forming who you are and in pushing

Left — Marlyne Perez uses a mobile application to scan a nutrition bar. Attendees at the Move 2 Health course on Tuesday received a brief on best nutrition practices and information about National Nutrition Month.



Capt. Kay E. Kerstens, dietitian, Nutrition Outpatient Clinic, briefs at the Move 2 Health training during National Nutrition Month on March 13. National Nutrition Month allows the USAHC-SB to focus its education efforts on healthy eating habits as part of complete health.

you to where you want to be. With this in mind, plan to fail BIGGER and go further – in this case, with your quality of (food) life.

Registered Dietitians
For more information and inspiration, plan a visit to your Schofield Barracks registered dietitians. Go to any front desk at the clinic to inquire, or call (808) 433-2778.