

Sgt. Michele Barrera and Spc. George Knighting, 414th MP Co., practice various baton techniques as part of the company's certification training.



728th MPs support Reservists for Total Force

Story and photo by
STAFF SGT. TARESHA HILL

8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers from the 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, conducted law enforcement integration and certification training with MP reservists from the 414th MP Company (Joplin, Mo.), Sept. 4-28.

The training is one of 8th TSC's first efforts in supporting the Army Total Force Policy, by providing integrated collective training throughout its components in support of overall Army readiness.

In an effort to support this policy, leadership from the 8th MP Bde. devel-

oped a law enforcement integration and certification program. Upon completion of this program, a Reserve MP unit will be qualified to work law enforcement for U.S. Army Garrison-Hawaii, should the need ever arise.

"The goal is to have a reserve component ready and able to backfill us at any time," said 1st Lt. Abdón Garay, training officer, Headquarters and Headquarters Co., 728th MP Bn. "It allows the Army to use us in any way or form, aside from our current mission here."

The law enforcement integration and certification program was implemented by MPs from 728th's law enforcement section and conducted in three phases: train-the-trainer, law enforcement certi-

fication and on-the-job training.

For the first phase, a handful of the 414th MPs' noncommissioned officers were selected to attend the weeklong train-the-trainer class instructed by 728th's MPs. The small group of Reserve NCOs completed the class a few months prior to beginning the next phase.

Garay explained that it was law enforcement refresher training covering 17 topics, including traffic control, use of force and active shooter.

Once the 414th MPs arrived on Oahu for the second phase, the company hit the ground running and spent the next few weeks learning the law enforcement tactics and procedures used by USAG-HI's MPs.

The classroom lessons covered more than 70 topics.

(Editor's note: Read more about the 414th at www.hawaiiarmyweekly.com.)

The Army's Total Force Policy

The policy directive memorandum, issued in 2012 by the Secretary of the Army, is an enduring collaborative effort between the Army's active duty, Army Reserve and National Guard components to combine resources and transition into an all-inclusive "total force" that is regulated by the same interchangeable policies and procedures.

TAMC announces new tobacco-free policy for campus

WILLIAM SALLETTE

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center has added a tobacco-free living dimension to the current Medical Command order of establishing a tobacco-free campus.

The new addition includes tobacco prevention, incremental tobacco reduction and control.

What this means for patients and visitors to TAMC is, there will only be two designated areas where smoking or use of any tobacco products is permitted. Both of these areas are outside of the hospital and away from patient care facilities.

Enforcement of the policy began on Oct. 1 with the goal of providing a safe environment for patients to receive care, improve the health, wellness and productivity of the Total Army Family and to create a momentum of transforming the Army culture towards becoming tobacco-free.

Facilities affected on Oahu are TAMC, Regional Health Command-Pacific, Pacific Region Dental Command and Public Health Command-Pacific. It applies to all military, civilians and contractors assigned to and working for MEDCOM, patients, vendors, volunteers, students and visitors



Graphic courtesy of Tripler Army Medical Center

to all MEDCOM facilities.

These tobacco products are covered:

- Cigarettes, cigars and pipes;
- Smokeless tobacco (chewing tobacco and snuff); and
- Electronic nicotine delivery devices (e-cigarettes, e-cigars, e-pipes).

There will be a phased implementation

for all employees other than active duty. However, beginning Jan. 1, 2017, employees will only be allowed to smoke and use tobacco products during their unpaid lunch period.

Although most TAMC employees are non-tobacco users, the commander is committed to improving the health of all

the staff, which is why employees will be offered free, command-sponsored, tobacco cessation services, including counseling, education and pharmaceuticals. Active duty personnel can obtain tobacco cessation support from their Patient Centered Medical Home or Army Public Health Nursing.

"We have a fantastic program inside preventive health for smoking cessation, and it shows very good results," said Col. Andrew Barr, commander, TAMC, during a recent town hall. "What we have found over time is that both in the group and individual setting, and with the help of medications, we can help a lot of folks quit smoking."

Employees will receive a one-time service consisting of four visits over a three-month period. The window to use these services is from Oct. 1, 2016, to Sept. 30, 2017.

Tobacco Cessation

For more information on obtaining smoking cessation services, contact your primary care manager at (808) 433-2778 to schedule an appointment.

Virtual town hall open to address community concerns

U.S. ARMY GARRISON-HAWAII
Public Affairs

WHEELER ARMY AIRFIELD — The Army community is invited to participate in the next U.S. Army Garrison-Hawaii quarterly Facebook Town Hall, 6-7:30 p.m., Tuesday, Oct. 18, to present community-wide concerns.

The digital town hall offers a real-time communication pathway for the U.S. Army Hawaii population to connect with subject matter experts who can address questions about garrison services and programs.

The most convenient part of holding a town hall virtually is that participants don't have to disrupt their schedules to attend in person. They can log in from the comfort of their home, or anywhere else, and post questions anytime prior to or during the 90-minute event. Then, participants can just sit back and wait for a response.

Garrison subject matter experts will spend 1 1/2 hours addressing as many community concerns as possible. Participants are asked to remain patient while waiting for a response



from representatives, such as the directorates of Emergency Services; Public Works; Family and Morale, Welfare and Recreation; and Island Palm Communities.

Tenant organizations like the commissary, Exchange, Tripler Army Medical Center, and the U.S. Army Health Clinic, Schofield Barracks, may also be in attendance.

All original comments posted before or during the town hall will be answered, if not during the event, in the days following.

Individuals taking part in the digital

discussions also should review the posting policy located under the "About" tab before participating. Comments that include personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the online town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about streetlights, provide the street name, installation and the closest cross streets, buildings or landmarks. This

method will help DPW pinpoint the location in question exactly, which will facilitate a faster response, both online and in real-world repairs.

Posting Tips

Follow these tips:

- Be proactive.** Post your installation-wide concern in the days and hours prior to the live event - before the page gets extremely active.
- Be specific.** Include as much detail as possible, including items like the neighborhood, street and intersection, if applicable.
- Be patient.** Reposting your question doesn't get it answered faster. All original comments posted before or during the town hall will be answered in a couple days.

Virtual Participation

Anyone wishing to participate should visit www.facebook.com/usaghawaii and click on the "Events" tab to get to the event.



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.

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Nondelivery or distribution:
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Fire Prevention Week 2016 proclaimed

More than one million fires occur each year in the United States.

Throughout the past decade, the number of fires – and ... resulting deaths and injuries – has gone down, but residential fires still damage homes across our country, causing a higher percentage of fire deaths, injuries and economic loss than any other fires, and wildfires continue to devastate our forests and threaten nearby homes and businesses.

During Fire Prevention Week, we strive to increase our preparedness for fires and commit to giving dedicated firefighters the support they need to keep us safe.

Every moment counts during a fire, and smoke alarms help save lives. However, many people do not know that their smoke alarms should be replaced every 10 years (because) after 10 years, they tend to become unreliable.

I encourage everyone to check the manufacturing dates of their smoke alarms to see if they need replacing. Families and businesses should also develop and practice evacuation plans in case of emergencies and should prepare communication strategies in case of a fire.

All Americans can learn more about steps they can take to prepare for fires by visiting www.Ready.gov.

In recent years, we have experienced some of the most severe wildfire seasons in American history, including



President Barack Obama

roughly 50,000 wildfires and over 9 million acres burned last year alone.

Climate change exacerbates wildfire risks through drier landscapes and higher temperatures;

we must recognize the effects our changing climate has on fire risks and help fire professionals and community leaders take action to enhance community resilience against these risks.

Last year, my Administration brought together fire chiefs from around our country to identify key lessons learned

from fires at the Wildland-Urban Interface and actions that can be taken to reduce the harm to people and property associated with wildfires in these areas, where fighting fires is especially complicated, expensive and dangerous.

We need to be smarter about where we build, and we must work to better understand how fires behave, so our firefighters can work more safely and effectively. We owe these heroic professionals nothing less.

This week presents opportunities for businesses, families and communities to learn about ways to protect themselves in case of fire and helps raise awareness of steps we can all take to prevent fires.

During Fire Prevention Week,

we also pause to honor our first responders and firefighters, including those who have sacrificed their own lives to save the lives of people they had never met. Let us salute them and pay tribute to all firefighters whose bravery, sense of duty and love of country make our Nation a stronger, safer place.

Now, therefore, I, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim Oct. 9 through Oct. 15, 2016, as Fire Prevention Week.

On Sunday, Oct. 9, 2016, in accordance with Public Law 107-51, the flag of the United States (was) flown at half-staff at all Federal office buildings in honor of the National Fallen Firefighters Memorial Service.

I call on all Americans to participate in this observance with appropriate programs and activities and by renewing their efforts to prevent fires and their tragic consequences.

In witness whereof, I have hereunto set my hand this seventh day of October, in the year of our Lord two thousand sixteen, and of the Independence of the United States of America the two hundred and forty-first.

Barack Obama



Courtesy of Chicago Historical Society

The Currier & Ives lithograph, created Dec. 31, 1870, shows people fleeing across the Randolph Street Bridge.

“The whole earth, or all we saw of it, was a lurid yellowish red,” wrote one survivor. “Everywhere dust, smoke, flames, heat, thunder of falling walls, crackle of fire, hissing of water, panting of engines, shouts, braying of trumpets, roar of wind, confusion, and uproar.”

Police Call

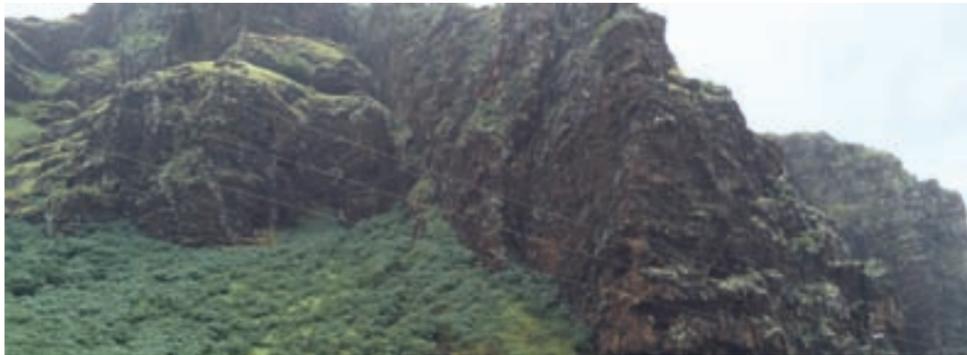


Photo courtesy of Directorate of Public Works Cultural Resources

No trespassing at upper Makua Cave

COL. SHANNON-MIKAL LUCAS

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

On the leeward coast of the island of Oahu, north of Pili-la’au Army Recreation Center, lies the Makua Valley.

Many military personnel know the area because of the Makua Military Reservation (MMR), a training area that lies just south of Ka’ena Point, where Farrington Highway comes to an abrupt end.

MMR was set up after the attack on Pearl Harbor and has served as a location for military exercises and training for over half a century.

Just before you reach the fence line marking the front entrance to MMR lies a tract of land that is a bit different than the rest of the training area. This area is leased by the Army, but it isn’t an enclosed training area; it butts up against Farrington Highway for just shy of half a mile.

On this tract of land lies Kaneana Cave, known to some as Makua Cave. Kaneana Cave is known to Native Hawaiians as the legendary home of Nanaue, the shark man.

The cave has been identified by multiple websites as a must-see location. However, recently many of these websites and hiking blogs have also been advertising a second cave as a must-do hike: upper Makua Cave, located on the hillside above Kaneana Cave.

We absolutely disagree. There are a number of reasons why no one should be hiking to the upper Makua Cave.

No hiking on Makua Cave

From a proprietary standpoint, the cave sits on federally leased property and has been designated a restricted location where trespassing

is prohibited.

From a safety standpoint, this non-sanctioned trail is dangerous. The slopes are steep and unstable, and unexploded ordnance (UXO) may be present in the area from training that occurred many years ago.

Alarming, hikers illegally entering the area have been reported walking directly past “keep out” and “danger unexploded ordnance” signs. UXOs, however, present a very real danger and should not be taken lightly. In 2015, not far from the cave, an Army contractor was seriously injured after encountering a UXO and could have lost his life.

From a cultural perspective, many Native Hawaiian practitioners consider the cave “wahi pana,” a legendary or special place, because of its history and the many stories and legends relating to the area. Accessing the cave when they consider it “kapu” or off-limits is disrespectful and contrary to our Army Values – not to mention, the Resources Protection Act.

The Army has invested significant time, efforts and money to protect cultural resources, along with threatened and endangered plants and animals, on Army installations, ranges and leased lands. We ask that all service members and members of the community hike only on official, designated trails; practice safety and stay out of suspected UXO areas; respect the cultural significance of upper Makua Cave; and comply with the legal prohibition of entering the area.

Directorate of Emergency Services

For more information on the services and the personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Spc. reduced to Pvt., gets Bad Conduct

WHEELER ARMY AIRFIELD — On Oct. 5, at a general court-martial, a specialist assigned to Company B, 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Inf. Division, was convicted by a military judge, pursuant to his pleas, of the following:

- One specification each of attempted larceny, failing to go to his appointed place of duty, disrespecting a superior commissioned officer, disobeying a lawful order, disrespecting a superior noncommissioned officer, fleeing apprehension, and resisting apprehension;

- Two specifications of wrongful use of a controlled substance, nine specifications of larceny, and one specification of child endangerment, in violation of Articles 80, 86, 89, 90, 91, 95, 112a, 121, and 134 of the Uniform Code of Military Justice.

The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 21 months and to be discharged from the service with a bad conduct discharge.

The accused was credited with 110 days pre-trial confinement credit.

Voices of Ohana

October is Domestic Violence Awareness Prevention Month. We asked, “What’s the best way to take a stand against domestic violence?” by Staff Sgt. Taresha Hill, 8th MP Bde. Public Affairs, 8th TSC

See p. B-1 on Domestic Violence.



“You need to watch for those warning signs and intervene as soon as possible.”

Sgt. Dejamine Bryson
Paralegal NCO
HHC, 8th MP Bde.,
8th TSC



“Don’t be quiet about it. Let someone know because if you don’t, it will never stop.”

Pvt. Mazzi Bunn
Supply specialist
HHC, 8th MP Bde.,
8th TSC



“Remember what brought you together.”

Spc. Desmond Essex
Paralegal specialist
HHC, 8th MP Bde.,
8th TSC



“Anger comes from an impulsive act. Have the individual discipline to remove yourself from a situation before it escalates.”

Staff Sgt. Adam Ewing
Chaplain’s assistant
HHC, 8th MP Bde.,
8th TSC



“To ensure that people understand that it is an issue and that it doesn’t have to be a silent issue.”

Staff Sgt. Matthew Wilson
Operations NCO
HHC, 8th MP Bde.,
8th TSC

TROPIC LIGHTNING PAST AND PRESENT



HONOLULU — Veterans from the 25th Infantry Division Association salute during a ceremony at the National Memorial Cemetery of the Pacific, Oct. 8. A reading of names and a three volley salute in remembrance concluded the 75th anniversary of the 25th ID.



Department of Defense photos by Master Sgt. Todd Kabalan
William R. I. Smith (left), president, 25th ID Association, and Command Sgt. Maj. Scott Brzak, 25th ID, speak with a fellow veteran at the memorial ceremony.

‘Golden Dragons’ reunite to say goodbye to their battalion

Story and photo by
MAJ. KAREN ROXBERRY

2nd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A deactivation ceremony is often described as a solemn event, but something remarkable occurred, Oct. 3, on Weyand Field, here, as the 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Brigade Combat Team, 25th Infantry Division, cased its colors for the last time.

It was a reunion filled with laughter, fond memories and, more noticeably, pride from past Golden Dragons who attended the ceremony to say farewell to their old battalion.

“I was motivated to attend for all those that could not be here,” said Mark Larson, who served multiple times in the battalion from 1995 to 2005. “Just walk through the halls of the battalion, and you will see the men and women who served in this unit and see where they are now. They are still making a difference in the Army today with the training they received from former Golden Dragons.”

“It’s impossible to express the feeling and pride you have being a Golden Dragon,” Ray Borrego said.

Borrego was assigned to 1-14th Inf. Bn. from 2002 through 2008 as a combat



Lt. Col. David Krzycki and Command Sgt. Maj. Michael Spear case the 1-14th Inf. Bn. colors for the final time on Oct. 3 during the deactivation ceremony held on Schofield Barracks.

medic.

“Thousands of us still communicate regularly through social media to this day, encompassing our previous brothers from the Vietnam era to current unit members,” Borrega said. “I wouldn’t miss this for the world!”

1-14th Inf. Bn. has participated in every major campaign since the Civil War.

In 1966, it was positioned along the Cambodian Border preventing the North Vietnamese from cutting South Vietnam in half.

Forty-four years later, the Golden

Dragons deployed to Iraq in support of Operation New Dawn to train and assist Iraqi forces in 2010.

“First, from its beginnings in the Civil War, until this very moment, the Golden Dragons have always been ‘Right of the Line,’ representing the best of America,” said Col. Anthony Lugo, commander, 2nd BCT, during his remarks for the ceremony.

Many of the Golden Dragons’ historical items were transferred to 2-14th Inf. Regt., 10th Mountain Div., at Fort Drum, New York.

Items with significance to the Golden Dragons’ lineage to the 25th ID were donated to the 25th ID’s Tropic Lightning Museum, here.

The 1-14th Inf. Bn. was selected to case its colors as part of the Army’s recent force structure and realignment in the decision to convert 2/25th to an IBCT.

Lt. Col. David Krzycki and Command Sgt. Maj. Michael Spear are now the last command team to have led the Golden Dragons.

“My greatest military honor in life has been to command such fine Soldiers,” said Krzycki. “Today marks the end of Golden Dragons here in Hawaii; however, when called, these colors will rise and perform its mission because of the men and women underneath it.”

TROPIC LIGHTNING WEEK



Photos by Petty Officer 2nd Class Aiyana S. Paschal, Department of Defense SCHOFIELD BARRACKS — Purple Heart recipients attend festivities commemorating the 75th anniversary of the 25th Infantry Division, Oct. 6.

Tropic Lighting Week 2016 showcased the pride, history and future of the 25th ID to its Soldiers, families, veterans and supporters.



Tropic Lightning snipers in ghillie suites emerge from the tall grass to the surprise of hundreds of spectators during a combat capability exercise for spectators during Tropic Lighting Week, Oct. 6. See related story p. A-5.



Rep. Tulsi Gabbard, Hawaii's 2nd District, places a lei during the unveiling of an addition to the United through Sacrifice Memorial during the 75th anniversary of the 25th ID, Oct. 6.

This memorial contains the fifth and final Soldier figure, that of a female soldier, "Wahine Koa."



An equestrian participates in the Tropic Lighting Week polo match, Oct. 6.

Veterans, families watch in awe of TF Cacti

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

SCHOFIELD BARRACKS — Veterans, families and members of the local community were overawed by the combat power on display during a capabilities exercise (CAPEX) led by the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, at the Battle Area Complex, here, Oct. 6.

The CAPEX was a live-fire training mission that displayed the raw power of the 25th ID “Tropic Lightning.”

More than 200 Soldiers performed before 450 spectators during the exercise to finish off the annual Tropic Lightning Week held in the beginning of the month.

“The CAPEX really brings in a company task force,” said Lt. Col. John E. Hill, commander, 2-35th Inf. Regt. “Typically, a lot of our training is done with the enablers that the battalion can provide. However, during the capabilities exercise, we bring in aviation, artillery, and we bring in engineer assists.”

Soldiers assigned to the 29th Bde. Engineer Bn., 3rd BCT; 3rd Bn., 7th Field Artillery Regt., 25th Div. Artillery; and

3rd Bn., 25th Aviation Regt., 25th Combat Avn. Bde., worked in concert within Task Force Cacti during the CAPEX.

“It really goes to show how lethal, trained and prepared a company or battalion task force can be – what we can do when we’re deployed in the battlefield,” Hill said. “Wherever we go in the Pacific area of operations, we can bring a lot of lethality.”

For many of the Soldiers, platoon leaders and company commanders, the fruition of the exercise was due to the arduous yearlong training the battalion had undertaken to make the CAPEX the success that it was Oct. 6.

The performance of the Soldiers of Tropic Lightning linked them to their veterans who had served with the division in peacetime and previous wars.

“Today, especially, with the 25th Infantry Division veterans that have come out today to witness this great event, the 25th ID alumni association, we can connect the current Soldier with the past, and that’s hugely important to them,” Hill said.

One of the veterans making a connection to the Soldiers serving today was Rick Melli, a retired U.S. Army lieutenant colonel.

“It’s fantastic seeing everything out here today,” Melli said. “It’s like coming



A 25th CAB UH-60 Black Hawk airlifts an M119 105mm howitzer during a capabilities exercise at the Battle Area Complex, Oct. 6. The big gun was used in support of the CAPEX for TF Cacti.

home.”

Melli said he had served with the 2nd Bn., 27th Inf. Regt., here, from 1963 to 1966. During his last year in Hawaii, Melli was part of the advance party, in what was then the Republic of Vietnam, before the rest of his regiment arrived at the port of Vung Tau, near Saigon. He was deeply

impressed by combined arms elements of TF Cacti using an infantry company supported by mortars, artillery fire, sappers and aviation elements working in concert during the CAPEX.

The unseen element for TF Cacti, the scout platoon, gave invaluable support by giving invisible, but extremely lethal direct fire.

“We have a reconnaissance team; that’s how we’re conducting surveillance and reporting back to our battalion (tactical operations center) on any movements on the objective,” said 1st Lt. Christopher Pawlik, scout platoon leader, Headquarters and Headquarters Company, 2-35th Inf. Regt. “In our battalion, we have one sniper team that interdicts targets at the objective, and any targets of opportunity, to provide freedom of movements of the main company.”

Members of Pawlik’s platoon impressed the crowd to its delight when they emerged from grass taller than the height of an average male while wearing their ghillie suits, a special type of camouflage uniform.

“Actually having our snipers close to and seeing the rest of the battalion and all the VIPs come and witness,” Pawlik said, “it’s very rare to see a sniper come and shoot to take down targets. It’s awesome to be a part of and get recognition for our guys.”



First Lt. Christopher Pawlik, scout platoon leader, HHC, 2-35th Inf. Regt., 3rd BCT, emerges from his concealment to the awe of the audience at the Battle Area Complex, Oct. 6.



Engineers from Co. A, 29th BEB, 3rd BCT, a part of Task Force Cacti, destroy simulated enemy weapons and material during the live fire CAPEX at the end of Tropic Lightning Week, Oct. 6. Hundreds of family members, friends and Tropic Lightning veterans observed the impressive demonstration.

605th Trans. Det. mariners return from PP 16-3

Story and photo by
STAFF SGT. MICHAEL BEHLIN
 8th Theater Sustainment Command
 Public Affairs

PEARL HARBOR — Army mariners from the 605th Transportation Detachment, 8th Special Troops Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, were welcomed home at a pier-side ceremony, here, Saturday.

Welcoming the 31 Soldiers deployed in support of Pacific Pathways 16-3 were friends, family, members of the local community and unit leadership.

The ceremony marked the official end of PP 16-3 for the crew of Logistic Support Vessel-2 CW3 Harold A. Clinger, who provided sustainment support to the 25th Infantry Division by transporting equipment to Japan for exercise Orient Shield 16.

Although the Soldiers from the 3rd Brigade Combat Team, 25th ID, who deployed as part of the rotation, returned by air travel, Sept. 23, the return of the Soldiers of the 605th is an example of the quiet professionals who make readiness possible by transporting critical training equipment that can take weeks longer than the exercise itself.

“Your support to Pacific Pathways 16-3 and Exercise Orient Shield 2016 underscore a continued commitment by the United States and Japan to work as a dedicated partner in support of the Japan-U.S.



Families eagerly await the return of their loved ones with the 605th Trans. Det. who returned after their deployment in support of PP 16-3.

security alliance and for peace and stability in the Indo-Asia Pacific region,” said Lt. Col. Todd Allison, commander, 8th STB.

The ship departed, here, Aug. 12, for its mission, traveling a total of 9,500 nautical miles to make port calls at Nagoya, White Beach, Hiroshima and Yokohama, Japan, marking the first time an Army LSV has ported at each location.

This accomplishment, according to crew members, was one of many which

highlighted the capabilities of their vessel.

Chief Warrant Officer 3 Kevin Willis, commander, 605th Trans. Det., said testing the capabilities of the vessel was important for both his crew and Army mariners as a whole.

“Just going into the different ports and experiencing the different currents, winds and seas operating in the (U.S. Pacific Command) area of responsibility, you learn your job,” Willis said, referencing the

difficult conditions his crew faced.

Willis said that the PP 16-3 mission was also important for his crew because 80 percent of them had never deployed on a mission as long or of its magnitude. He said PP 16-3 provided them with the key skills and knowledge needed to perform future missions.

The Soldiers returning from the mission said they were excited to be home. They were appreciative of the opportunity to gain experience from the mission.

“It was an outstanding mission,” said Pfc. Brian Dillon, watercraft engineer. “Even though we encountered bad weather and other challenges, we were able to complete our mission, which speaks volumes on our capabilities and leadership.”

When asked what he was most proud of after their mission, Willis quickly responded with, “My crew, hands down!”

PP 16-3

Pacific Pathways 16-3 was the third iteration of the USARPAC concept for deploying Army enablers in the Indo-Asia Pacific area of responsibility in existing security cooperation exercises and engagements, linked together into a deliberate, sequenced operation partner.

USARPAC unit/individual safety award nominations due by Halloween

ARMY NEWS SERVICE
 News Release

FORT SHAFTER — Nominations for unit and individual 2016 safety awards are due to the U.S. Army-Pacific Safety Office by Oct. 31.

“Units should aggressively seek guidance from their Safety Office on completing these nomination packets in a timely manner,” said Jaye Shareef, a safety specialist with USARPAC. “The goal is to nominate worthy individuals and units for these prestigious awards, and the safety professionals in USARPAC and subordinate units will do everything they can to help with the process.”

Shareef relayed that last year U.S. Army-Alaska completed an outstanding nomination that won high honors at the Department of the Army level.

1st Lt. Jacob Cain, a safety officer with 4th Brigade, 25th Infantry Division, won a 2015 Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety.

Cain, who is now in training to become an Army lawyer, was a second lieutenant when he was tasked with the additional duty of unit safety officer, and he quickly realized that the command emphasis on safety made the position anything but a simple additional duty.

“Soldiers in Alaska have an increased level of risk in everything they do,” he said. “The extreme cold and the austere environment have a brutal effect on both people and machines. If commands don’t take safety seriously, accidents will happen.”

In Cain’s nomination packet, Maj. Gen.

Bryan Owens, commander, USARAK, said, “Cain is the right person to receive this prestigious award ... (he) seeks out and eliminates the conditions, practices and habits that threaten our Soldiers. He maintained an exemplary safety and compliance record that reduced the 725th Bde. Support Battalion, 4-25th Infantry Bde. Combat Team (Airborne), a total number of accidents per year by 28 percent compared to the previous year.”

Unit’s should emulate USARAK’s 2015 nomination and strive to recognize the hard work of Soldiers and leaders in their commands who have worked so hard to conduct their missions safely, said Shareef.

The USARPAC safety director will convene a panel this fall to select the best unit and individual nominations for each

competitive category and forward selected nominations to the Dept. of the Army by Dec. 15.

(Editor’s note: This article was submitted by USARPAC Safety Office.)

How to submit a nomination

To be considered for a safety award, both individuals and units must have made significant improvements and contributions to accident prevention efforts in Fiscal Year 2016, according to Department of the Army Pamphlet 385-10, Army Safety Program.

Detailed guidance on submitting a nomination is found in DA PAM 385-10, Ch. 6 and USARPAC’s Regulation 385-10, Ch. 9.

NEWS BRIEFS & TRAFFIC REPORT

Today

VERA/VSIP — Civilian garrison employees considering Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay should take a survey by Nov. 1 to determine their interest. Call 656-1680 for details.

Public's Help — The Coast Guard seeks the public's help identifying the owner of a 16-foot, yellow skiff found approximately nine miles southeast of Hana, Maui, Monday. There have been no reports of missing persons in the area. The Coast Guard has suspended its active search pending any new developments. Anyone with knowledge of such a vessel, who may be able to identify it, is asked to contact Coast Guard Sector Honolulu at (808) 842-2600.

Flu Season — The FluMist will not be available at DoD facilities or covered by TRICARE during the 2016-17 flu season. The Centers for Disease Control and Prevention recommended against using FluMist this year, due to several studies showing it is not effective in preventing flu among certain age groups. This season, the DoD's entire supply of flu vaccine will be injectable. It is recommended for everyone, ages 6 months and older.

Combined Federal Campaign — The Hawaii-Pacific Area Combined Federal Campaign encourages you to donate to the CFC. Pledges made during the campaign season (through Dec. 15) support eligible nonprofit organizations that provide health and human service benefits throughout the world. Visit <http://www.cfc-hawaii.org>.

ESD Survey — The Education Services Division is conducting an educational needs assessment survey to determine if its programs and services are meeting the needs of its customers at the Schofield Barracks and Fort Shafter/Tripler Education Complex.

The survey can be completed in approximately 15 minutes at <https://ssl.cac.hqda.pentagon.mil/Checkbox/Survey.aspx?s=38886bb44edb49af9e497c635997101f>. This survey is a CAC-enabled document.

18 / Tuesday

Registration Deadline

— The Hiring Our Heroes Transition Summit is at Wheeler Army Airfield Gulch and the Post Conference Room and Nehelani, Schofield Barracks, Oct. 18-19. This event is mandatory for Soldiers with less than nine months before their separation date. To attend, go to <http://HiringOurHeroes.org> to register and upload your resume now!

ASBP Drive — The Armed Service Blood Program will conduct a blood drive, 11 a.m.-3 p.m., at the Schofield Barracks Post Exchange. Call 433-6699.

15 / Saturday

Schofield Outage #1

The west side of Schofield Barracks will be without power, 7 a.m.-3:30 p.m. Buildings affected by the outage should be prepared for an extended outage in this event.

WAAF Outage — The Wiliwili Housing Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

17 / Monday

Par for the Course

Leilehua Golf Course will see a scheduled power outage, 7:30 a.m.-3 p.m., for tree trimming.

24 / Monday

Power Outage

There will be a power outage at the Fort Shafter Community Center and pool, 8 a.m.-2:30 p.m., Oct. 24-25, for construction on 7th Street.

26 / Wednesday

AMR Lane Closure

Partial lane closures begin along the westbound lane of Aliamanu Drive, 8:30 a.m.-3:30 p.m., until Nov. 2. Traffic will be contraflowed into the eastbound lane. There will be additional phases occurring consecutively; there won't be more than one lane closure at any time.

29 / Saturday

Schofield Outage #2

The west side of Schofield Barracks will be without power, 7 a.m.-3:30 p.m., for upgrades to the electrical substation.

Ongoing

Schofield Road Closure

— There will be a road closure, 8:15 a.m.-2:30 p.m., at Waianae Ave (south) between Generals Loop and Jecelin Street.

Waianae (north) between Generals Loop and Jecelin Street will be designated for two-way traffic during this road closure. Traffic flow will be restored to the original configuration during off-duty hours.

Wisser — There are road closures, weekdays, 8:30 a.m.-5:30 p.m., until Nov. 18, at Shafter's Wisser Road between 7th Street and Arsenal Road for construction. The adjacent parking lot will be accessible by means of the driveway entrance next to Bldg. 525.

Westbound traffic from Simpson Street and Patch Gate headed toward Funston Road will be detoured through Arsenal Road. Eastbound traffic from Funston Road and 7th Street headed toward the Post Exchange and Patch Gate will be detoured through Pierce Street and Arsenal Road.

7th & Arty Hill — Intermittent lane closures at the intersection of Shafter's 7th Street and Artillery Hill Road continue, 8 a.m.-4 p.m., until Nov. 23. Residents will be given advance notice if their driveways will be blocked. Access to Island Palm Communities office will still be open.

Photos by Christine Cabalo, Oahu Publications
Army Community Service provides symbols and support especially during Domestic Violence Awareness Month in October.

Fighting Domestic Violence

SCHOFIELD BARRACKS — A table is set symbolically for victims of domestic violence at the Domestic Violence Awareness Prevention Month kickoff at the Nehelani, Sept. 30.

Family Advocacy Program offers help from abuse

MILITARY ONESOURCE
 News Release

Domestic abuse victim advocates can help.

No one deserves to be abused, and that includes you.

Even though asking for help may be one of the hardest things you ever do, there are people who can help.

The Army Community Service's Family Advocacy Program, or FAP, and Tripler Army Medical Center or the U.S. Army Health Clinic-Schofield Barracks, our military health care providers, can assist you if you're the victim of domestic abuse.

If you choose to use non-military support services, one option is the National Domestic Violence Hotline at 800-799-SAFE (7233).

Victim advocates offer the following forms of assistance to help keep you safe:

•**Explanation of confidentiality and military reporting options.** Under the restricted reporting option, you can report an incident to a FAP supervisor, clinician or a victim advocate or health care provider. You can also receive victim advocacy services, clinical or crisis counseling, mental health support and medical care without starting a law enforcement investigation or having the command notified.



SCHOFIELD BARRACKS — Handmade T-shirts crafted with slogans, designed to raise domestic violence awareness, decorate a clothesline at the Nehelani as part of Domestic Violence Awareness Prevention Month.

•**Emergency services and counseling.** Victim advocates can assist you in finding shelter, medical care, counseling, legal services and other resources – both on and off the military installation.

Safety plan a must

Safety plans provide a strategy for finding emergency assistance, a shelter or safe house, legal assistance, financial assistance and child care. If you're not yet prepared to talk to someone, you can still develop a safety plan.

•**Military protective order or restraining order.** If you live on an installation, you may want to consider a military

protective order, which is similar to a restraining order issued by a civilian court. A military protective order or restraining order makes it illegal for your spouse to return home or enter your workplace.

A military protective order is issued by a military commander and may order the service member to surrender his or her weapons custody card, stay away from the family home or refrain from all forms of contact with the victim.

Your military installation recognizes military protective orders, while a civilian restraining order is enforceable on your installation, as well as in the civilian community. A victim advocate can help you

look into these options, but they can't get one for you.

•**Information about military or civilian response.** Victim advocates can provide information about support services, what the military command can do to protect you, and what civilian law enforcement and courts can do in both military and civilian responses to domestic abuse.

•**Transitional compensation.** Family members of military members separated from the service can receive temporary payments and benefits due to a dependent-abuse offense.

Transitional compensation assists military family members during the financial hardship they may face when they leave an abusive relationship.

Remember, however, the victim advocate can help you through the process of applying, but does not do it for you. Victim advocates can assist you every step of the way.

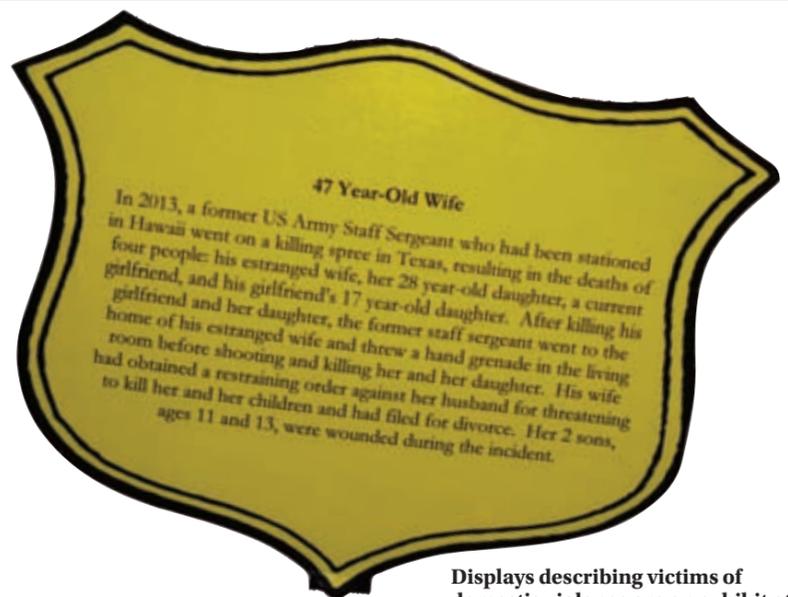
Steps for support

Keep yourself safe from an abusive spouse or partner. Read more about making a restricted report and getting confidential help. Take these steps to get the help you need to keep yourself safe

See REPORT B-4



SCHOFIELD BARRACKS — Shealynn Evenson (right), FAP education specialist, speaks with Soldiers about programs to build resiliency against stress and other factors.



Displays describing victims of domestic violence are on exhibit at the Nehelani, Sept. 30.

Options are available for abuse reporting; awareness urged

MILITARY ONESOURCE
 News Release

Deciding whether to report domestic abuse can be difficult.

Victims of domestic abuse may feel confused, alone or afraid to get help.

If your partner is abusive, knowing your reporting options may help you decide what's best for you and your family.

The Department of Defense is committed to addressing and ending domestic abuse. Except in select circumstances, victims have the option of making either a restricted or an unrestricted report of domestic abuse. Both options allow access to personal help and support, also known as victim advocacy services.

Victim advocates can support victims of domestic abuse by providing these:

- Help with safety plans,
- Information on helping resources and referrals,

- Information about military and civilian protective orders,
- Accompaniment to meetings, medical and court appointments,
- Restricted reporting, and
- Contacting a domestic abuse victim advocate to discuss your options.

Restricted reporting

Knowledge is power, and confidential information and support can help you decide how to proceed. You may contact a Family Advocacy Program counselor or victim advocate, or a military health care provider to request a restricted report.

Making a restricted report means this:

- No law enforcement notification,
- No command involvement,
- Access to medical care, counseling and support,
- Victim advocacy services,
- Time to evaluate your relationship

choices, and

- Control over what and how much information to share with others.

Because victim safety is a priority, if you are in immediate risk of serious harm, you cannot use the restricted reporting option. The restricted reporting option does not apply to child abuse cases.

Unrestricted reporting

Know the signs of abuse and get the facts. If and when you're ready to make an unrestricted report to law enforcement, you may contact the Family Advocacy Program, military police or the chain of command.

Making an unrestricted report provides you with the following:

- Law enforcement investigation of an abuse incident,
- Command notification and poten-

tial administrative action against the offender,

- Support and protection from the command,
- Victim advocacy services,
- Information on legal rights, and
- Assistance in applying for transitional compensation, if applicable.

In an abusive relationship, deciding what to do is rarely easy. But, knowing your options is the first step to ending abuse and creating a safer and happier life.

Points of Contact

If you are a victim of domestic abuse, contact the Family Advocacy Program at 656-4227 or call the National Domestic Abuse Hotline at 800-799-SAFE (7233).



Briefs

14 / Friday

Youth Basketball and Cheerleading — Registration continues through Oct. 20 for youth born 2000-2011. Cost is \$55. Call 655-6465 or 836-1923.

Facebook Couples Challenge — Complete one assigned activity each day for 30 days for a chance to win.

“Like” ACS Hawaii Facebook page to join the challenge (<https://www.facebook.com/Army-Community-Service-Hawaii-332495810239/?fref=ts>).

Friday with Friends — This support group meeting is a peer-support gathering for surviving family members, offered every 1st Friday of the month from 9 a.m.-1 p.m. Currently, yoga is being offered during the “Friday with Friends” group support. Call 655-4227.

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

Buck-a-Burger Night — Buy a burger for \$1 at FS Mulligan’s from 3:30-8 p.m. Call 438-1974.

Magic the Gathering — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.

15 / Saturday

Adventure Reball Special — Do you enjoy paintball or airsoft? Then enjoy Outdoor Recreation’s unique sport reball for \$25 from 8:30-11:30 a.m.

ODR will provide all markers; outside markers are not allowed. All you need to bring is protective clothing, water and snacks.

ODR can also customize for unit team-building and birthday parties. Call 655-0143.

Daddy Boot Camp — Class for first-time/expecting fathers at SB ACS from 9 a.m.-noon. Dads can ask questions and learn practical skills for taking care of mom and baby.

Fairies & Princesses — SB Arts & Crafts Center shows how to use make-up for Hal-

OCT. 22 AT HICKAM FLIGHT LINE



Photo by Phil McCarten/Invision/AP

JOINT BASE PEARL HARBOR-HICKAM — An A-list lineup assembles for the free military tribute show “Rock the Troops,” 5:30 p.m., Oct. 22, at the Hickam flight line. Hosted and co-produced by Hollywood’s Dwayne Johnson, the show will feature all-star comedy, including Kevin Hart, Jack Black, Terry Crews and retired Marine Rob Riggle, with music from Lynyrd Skynyrd, Nick Jonas, Flo Rida and Tenacious D. The show will air on Spike TV in December. Visit www.greatlifeohawaii.com.

loween from 4-6:30 p.m. for \$15. Participants will learn how to create prosthetics with liquid latex, fake blood and specialty costume make-up. Price includes supplies. To register, call 655-4202.

Teen Read Week — Make a Comic Contest, Oct. 9-15, is at both FS and SB Sgt. Yano libraries to celebrate Teen Read Week with a comic contest on Instagram. Entries will compete in two categories.

Visit hawaii.armymwr.com for contest rules and guidelines. Winners will receive a \$25 gift card to Target. Call 655-4202.

Bull Ride at SB Tropics — Take a ride every Saturday in October at 8 p.m. Call 655-5698.

Dungeons & Dragons Meet-Up — An open-ended role-playing game every Saturday at 6 p.m. at SB Tropics. Call 655-5698.

16 / Sunday

NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics, Bldg. 589, Foote Avenue, watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m. for \$24.95/person. Reservations encouraged. Call 438-1974.

17 / Monday

Federal Job Seminar — Special two-part seminar presented by Kathryn Troutman on mastering the federal applica-

tion process for all federal job seekers and Priority Placement Program for Military Spouses. Register with ACS Employment Readiness. Call 655-4227.

18 / Tuesday

Resiliency through Art — 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.

19 / Wednesday

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Chess at SB Tropics — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

Domino’s at Tropics — Join SB Tropics every Wednesday in October for a Halloween Domino’s Tournament at 11 a.m. Call 655-5698.

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, 5-8 p.m. Call 655-4466.

20 / Thursday

Mom & Tots — Attend at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from

10-11 a.m. Call 655-4202.

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. Call 438-1974.

Book Talk at the Tropics

— See if you can convince others to read your favorite reads or be convinced by others to read something new, 6-7:30 p.m. Snacks are provided at Tropics. A \$15 Walmart gift card will be given away each month. If you don’t have a book, you’ll be able to pick out a book from a selection provided by Sgt. Yano Library. Must be 18 years or older to participate at the SB Tropics. Call 655-5698.

21 / Friday

Witches, Vampires and Ghouls — A Halloween make-up workshop will be held at SB Arts & Crafts from 4-6:30 p.m. for \$25. Participants will learn how to create prosthetics with liquid latex, fake blood and specialty costume make up. Price includes supplies. Call 655-4202.

Table Top Gaming — Play a variety of games from 1-4 p.m. at Sgt. Yano Library. Light refreshments will be offered. Must be 18 years and older to participate. Call 655-8002.

22 / Saturday

Adventure Kayaking 101 — Learn to kayak for \$59 with Outdoor Recreation from 8:30-11:30 a.m. as we cruise the various beaches around Oahu. Great for the whole family. We usually have many opportunities for turtle spotting. Transportation (up to 12 people), equipment and instruction provided. To sign-up, call 655-0143.

Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319.

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

448-7849 or 1-800-745-3000 with a limit of eight tickets per purchase. All tickets will cost \$69 plus \$6.25 service fee. The first show is at 6:30 p.m. and the second show is at 10 p.m.

Hawaii Theatre Center — Christopher Morgan & Artists storytelling, hula, modern dance, classical music and projection design to explore universal themes of Hawaii’s native people, 7:30 p.m. Call the Box Office at (808) 528-0506 during regular business hours Tuesday-Saturday, 9 a.m.-5 p.m., or go to the Box Office located at 1130 Bethel St. Special ticket prices of \$5 available to low-income qualifiers. Call 528-0506.

24 / Monday

Power Outage — There will be a power outage at the FS Community Center and pool, today, and Oct. 25, 8 a.m.-2:30 p.m., for nearby construction work on 7th Street.

26 / Wednesday

Celtic Pipes and Drums of Hawaii — Classes are now being offered for novice student pipers and drummers beginning Oct. 26. Learn a new skill and avocation in Celtic music and culture. All are welcome and no experience or musical background is required. Visit www.celticpipesohawaii.org or celticpipesanddrums@gmail.com for an application.

15 / Saturday
Hiking — The Kolekole Trail (hiking and walking) is closed this weekend, Saturday and Sunday.

Mall-O-Ween — Windward Mall hosts, 10 a.m.-1 p.m., this annual Halloween costume contest. Registration runs from 10-11 a.m. at Center Court.

Hawaii vs. UNLV College Football — The Warriors take the Aloha Stadium field with a 6 p.m. kickoff in a 2016 Mountain West Conference clash against the Rebels. Tickets available at the Aloha Stadium box office, or by phone at 944-2697 and online at www.hawaiiathletics.com/.

18 / Tuesday

Facebook Town Hall — Garrison Commander Col. Stephen Dawson hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page - <https://www.facebook.com/usaghawaii>. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Thursday at the AMR Chapel. This broad-ranging

20 / Thursday
Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Blue Note Hawaii — Hawaii’s jazz club features Big Bad Voodoo Daddy, Oct. 20-23, at the Outrigger Waikiki Beach Resort. Visit www.bluenotehawaii.com.

22 / Saturday
Garth Brooks Concert Tickets — Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, will perform two shows Dec. 10 at the NBC Arena. Tickets go on sale Oct. 22 at 10 a.m. Tickets can only be purchased at ticketmaster.com/garthbrooks or ticketmaster.com or either Ticketmaster Express 1-866-

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

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,

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
• Last Wednesday, 6 p.m. at MPC

Catholic Mass

• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
• Tuesday, 7 p.m. at AMR
• Wednesday 11:45 and 5 p.m. at MPC
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at WAAF
• Sunday services: - 8:30 a.m. at AMR - 10:30 a.m. at MPC

Gospel Worship

• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

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

Liturgical (Lutheran/Anglican)

• Sunday, 9:27 a.m. at SC



Don’t Breathe (R)

Fri., Oct. 14, 7 p.m.

The Wild Life (PG)

Sat., Oct. 15, 4 p.m.



Blair Witch (R)

Sat., Oct. 15, 7 p.m.



Sully (PG-13)

Sun., Oct. 16, 5 p.m.

(Closed Monday through Thursday.)

community Calendar

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

14 / Friday

Federal Survey Card — Attention, parents! Help generate funds for Hawaii’s public schools. Federal survey cards were sent home with students Sept. 7. Please fill them out and return them, so you can help to generate \$40 to \$50 million in Impact Aid funds that will benefit all public school students statewide, including yours! For more info, contact the garrison’s School Liaison Office at (808) 655-8326.

Air Supply — This 70s soft rock duo celebrates 40 years of music making with a 7:30 p.m. concert at the Blaisdell Arena. Tickets are \$35-\$125. Visit tickmaster.com or call (866) 448-7849.

Hawaii Opera Theatre — “La Boheme,” one of the most romantic love stories ever to grace the operatic stage, and arguably Puccini’s most popular work, will be performed at the Blaisdell Concert Hall, 8 p.m., Friday, with additional performances Sunday and Tuesday, Oct. 18. Call the Blaisdell Box Office info line at 768-5252.

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

Shark incidents show annual October peak

DEPARTMENT OF
LAND AND NATURAL RESOURCES
State of Hawaii

HONOLULU — For centuries, traditional Hawaiian chants have warned about an increased risk of shark bites in the fall, when the wiliwili tree blooms.

According to the Division of Aquatic Resources (DAR), Department of Land and Natural Resources, that warning is still appropriate.

“October is the month with the greatest number of shark bites,” said DAR administrator Bruce Anderson. “We recommend ocean users exercise a little more caution this month especially, and also through the end of the year. The chance of being bitten by a shark in Hawaiian waters is always extremely small, but does increase a bit during this time frame.”

According to DAR data, from 1980 through 2015, there were 122 unprovoked shark bites in Hawaiian waters – 26 of those, or 21 percent, occurred during the month of October, with well-known victims, such as Michael Coots (1997) and Bethany Hamilton (2003) suffering loss of limb. So far, no October bite has been fatal.

In 2012, there were two bites in October. In October 2013, there were three, then four in October 2014, and three in October 2015.

DAR’s Anderson noted, “The three bites last October were all around O’ahu, off different coasts of the island, and took place over a span of 20 days. Two were very serious, with victims losing part of a limb. It was an unprecedented spike, but like nearly every spike in shark incidents, the most likely explanation is just chance.”

University of Hawai’i researchers, funded in part by DAR, have confirmed the fall spike, and offered a possible explanation, at least in part. About 25 percent of the female tiger sharks in the Northwestern Hawaiian Islands migrate to the main islands in the fall to give birth. The increased number of sharks in near shore waters, combined with their need to feed to replenish lost energy stores, may increase the likelihood of a bad encounter with a human.

Anderson offers the following advice: “The best thing ocean users can do to minimize their risk of shark bites is to utilize beaches with lifeguards, stay near other people and don’t go too far from shore. Also, avoid murky water and areas near stream mouths.”

Safety Online

More safety tips can be found at the Division’s shark website: hawaiiisharks.org.



Courtesy of Hawaii Department of Land and Natural Resources

Anniversary offers reminder that true romance can be an aging gas

Ten years ago, when my family was stationed in Virginia, a boring weeknight in the suburbs inspired me to write my first column.

At that time, I wasn’t looking for a publishing opportunity. I simply needed a creative outlet to sort through the realities of marriage, parenting and military life.

Now, as my husband, Francis, and I prepare to celebrate our 24th anniversary, I’ll tell the story that inspired me to write.

My inspiration

One busy night after the kids had gone to bed, I settled into my spot on the sofa for some mind-numbing television.

“Isn’t this a repeat?” I asked Francis, seated in his recliner.

When no answer was forthcoming, I glanced over to witness an all-too-familiar scene: Deeply embedded in the recliner’s cushions lay my husband of 14 years sound asleep.

Normally, I would turn out the lights and tiptoe to bed – my revenge for being “abandoned” for the umpteenth time. Francis would wake up alone in the dark and trudge upstairs to find me teehee-ing under the covers. But on this particular night, I gawked at Francis, as if I were seeing him for the first time. Is this the man I married?

Panic gripped my soul. We’re tired, boring, predictable. We’re doomed.

I remembered one afternoon in 1992, when Francis and I were at an Italian café in Pittsburgh, sipping wine and falling in love.

“I really want to live abroad,” he said.

“Me, too,” I said. “I love the ocean.”

“Me, too,” he said. “I don’t care about money, only happiness,” he added.

“Me too!” I said.

It was a match made in heaven.

But, if we had understood the realities of marriage, our conversation would have been different: “I’ll develop stretch marks,” I should’ve said.

“That’s okay, we’ll dim the lights,” he might’ve said, and “I’ll end up bald, but hair will sprout out of my ears and nose,” he should’ve said.

“I’m good with tweezers,” I might’ve said.

“I have no mechanical ability and won’t be embarrassed if you handle all the home repairs,” he should’ve said.

“I won’t mind for the first few years, but then I’ll get fed up,” I really wish I’d said.

But back in 1992, we weren’t thinking about annoying habits and clogged drains. We were too busy planning our perfect life to be bothered with reality.

Our unrealistic expectations persisted after we were engaged.

“Pardon me!” Francis yelled, after accidentally belching.

Although he insisted he would never expel any kind of gas in front of me, it didn’t take long for his steely resolve to erode. Today, expelling gas happens as soon as the urge beckons. Mid-sentence, under the covers, in the recliner.

“Why do you have to burp while I’m talking to you?” I’ve said.

“Did I burp?” he’s said, sincerely oblivious.

Before marriage, I preened and pampered Francis like a primate, manicuring nails and plucking stray hairs to maintain his rugged good looks. I had no idea that, one day, those stray hairs would multiply so profusely that our grooming sessions now take place in the garage and involve the leaf-blower.

The pedicures have become completely intolerable, because Francis’ left piggy toe now resembles a tiny hoof. One of the kids recently asked if it was made out of wood.

I had to draw the line somewhere.

So what am I saying? Are we doomed because we haven’t met our premarital expectations?

As I watched Francis dozing in his recliner, I realized something important: We have not met our original expectations; we’ve exceeded them.

Back when we were dreaming of a life of romance uninhibited by responsibility, stress and aging, we couldn’t fully comprehend the complexity and depth of marital relationships. We didn’t understand that marriage is more than candlelight dinners and adventurous travel. Long-term romance is actually built on a foundation of commitment, comfort and companionship.

Realizing this, my aversion to the sight of my sleeping husband has turned to adoration. And as I turned out the lights and tip-toed upstairs to wait for Francis to wake up alone in the dark, I was happy that marriage is everything I ever dreamed of – and more.

(Read more from Molinari at www.themeatandpotatoesoflife.com.)



*The Meat
& Potatoes
of Life*

Lisa Smith Molinari
Contributing Writer



Brad McMinn (left), the store director of the Schofield Barracks Commissary, and Command Sgt. Maj. Lisa C. Piette-Edwards (third from right), senior enlisted adviser, U.S. Army Garrison-Hawaii, join Hawaii Foodbank and commissary representatives for a photo, Oct. 10.

DeCA donates to Foodbank

Feds Feed Families aids local food pantries

KRISTEN WONG

Contributing Writer

SCHOFIELD BARRACKS — Through donations, the Army community helped feed its local neighbors through the Feds Feed Families Program this year.

On Oct. 6, the Schofield Barracks Commissary staff, along with Command Sgt. Maj. Lisa C. Piette-Edwards, senior enlisted adviser, U.S. Army Garrison-Hawaii, presented the Hawaii Foodbank with approximately \$13,000 worth of food – \$3,000 more than last year.

“We’re very pleased with our checkers, but we’re more pleased with the response of the community,” said Brad McMinn, the store director of the Commissary, here. “(The military is) asked to do a lot of things to protect us, and they’re still willing to go above and beyond and help folks out that just need the help,” McMinn said. “I think that says volumes.”

Global effort

The Commissary, here, joined other commissaries worldwide for Feds Feed Families, which ran from June 1 to Aug. 31. Each of the cashiers at the commissary made customers aware of the program and the collection by directing them to placards in the store. After collecting monetary donations from patrons, the commissary staff used the funds to purchase specific items that the food bank needed.

McMinn recognized several of the employees for being the most “proactive in recruiting customers” during the collection. Joseph Chavez, a sales store checker, was one of the employees being recognized.

“It was really nice to see, especially at a time like this,” Chavez said. “It was a win-win, because it’s such a wonderful thing they’re doing for the community.”

In conjunction with President Barack Obama’s “United We Serve” campaign, the Feds Feed Families Program started seven years ago. It encourages federal employees to donate nonperishable food to charity. The U.S. Department of Agriculture, which heads the campaign,

reported more than 17.9 million pounds of food was collected and distributed last year.

A news release from the Defense Commissary Agency reported that a total of more than one million pounds of food and personal hygiene items was collected from its commissaries worldwide, this year.

“(The donation was) timed real well and will go a long way to make sure that people have something in their bellies,” said Gerald Y. Shintaku, the president and chief executive officer of the Hawaii Foodbank.

Because the food bank holds its largest fundraising event in May and donations tend to be low until November and December, Shintaku said the food bank is currently experiencing a lower supply of food. The food bank and its partner agencies, according to Shintaku, services one in five people statewide, which translates to about one million pounds of food per month.

Commissary Checkers With the Most Donations

Joseph Chavez	Gabrielle Perez
Myrtle Cordero	Jessica Perrine
Mary Cornthwaite	Helen Reu
Kariann Lieber	Gloria Telly

Hawaii Foodbank

Monetary donations may be made at www.hawaiiifoodbank.org. Physical donations can be dropped off either at the food bank’s warehouse, located at 2611 Kilihau Street, Monday through Friday from 8 a.m. to 4 p.m., or at multiple locations on the island.

More Online

Visit www.hawaiiifoodbank.org for more information about the Hawaii Foodbank.

For more about Feds Feed Families, visit www.usda.gov/wps/portal/usda/usdahome?navid=feds-feed-families. Feds Feed Families may also be reached at fedsfeedfamilies@usda.gov.

Chaplain offers a recipe for a happy marriage

CHAPLAIN (MAJ.) DANIEL KANG
U.S. Army Garrison-Hawaii

Six principles help guide a successful marriage. Couples should follow along these guidelines for a healthy relationship.

1) Get married when you are at least 25 years old. Did you know that car insurance costs go down at the age of 25? Why, you ask, because, statistically, people under 25 are more likely to get into an accident.

I know you're thinking "that's not fair." Maybe not, but insurance companies have research on people under 25, and 25 year olds are more likely to have an accident, and this also happens to be true of marriage.

It is better to wait, than to rush into a marriage. Be sure to take your time before making a life changing decision.

2) Do not have children in the first year of your marriage. Take your time to get to know each other. Even if you



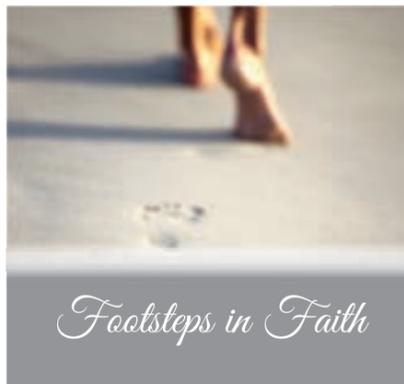
Kang

are in a long-term relationship, you still need time to adjust to each other.

So, before you make the choice to add a child, get to know each other better.

3) Couples that consider themselves religious or spiritual are considerably less likely to get divorced. Faith and spirituality contribute to the sense of oneness and bring a stronger sense of resiliency. Faith in a higher power often ensures a commitment to work on your marriage – even when you feel like giving up.

Now if you are already married, and you didn't follow the first three principles of a having a better marriage, I don't want you to be discouraged. It is not too late. That's right; you can make it better today!



4) Have a fair fight. All couples argue, i.e., 100 percent of couples argue. The difference is how you argue. Arguing is a good thing when you have developed a healthy way to argue. Fight fair and do not make your arguments personal and hurtful.

5) Keep your own identity. Even though there is the concept in marriage of "one flesh/oneness," in the best

marriages and relationships, we don't have to give up who we are. Our partner does not have to think the same way, act the same way and like the same things. Healthy couples celebrate their differences and respect each other for those differences. Be true to your identity and allow your spouse to do the same.

6) Allow time to be alone – for both of you. Allowing yourself time to be alone and to ponder your thoughts will serve you well. Having some quiet time to reflect is a very healthy way to take care of yourself.

(Editor's note: Kang is the Family Life chaplain for USAG-HI.)

Point of Contact

If you want to learn more secrets of marriage, sign up for the Newlyweds Couples Workshop at the Schofield Barracks Chaplain Family Life Center. Call 655-9355.

Report: Options are available

CONTINUED FROM B-1

from an abusive spouse or partner:

•**Seek support.** Talk with a friend, co-worker, relative or neighbor.

•**Find out about military reporting options.** The military offers confidential reporting of domestic abuse, so you can get the help you need without immediate command notification or law enforcement involvement.

•**Document evidence of violence.** If you seek medical treatment, explain what happened. Ask the health care provider to document the incident or injuries in your medical record. Save any threatening emails or voicemails.

•**Plan ahead in case you need to leave on short notice.** A domestic abuse victim advocate can help you create a safety plan for you and your children. This plan includes tips, such as gathering important documents in one place, getting a credit card in your own name, saving a secret fund of cash, keeping a



Graphic courtesy of thehotline.org

change of clothing for yourself and your children, and keeping an extra set of car keys at a friend's home or at work.

•**Gather information.** Resources are available to assist with potential legal issues, such as military or civilian protective orders, counseling, shelters and resources in your community. Visit the legal assistance office on your installation for information about legal issues.

•**Have a safe place to go.** If you feel threatened or at risk of harm, find a safe place to go, preferably somewhere unknown to your spouse. Sometimes friends and relatives are not the best option because your abuser will know where to find you.

•**Have a secret code.** If you have children, come up with a secret code word or phrase to use as a signal to leave the house and go to a specific location,

such as a neighbor's home, that you've arranged and practiced in advance.

•**Think about safety at school or child care facilities.** Abusive spouses may try to take children from school and child care settings. Any restraining order or military protective order should include measures to keep your kids safe.

Be sure either your children's school or child care center is aware of your domestic situation and give them a copy of the restraining order or military protective order.

•**Plan your escape.** Practice getting out of the house quickly without being noticed when your abuser's not around.

•**Have a cell phone available to call for help.** If you don't own one, recycled cell phones that function only for 911 calls are available through domestic violence prevention programs.

•**Inform your employer.** Let your supervisor know about your situation in case your spouse or partner shows up at your workplace.

You're the only one who can make the decision to walk away from abusive behavior. Whether you decide to stay or go, you can get confidential help. A safety plan can save your life.

Remember, if someone's hurting you

– emotionally or physically – you're not alone. There are people willing to listen and assist. Give a domestic abuse advocate a call to see how he or she can help.



Photo by Christine Cabalo, Oahu Publications
Army Community Service Hawaii staff will be talking about ways to prevent domestic violence throughout the month of October in various locations around U.S. Army Garrison-Hawaii.

Get Help

Contact a domestic abuse advocate at the FAP, ACS (655-4227) or call the National Domestic Violence Hotline at 800-799-SAFE (7233). Both resources allow you to remain anonymous.

During flu season, do not get sick or stuck

TRICARE
News Release

Every year, in the early fall, flu season begins again.

The flu makes most people feel sick and miserable, but for some people, it can be deadly.

Getting the flu vaccine every year is the best way to protect you, your family and your community from the flu.

The Centers for Disease Control and Prevention recommend that everyone 6 months and older get the flu vaccine every year.

The flu virus is always changing, so the vaccine changes every year. Getting the shot one year probably won't protect you the next year. Getting a flu shot every year not only lowers your chances of getting the flu, but it also means that people you come in contact with are less likely to get the flu from you.

Tricare option

Tricare beneficiaries can get the flu shot at no cost from their doctor, a participating retail network pharmacy or from a military hospital or clinic.

If you get the shot at a pharmacy, make sure that you get it from the pharmacist. If it is administered by another health professional at a clinic within the pharmacy, it may not be covered. If you get your flu shot from a military hospital or clinic, you may want to call ahead to find a good time and make sure it is available.

This year, the recommended flu vaccine is an injectable flu shot. In previous years, a nasal spray, called FluMist was also available.

This year, the CDC recommends against using the nasal spray, due to questions surrounding its effectiveness. Military hospitals and clinics will not offer FluMist this year, and Tricare will not cover it if you get it from a pharmacy or doctor. Talk to your doctor if you have allergy concerns about the flu shot.

Tricare covers the flu shot for all beneficiaries. Service members should follow their service policy for getting the shot and getting the proper documentation, so it is recorded in their readiness system and medical records.

The flu is a serious disease that has the potential to spread quickly and easily. Getting the flu shot doesn't mean you can't get the flu, but most years, it lowers your chance of getting the flu up to 60 percent.

Most side effects are temporary and mild, such as soreness and redness at the injection site, cough, nasal congestion, sore throat and chills.



Courtesy graphic

Flu Shots

Make plans to get your flu shot out of the way, Saturday, Oct. 15, from 8:30 a.m.-2:30 p.m., at the Schofield Barracks Post Exchange.

More Online

For more information about the flu, visit www.tricare.mil/flu.



TAMC TIP

Role Models



Healthy kids are more likely to become healthy adults.

Be a role model and help your kids make safe and healthy choices every day.

- Buckle up every age, every seat,

every trip.

- Put on a helmet during outdoor activities, including riding bikes and skating.

- Put on sunscreen and avoid indoor tanning.

- Brush and floss teeth with fluoride to help prevent tooth decay.

- Wash hands with clear running water and apply soap. Rub hands for at least 20 seconds and then rinse.

- Get a flu vaccine. Everyone needs a flu vaccine – every flu season.

- Be active with your kids. Children and adolescents need a total of 60 minutes of physical activity every day.

- Be smoke-free, and protect your children from second-hand smoke.

- Be a healthy role model. Show your child what it means to be healthy.