



Loved ones place boots representing fallen service members at the base of the Lady Columbia statue at the National Memorial Cemetery of the Pacific, Sept. 24, as part of the Gold Star Mothers and Families Ceremony.

Gold Star Mothers, Families honored at ceremony

Story and photos by
KAREN A. IWAMOTO
Staff Writer

HONOLULU — Community members and military leaders gathered at the National Memorial Cemetery of the Pacific, also known as Punchbowl Cemetery, here, on Sept. 24, to observe Gold Star Mothers and Families Day and to honor the survivors of those who gave their lives in service to this country.

Boots representing some of those service members, including the five 25th Combat Aviation Brigade Soldiers who died when their UH-60 Black Hawk crashed off Kaena Point in August, were displayed at the base of the Honolulu Memorial.

Above them, at the top of the memorial staircase, in the Court of Honor, loomed the statue of Lady Columbia. Inscribed just below her was a passage from a letter Abraham Lincoln sent to a mother who was thought to have lost five sons during the Civil War:

*The solemn pride
That must be yours
To have laid
So costly a sacrifice
Upon the altar
Of freedom*

“It’s fitting that we’re here on this last Sunday in September ... to pause and commemorate those mothers and families who have been forever changed through the ultimate sacrifice of their loved ones in defense of our nation,” said U.S. Army Garrison-Hawaii Commander Col. Stephen Dawson. “This is the sixth annual USAG-HI Gold Star Ceremony at Punchbowl – an event which has become the garrison’s most solemn and hallowed ceremony.

“Each year on this day, families and

friends come together here and at similar ceremonies across the nation to honor these special families and to remember their loved ones and to know that they will never be forgotten,” he continued. “Our Gold Star Mothers and Families are very, very special and we will always honor you and your loved ones.”

In 1963, the U.S. Congress designated Gold Star Mothers Day as the last Sunday in September; it was officially expanded to include Gold Star Families in 2012.

Although Gold Star Mothers and Families Day is a day of national observance, and the sacrifice service members make are on behalf of the entire nation, the pain of their loss is personal to their loved ones.

Gold Star Mother Karen Tao, a neonatal intensive care nurse, remembered the day she found out her son, Hawaii Army National Guard Sgt. Drew Scobie, had died in service to the nation.

She was driving to work, she said, when her boyfriend called and told her something had happened to her son.

“I thought it was ... my youngest son,” Tao recalled. “But he said no, your other son. And then I knew it was Drew.”

As she drove back home, Tao said she remembered praying her son was still alive.

“I was praying to God, just let him be injured. I don’t care what injury. I would take care of him forever because I was a nurse,” she said. “Needless to say, when I drove up (to my home) I knew that wasn’t the case, and we had lost Drew.”

Scobie had been returning from a reconnaissance mission in Afghanistan in January 2014 when the aircraft he was in crashed.

“I grew up military and my history is military,” Tao said. “Before I was born my grandfather fought for the British in North Africa during World War II. And



Gold Star Mother Karen Tao speaks at the Gold Star Mothers and Families Ceremony, Sept. 24, about her son, Hawaii Army National Guard Sgt. Drew Scobie, who was killed while serving in Afghanistan.

then my father and stepfather were both in the Air Force and went to Vietnam. They served tours over there but came home. My stepson joined the Air Force and served tours in Iraq and Afghanistan, and he came home, too.

“But Drew isn’t coming home. And I knew that when he left ... there was a remote chance ... but because everyone else had come home, I was always telling myself that he was coming home, too.”

Over the past three years since his death, she said that she has experienced breakthroughs and setbacks, moments that were bittersweet.

“For the past 35 years, I’ve been a neonatal intensive care nurse and over the years I’ve been with families who have lost children. ... I always thought I knew what they felt, but today I can truly say I can relate to those families,” she said. “So

in a small way, Drew’s passing has helped me be a better person, a better nurse and a better manager.”

Her story was followed by a moment of silence to recognize the sacrifices made by all Gold Star Families.

Then, Scobie’s widow, McKenna Panui-Scobie, and their two children, assisted by the Kapolei High School JROTC, led a procession up the stairs of the Honolulu Monument, where they laid a lei at the base of Lady Columbia. The rest of the guests, including military leaders and other Gold Star Families, followed, some carrying the boots of their fallen service members.

The ceremony concluded with the playing of taps as those gathered took one more moment to reflect on the sacrifices made by those who had died and the loved ones they left behind.

PTA allows brigade to train for whatever may come

Story and photo by
SGT. DAVID N. BECKSTROM
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Tucked away high in the peaks of the Big Island of Hawaii is a military training area like no other in the region.

The sprawling landscapes and rugged terrain give military service members a chance to spread out and stretch.

With the limited land available to train in the Pacific Rim, the Pohakuloa Training Area is a place for the military to practice their mounted maneuver and wide area objectives.

“PTA helps the brigade out a lot because there isn’t much training space on Oahu, much less Schofield Barracks,” said Capt. Sean Butler, current operations planner, Headquarters and Headquarters Company, 2nd Infantry Brigade Combat Team, 25th Infantry Division. “Without PTA, we wouldn’t be able to train company-sized elements. Since we train to be ready for anything our nation’s call on us for, we need to be a complete fighting force, not just an individual fighter.”

Training areas like this one afford Sol-



diers and units the opportunity to train on equipment and drills that they would otherwise not have access to.

“I was able to do things out here that I haven’t done since I have been in the military,” said Spc. Tiffany Lyons, a logistics specialist with 1st Battalion, 27th Inf. Regiment, 2nd IBCT, 25th ID. “Since I came to PTA, I have been able to conduct mounted live-fire, dismounted patrols and military operations on urban terrain (MOUT), which we can’t really do

Left — Sgt. Michael Blair, a squad leader with D Co., 1st Bn., 27th Inf. Regt., provides gunnery support as his platoon executes a mounted wide-area patrol lane during their rotation through PTA.

at Schofield Barracks, because we don’t have the room.”

Throughout the year, training centers like PTA are used by members from each service of the armed forces, giving them the chance to polish their skills. While each service member might train for 15 days, when these 15 days are multiplied by the number of service members within the unit, a great deal of work can be accomplished, said Gregory Fleming, the deputy commander, PTA.

“On average, we have more than 13,000 service members from around the Pacific Rim cycle through the training area with more than 190,000 training days among them,” said Fleming. “The service members that come here get access to a rugged environment where they can train on relevant objectives and maintain their military tasks and skills.”

Army units – whether active duty, Reserve or National Guard – from Guam, Samoa, Hawaii and Korea – train at PTA

throughout the year to ensure they are ready to deploy, engage and destroy any threat against the nation.

“Having the units from around the Pacific Rim train at the Pohakuloa Training Area, not only helps the security and safety of the area, but (also) it saves the military a lot of money,” said Col. Sean Berg, commander, 196th Infantry Brigade. “Having these service members train at PTA costs about one-tenth of the cost of sending that same unit to the National Training Center in California or the Joint Readiness Training Center in Louisiana.”

The mission of PTA is not only to ensure that Soldiers have a place to train, but also to maintain the fighting force within the Pacific Rim, ensuring they are fully trained and ready to deploy at a moment’s notice.

“We are able to build adaptability when we solidify the fundamental skill of being a Soldier,” said 1st Sgt. John Maren-da, senior enlisted adviser, D Co., 1st Bn., 21st Inf. Regt., 2IBCT. “PTA affords us the opportunity to practice our movement capabilities from the individual level all the way up to division. PTA gives us the chance to be the best fighting force in the Pacific Rim and the world.”



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Photo by Pfc. Jordan Fanene, Charlie Co., 100th Inf. Bn., 442nd Inf. Regt., 9th Mission Support Command

Capt. Carneen Cotton accepts the guidon from Lt. Col. Matthew Cloud, commander, 100th Inf. Bn., 442nd Inf. Regt., 9th MSC, Aug. 27.

Cotton assumed command of Charlie Co., 100th Inf. Bn.

She is the first female infantry commander at the Army Reserve unit.

Historic 100th welcomes female commander

Captain Carneen Cotton takes command of Charlie Company, 100th Inf. Bn.

SGT. JESSICA DUVERNAY

305th Mobile Public Affairs Detachment
9th Mission Support Command

PAGO PAGO, American Samoa — Soldiers, community leaders and friends of Charlie Company, 100th Infantry Battalion, 442nd Infantry Regiment, 9th Mission Support Command, gathered, here, for a change of command ceremony, recently.

1st Lt. Talo A. Siva, the outgoing commander, passed the guidon to incoming commander Capt. Carneen Cotton.

The occasion was significant; the Army Reserve welcomed its first female infantry commander to the ranks.

“The opportunity to command and the understanding of the impact of that responsibility is difficult to quantify,” said Lt. Col. Matthew Cloud, commander, 100th Inf. Bn., 442nd Inf. Regt., 9th MSC. “A leader that steps

forward to accept that responsibility, willingly and selflessly, sacrifices their time (and) demonstrates a sincere commitment to those Soldiers for which they are responsible.”

Siva had only been a first lieutenant for two months before he was offered the command of Charlie Company. He successfully led and guided the Soldiers to maintain the pride the unit carried being part of the 100th Bn.

“1st Lt. Siva willingly accepted that responsibility as his duty to this unit and selflessly placed the needs of the battalion above his own,” said Cloud. “Thank you for accepting that challenge and providing leadership to the unit.”

“It (has) been an honor serving as the company commander for Charlie Co.,” Siva said as he gave his final speech. “I served with the best men the Army could ever offer.”

Cotton is not new to change and embraces it as a new chapter in her military career. She previously served as the Cadet Summer Training Operations Officer at U.S. Army Cadet Command in Fort Knox, Kentucky.

“Capt. Cotton has volunteered to be the

commander of Charlie Company and accepts the challenges that come with that position,” Cloud mentioned.

“This is an exciting opportunity. Not everyone gets ... a chance to serve in this capacity,” Cotton said prior to the ceremony taking place. “More than anything, I love working with and training Soldiers, and watching them grow, develop and be successful.”

“The history and legacy of the 100th Bn., 442nd Inf. Regt. is deep with challenges, accomplishments and milestones that stand apart from many other organizations,” said Cloud. “Today is no different and demonstrates not only the uniqueness of the unit, but the ability to adapt and live up to our Army values.”

Charlie Co. will continue to train for its mission and improve overall unit readiness, said Cotton when asked about her plans for the unit.

“At the heart of my command philosophy is the importance of being a physically, mentally, spiritually fit unit and promoting a culture of excellence and teamwork,” she said.

Veterans bestowed with France’s highest honor

Story and photo by

SGT. JESSICA DUVERNAY

305th Mobile Public Affairs Detachment
9th Mission Support Command

HONOLULU — The 100th Infantry Battalion, 442nd Infantry Regiment is known for its storied past filled with courageous men who volunteered to fight and die for a country that did not offer the same for them.

In a humbling ceremony, the Honorary Consul of France, Guillaume Maman, bestowed three veterans with the highest award recognition France gives – the Legion D’Honneur – in a quiet ceremony, Sept. 21, at the Hawaii State Capitol, in the historic House Chamber.

Honored for their service to the country were former Pfc. Harold Zenyei Afuso of H Company, 2nd Bn., 442nd Regt. Combat Team; former Pfc. Tetsuo Tateishi (posthumously), which was accepted by his son Dale Tateishi of A Co., 100th Inf. Bn., 442nd RCT; and former Pfc. Futao Terashima, I Co., 3rd Bn., 442nd RCT.

All three men were part of the honored and storied Nisei veterans who volunteered for service while their families were forced to remain in internment camps due to their Japanese ancestry. The country turned their backs on these men and thousands of others, but these men did not do the same and fought and sacrificed alongside American Soldiers.

Maman spoke to the men about their sacrifice.

“First, allow me to say how pleased and honored I am to be with you today, and also to express the deep, sincere and eternal gratitude of France towards the United States of America,” Maman said. “Throughout my country, I have seen many American cemeteries in Normandy, (and) in Epinal, where lie some of your comrades who did not return to the United States. Know that their memory is cherished by all the people of France. Their ultimate sacrifice was not in vain. If I am here



Futao Terashima (left) receives the Legion D’Honneur, France’s highest award given to military and civilian personnel for courage and bravery during World War II, Sept. 21, at the Hawaii State Capitol, from Guillaume Maman, Honorary Consul of France.

before you, it is because Soldiers like you and like them did their duty with honor.”

Attendees of the ceremony included Hawaii Gov. David Ige; U.S. Rep. Colleen Hanabusa, and representatives for U.S. Sen. Mazie Hirono, U.S. Rep. Tulsi Gabbard and Hawaii Rep. Scott Saiki. Each speaker honored the honorees with certificates of appreciation and lei from their respective government offices.

Also in attendance was the Color Guard of the 100th Inf. Bn., 442nd Inf. Regt., 9th MSC, led by Staff Sgt Chris Arakawa and the commander of the 100th Inf. Bn, Lt. Col. Matthew Cloud.

“It was a great honor for myself and the

100th Bn., 442nd Inf. Regt. Color Guard to participate in the ceremony today,” said Cloud. “This acknowledgement of their actions during World War II against the Axis Powers encompassed the preservation of freedom for France and the rest of Europe. It is a well-deserved award that recognizes those sacrifices that they and their fellow Soldiers endured for humanity.”

This ceremony marks over 50 veterans from the 100th Bn, and 442nd Inf. Regt. that have been honored with the award. To be eligible for the award, veterans must have served in one of the three main campaigns of the Liberation of France.

Voices of Ohana

Because Saturday, Sept. 30, is National Public Lands Day, we wondered,

“If you could spend an entire day outdoors, where would you go and what would you do?”

By 599th Transportation Brigade Public Affairs



“I would go to Kauai to hike and explore the island.”

Staff Sgt. Andre Carroll
Operations NCO
599th Trans. Bde.



“I would like to go to Navy/ Marine Golf Course and enjoy 18 holes of golf or go to Haleiwa Beach and spend time fishing.”

Davey Flores
Marine cargo specialist
599th Trans. Bde.



“Surf. Eat. Nap. Repeat.”

Charles Loiselle
Director of Administration & Personnel
599th Trans Bde.



“Pack a hammock, tent and a good book, (then) drive my wife and dog out to a secluded location ... to just enjoy being away from the norms of everyday life.”

Capt. James “Jake” McConville
Chief, Command Operations Center
599th Trans Bde.



“I’d go to Ko Olina Beach Resort and be with my family and swim on a great sunny Hawaii day.”

George Pineda
Management & program analyst
599th Trans Bde.



The 8th TSC conducts an active shooter exercise at the command’s headquarters on Fort Shafter. The exercise successfully allowed personnel to rehearse proper procedures to handle an active shooter.

8th TSC handles active shooter scenario

STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Gunshots rang out throughout the hallways of the 8th Theater Sustainment Command’s headquarters, Sept. 14, as the command conducted an active shooter exercise.

The training scenario involved a disgruntled employee moving throughout the building in search of his employer. Along the way, the disgruntled employee’s intent was to cause as much carnage as possible. Once cornered, the employee took a hostage and attempted to make one last stand.

Simultaneously, Soldiers and civilians in close proximity to the shooter were expected to evacuate the building if they were able to, or to hide and barricade their area of operations. These actions directly follow the “Run-Hide-Fight” principles of responding to real world active shooter incidents.

For those directly involved in the planning and execution of the active shooter exercise, the scenario allowed 8th TSC personnel the opportunity to rehearse the proper procedures necessary to navigate this sort of action.

“This training is important simply because it is practical in today’s social environment. Often, we turn on the news and see that there has been another school or office shooting. This training not only increased the readiness of the 8th TSC as an organization, but also individual readiness,” said Capt. Caleb Lin, the 8th TSC’s antiterrorism force protection chief.

“Participants can take this training experience home and take care of their families if caught out in a shooting. Knowing what to do is the key to survival,” he explained.



Photo by Staff Sgt. Michael Behlin, 8th Theater Sustainment Command Public Affairs
The 8th TSC conducts apprehension during the active shooter scenario.

Assisting the 8th TSC throughout the training were members of the 8th Military Police Brigade, who provided the active shooter role-player, the Special Reaction Team, as well as medical and Department of the Army civilian police personnel. U.S. Army Garrison-Hawaii’s Directorate of Emergency Services was also on standby in case bystanders called 911 thinking the training was a real active shooter situation.

For these organizations, the active shooter exercise provided an opportunity



Photo by Spc. Jaime Ruiz, 8th Theater Sustainment Command Public Affairs
Assisting the 8th TSC were members of the 8th Military Police Brigade, who provided the active shooter role-player, and the Special Reaction Team, medical and Department of the Army civilian police personnel. The U.S. Army Garrison-Hawaii Directorate of Emergency Services was also on standby in case bystanders called 911 thinking the training was a real active shooter situation.

for their personnel to participate in realistic training in a realistic setting.

“Training at the 8th TSC was a great opportunity to experience and tactically clear a building that we are not familiar with, along with the chance to interact with personnel that we do not know when it comes to conducting occupancy control and other tactical procedures,” said 1st Lt. Joe Weisenstine, officer in charge of the 39th Military Police Detachment’s Special Reaction Team. “These two key factors provide very beneficial and realistic aspects to the exercise that are difficult for our team to find in other types of training that we do.”

Weisenstine said that, due to

personnel experiencing various aspects of the exercise, all participants were able to come together and share what they saw, thought and felt.

Overall, Lin said, the training met the command’s expectations, and he looks forward to more of this type of training in the future.

“We expected appropriate actions to be taken during the training in response to an active shooter. It’s basically run, hide and fight,” said Lin. “This is something that everyone needs to know. All Army training programs are important, but active shooter training is something that can make the difference between life and death.”

Afterburner to deliver USAA-sponsored information

Seminar to feature skills, planning strategy taught to Global 2000 firms

AFTERBURNER.COM
News Release

ATLANTA — Afterburner, Inc., a global leadership training and consulting company, will travel to Schofield Barracks, to host a USAA-sponsored Military Transition Seminar (MTS), a career-planning event for exiting service members and their spouses.

Service members and military spouses will come together Tuesday, Oct. 10, at the Nehelani Banquet and Conference Center to join this day-long course created and delivered by Afterburner’s team of elite military veterans.

The MTS engages veterans in understanding the importance of developing a lifetime civilian career as opposed to securing an initial job. The course curriculum trains veterans to identify key areas of career consideration and to use those areas as guidance throughout the planning process.

Participants develop career-planning strategies and learn job search skills, such as networking, interview preparation and how to incorporate all facets of their support network. The full-day seminar is part of a larger initiative to encourage military members to think more strategically about their transition to civilian life – well in advance of their separation or retirement dates.

As part of the seminar, participating service members benefit from applying the same planning processes Afterburner

deploys at Global 2000 corporations, providing each participant with an individual career plan, complete with a personal value proposition, career objectives customized to his or her previous experience, and insight into industries where military core competencies are in high demand.

The MTS curriculum is based on “Down Range: A Transitioning Veteran’s Career Guide to Life’s Next Phase,” a transition guidebook co-authored by Afterburner founder & CEO James “Murph” Murphy, and director of Learning & Development, retired Navy Cmdr. William M. Duke. As part of the seminar, each participant will receive a copy of the guide.

In founding Afterburner, Murphy developed a team of veterans whose military training, experiences and skills are in high demand among global corporations.

“Each week, Afterburner trains indus-

try-leading corporations to operate with the precision of elite military teams,” said Murphy. “These best-in-class organizations recognize and seek the skill sets that military service members possess; yet, our veterans struggle to find ‘employment with purpose’ that aligns with the sense of mission and esprit de corps they experienced while serving.

“Our Military Transition Seminars help attendees to connect the dots and market and position their initiatives and skills to a fulfilling civilian career,” Murphy added.

Registration
The program will last from 8 a.m. to 4 p.m. Registration will open at 7 a.m.
To register, visit <https://www.afterburner.com/veteran-outreach/>

MANDATORY ATHOC REGISTRATION

EMERGENCY ALERTS

AtHoc Alerts
SOLDIERS & ARMY CIVILIANS

The AthOC Mass Warning Notification System (MWNS) is an important component of the Department of the Army’s Emergency Management Modernization Program (EM2P). It ensures all communities and personnel – Soldiers, civilians and contractors – are immediately and simultaneously notified in the event of a threat or an emergency.

AtHOC enhances the overall readiness and preparedness of Garrison communities to respond and react

rapidly to a threat or an emergency by sending text and/or voice messages to registered personnel.

All assigned personnel, tenants and units must register. Contact Francis Smith or Jay Price at (808) 656-0219 for more details.

You’re encouraged to register for Oahu’s information alert system, too. Register at <https://hnl.info> and begin to get alerts of significant events happening on the island.

Oahu Info Alerts

HNL.Info

The City and County of Honolulu has a special app to alert residents of disasters, emergencies, road closures, etc. To subscribe or download the app, visit: <https://hnl.info>

World War II Filipino veterans should register right away

Story and photo by
CRAIG GIMA
AARP Hawaii

HONOLULU — Filipino World War II veterans and surviving family members are being urged to register, so they can receive long-overdue recognition of their service during the war in the Pacific.

At a news conference at AARP Hawaii, retired Maj. Gen. Tony Taguba, the chairman of the Filipino Veterans Recognition and Education Project, said Filipino, Filipino-American, and American veterans and surviving family members who served in the Pacific during World War II should go to FilVetRep.org and fill out an application with supporting documentation, so the organization can verify their service.

Taguba said the group believes there were about 10,000 surviving Filipino World War II veterans, and many more surviving family members, who qualify for the medal. But it’s hard to get a more exact count because many have not registered.

The organization has seen an increase in registrations since it was announced that the Congressional Gold Medal, the highest honor that Congress can present to an individual or group, will be awarded to the Filipino veterans of World War II at a ceremony in Washington, D.C., on Oct. 25. The Speaker of the House, Paul Ryan, will formally present the Congressional Gold Medal to the veterans.

They are the last ethnic group of World War II service members to be recognized with the medal.

The veterans and their family members will receive a bronze replica of the medal and a parchment copy of Public Law 114-0265, the law sponsored by Hawaii U.S. Sen. Mazie Hirono and U.S. Rep. Tulsi Gabbard that authorized the medal for the veterans.

FilVetRep is also raising money to pay for the bronze replica medals so that the veterans do not have to pay for the medal themselves.

“They have paid for recognition many times over,” Taguba said. “It’s our obligation that we present it to them.”

When veterans and family members register online,



Surviving World War II Filipino veterans and supporters, including U.S. Sen. Mazie Hirono and U.S. Rep. Colleen Hanabusa, pose for photos after a news conference at AARP Hawaii’s office in Honolulu, Sept. 22.

they can also apply to be on the waitlist to attend the Washington, D.C., ceremony and sign up to go to the dinner after the ceremony. Donations are also accepted on the website.

A dinner is being planned in Hawaii for next year to present the medal to veterans and survivors who couldn’t make it to Washington, D.C.

Among the veterans at the news conference, Sept. 22, was a woman – Salome Calderon – who served in military intelligence in the Philippines during World War II. Calderon said she had collected and organized information on Japanese positions and installations in the Philippines so that American bombers could take them out.

Taguba said there are many stories of veterans like

Calderon that are not widely known. Part of FilVetRep’s mission is to make sure the stories of Filipino veterans are told.

Domingo Los Banos, another Hawaii World War II Filipino veteran, said he lives in a care home now, and the Filipino nurses who take care of him don’t know the history of the Filipinos who fought in the war and made it possible for them to be here.

The effort to recognize the World War II Filipino veterans will continue long after the Congressional Gold Medal is presented, Taguba said. There are plans to collect the stories of the veterans and for an expanded educational website. The mission will continue, he said, so that the next generation will know and remember what the veterans did for them.

Sustainers conduct beach cleanup within Ko’olauloa community

Environments should be safe and clean for all

STAFF SGT. HEATHER DENBY
25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — There is no debate: The beaches of Hawaii provide picturesque views for Soldiers and other visitors alike.

Twenty-six Soldiers from Headquarters and Headquarters Company, 524th Combat Sustainment Support Battalion, here, contributed to those views by spending the morning of Friday, Sept. 22, collecting refuse along the Kualoa Regional Beach Park shoreline.

With trash bags and tongs in hand, Soldiers removed cigarette butts, cans, bottles, plastic containers and even a broken pair of dentures.

“It’s amazing what gets left behind at the beach sometimes,” said Staff Sgt. Irving Jordan, a wheeled vehicle mechanic with HHC, 524th CSSB. “Every week I brief my Soldiers on keeping our

motor pool clean and safe for us to work in. I think it’s a great example for us to set on and off base.”

Although they are stationed on Schofield Barracks, Soldiers of the 524th CSSB, along with the rest of the 25th Sustainment Brigade, 25th Infantry Division, conduct training within the Ko’olauloa community at Kahuku Training Area.

“Sure, we conduct training in the area, but we also want to give back,” said Capt. Caitlin Moore, commander of HHC, 524th CSSB.

“The whole idea is living with aloha,” she said. “We work in the same area, we live in the same area, we share the same space and we want that space to be a clean and safe environment for everybody.”

Thirty-seven pounds of refuse were removed by Moore and her Soldiers during the beach cleanup.

The 25th Sust. Bde. is slated to conduct a meet and greet with local school leadership next month to discuss more partnership opportunities.



A group of Soldiers with HHC, 524th CSSB, 25th Sust. Bde., pick up rubbish at Kualoa Regional Beach Park, Sept. 22. The beach cleanup was a part of an ongoing partnership between the 25th Sust. Bde. and the Ko’olauloa community.

NEWS BRIEFS

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

October

2 / Monday

Tropic Lightning Week — The 25th Infantry Division celebrates its 76th anniversary this week. Events begin with the Division Run on Oct. 2 at 6 a.m.; basketball, flag football, combatives, soccer, softball and volleyball follow at several

locations.

Tuesday, a 5K/10K walk-run is followed by a motorcycle rally/truck rodeo, tug-of-war and more.

Wednesday begins with a swim meet at 6 a.m., and Thursday, TLW ends with a Division Pass and Review at 9 a.m. Enjoy static displays and family events on Thursday at Weyand Field, Schofield Barracks. Visit the 25th ID Facebook page at <https://www.facebook.com/pg/25thid> or the Garrison Facebook page at <https://www.facebook.com/usaghawaii>. #TLW17

3 / Tuesday

Noise Advisory 1 — Individuals in the

vicinity of Wheeler Army Airfield can expect an increase in noise starting at 5 a.m. and continuing through to 8 p.m. on Oct. 3 due to scheduled training with an Air Force C-17, Globemaster, and the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division.

4 / Wednesday

Noise Advisory 2 — Residents in the vicinity of Schofield Barracks may experience periodic increases in noise the morning and early afternoon of Oct. 4 and 5 between the hours of 9 a.m. to 3

p.m. as a result of 25th Infantry Division’s Pass and Review during Tropic Lightning Week 2017.

10 / Tuesday

Transition Summit — U.S. Army Hawaii will host a three-day Transition Summit, Oct. 10-12, at various locations on Schofield Barracks. All service members, veterans and spouses are invited to attend. (This event is mandatory for Soldiers within 12 months of transition.)

See NEWS A-6

Identity theft protection follows the Equifax breach

KRISTIN DOHN
Consumer Financial Protection Bureau

Millions of Americans have been impacted by the recent Equifax data breach.

Whether or not your personal information has been stolen, there are steps you can take to protect yourself and your credit.

What is identity theft, and what can you do?

Sometimes criminals who steal data use it to engage in identity theft. It's important to first understand what identity theft is.

Identity theft occurs when someone uses your personal information, without your permission, and pretends to be you to commit fraud. Identity thieves may attempt to use your credit cards, open new accounts in your name or attempt to access your accounts.

It can be hard to notice that you were a victim of identity theft until you review your reports or statements and see charges you didn't make, or are contacted by a debt collector about a debt that you don't recognize. If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.

Take action

Even a small charge can be a sign

of fraud, so pay close attention to any charges you didn't make, in addition to accounts you don't recognize.

If you think you're a victim, the first step is to address concerns of fraud or identity theft and contact the nationwide credit reporting companies and review your free credit reports from each of them.

Here are some signs of fraud or identity theft to look for:

- Accounts on your credit reports that you didn't open.
- Incorrect personal information on your credit reports.
- Credit inquiries from companies you've never contacted.
- Wrong amounts showing on your accounts in your credit reports.
- Money is missing from your bank account.
- Bills that you used to get are no longer being delivered to you.

Other options

There are also free and low-cost options that provide additional protection from identity theft.

- A security freeze on your credit report generally prevents new credit and accounts from being opened in your name.



You can place a freeze on your credit file at any time, but you must contact each credit reporting company.

When there is a freeze, creditors can't access your reporting file, and therefore won't offer new credit. This helps prevent identity thieves from opening fraudulent accounts in your name. However, this also means you won't be able to apply for credit as easily if you were planning to open a new account or apply for a loan.

- A fraud alert requires creditors to take steps to verify your identity before opening a new account, issuing an additional card or increasing the credit limit on an existing account. A fraud alert doesn't prevent a lender from opening credit in your name in the same way a freeze does, but it does require that lenders take additional steps to verify your identity first.

When you place a fraud alert on your credit report at one of the nationwide credit reporting companies, it must notify the others.

There are two types of fraud alerts. With an initial fraud alert, credit reporting companies will keep the alert on your file for 90 days. After 90 days, the initial fraud alert will expire and be removed, and you can place another one if you want.

An extended alert is for identity theft victims and is good for seven years. It requires that creditors contact you through the phone number or other contact method you designate to verify you're the person making the credit request.

Credit monitoring

After a data breach, many companies offer identity monitoring or credit monitoring services. Identity monitors scan personally identifiable information in credit applications, public records, websites and other places for any unusual activity that could be signs of identity theft.

Some services may help you watch for problems. They often include a credit monitoring service that watches your credit reports and alerts you to changes to the accounts listed on your credit report.

If you're offered or considering an identity monitoring or credit monitoring service, make sure you check for trial periods, fees, cancellation requirements and other restrictions so that you don't face unexpected fees, charges, or other limitations.

CFPB

If you're having trouble with a financial product or service, you can submit a complaint with the CFPB online or by calling (855) 411-CFPB (2372).



CONTINUED FROM A-4

All attendees must register at <https://www.us-chamberfoundation.org/event/hawaii-transition-summit-0>.

13 / Friday

Hispanic Heritage — Celebrate with 2nd Infantry Brigade Combat Team, 25th Infantry Division on Friday, Oct. 13, from 1-3 p.m., at Weyand Field.

Military, families and civilians can enjoy live performances, cultural activities and booths, and much more.

28 / Saturday

National Take Back Initiative — Turn in your unused or expired medications for safe, anonymous disposal on Saturday, Oct. 28, from 10 a.m. to 2 p.m., at the Main Exchange, Schofield Barracks. Containers will be located in front of the flower shop.

Other locations are available; call 541-1930.

Ongoing

Observance — National Hispanic Heritage Month is observed from Sept. 15 through Oct. 15. We celebrate, recognize and learn from our ethnic cultures in Spain, Mexico, the Caribbean, and Central and South America.

Academies — Sen. Mazie K. Hirono is accepting applications from Hawaii students who seek a military service academy nomination from her office. Each year, the senator nominates Hawaii students to the Air Force Academy, the U.S. Military Academy, the Naval Academy and the Merchant Marine Academy.

Qualified students seeking a Congressional nomination from the senator must apply by the Nov. 1, 2017 deadline.

To be considered for a nomination, candidates should have a strong academic background, participation in school and community activities, a high standard of physical fitness and a desire to serve as a commissioned officer in the U.S. uniformed services or the U.S. Merchant Marine.

Nomination does not guarantee admission. For more details, visit <https://www.hirono.senate.gov/help/students/academy>.

www.hirono.senate.gov/help/students/academy.

Identity Theft — Millions of Americans have been impacted by the recent Equifax data breach. Whether or not your personal information has been stolen, there are steps you can take to protect yourself and your credit. Visit <https://www.consumerfinance.gov>.

Abandoned Vehicles — Listen to Hawaii Public Radio to get the latest facts on abandoned vehicles. Go to <http://hpr2.org/post/conversation-wednesday-august-16th-2017>.

Filipino Veterans — The Filipino Veterans Recognition and Education Project is currently helping to register Filipino veterans who honorably served in the U.S. military at any time from July 26, 1941, to Dec. 31, 1946. If you or someone you know served during this time, apply at <https://www.filvetrep.org/application>.

DCCA — As part of its outreach to protect consumers across the state of Hawaii, the Hawaii Department of Commerce and Consumer Affairs has produced a guide for

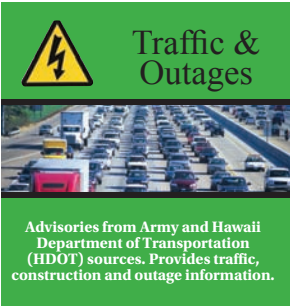
members of the military and their families.

The guide is tailored to assist with a transition to Hawaii and provides relevant information such as navigating state laws, getting insurance, spotting scams or fraud, purchasing vehicles and homes, and lots more.

Physical copies of the guide will be available at Army Community Service soon. A soft copy of the guide is available at <http://cca.hawaii.gov/militaryconsumer/>.

Clean Water — U.S. Army Garrison-Hawaii's Directorate of Public Works, Environmental Branch, Clean Water Program helps protect Hawaii's waters. Its 2017 Storm Water Trash Reduction Plan has been posted for public review and comment. The Trash Reduction Plan will be available for 30 days – through Sept. 26. Visit <https://www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx>.

SHARP — An app is now available for SHARP – the Sexual Harassment/Assault Response and Prevention Program – at <http://teamapp.mobi/us-arhawsharp692>. Call the 24-hour SHARP Hotline at (808) 655-9474.



Ongoing

Ganhan Road — This road on Wheeler Army Airfield (WAAF), adjacent Bldg. 107, will be closed at the Wright Avenue entrance throughout construction, through Dec. 18.

Sasaoka Street — Two road closures on Sasaoka Street, WAAF, will occur for new sewer line installation. The work will be performed in two phases through Sept. 30.

For Phase 1, a portion of Sasaoka will be closed during the day between 8:30 a.m. and 3:30 p.m., Monday-Friday. Access will still be available for tenants and employees in the area.

For Phase 2, Sasaoka will be fully closed at night from 6 p.m.-2 a.m., Monday-Friday. Access for tenants and employees will not be available at night during Phase 2.

Saturday and Sunday work will only be performed if necessary, between 8 a.m. and 5 p.m.

tween 8 a.m. and 5 p.m.

Manoa Valley – The Department of Facility Maintenance has begun road repairs on Manoa Road, East Manoa Road and Nipo Street. The repair work includes some repaving through the mill and fill technique and the filling of potholes. Barring weather-related delays, the project is scheduled to be completed by the end of September.

Motorists are advised to avoid the area, if possible, and use alternate routes. Crews will be working Mondays-Fridays, 8:30 a.m.-3:30 p.m. Drivers who must travel through work areas should expect modified traffic patterns and delays. For questions, call 768-3600.

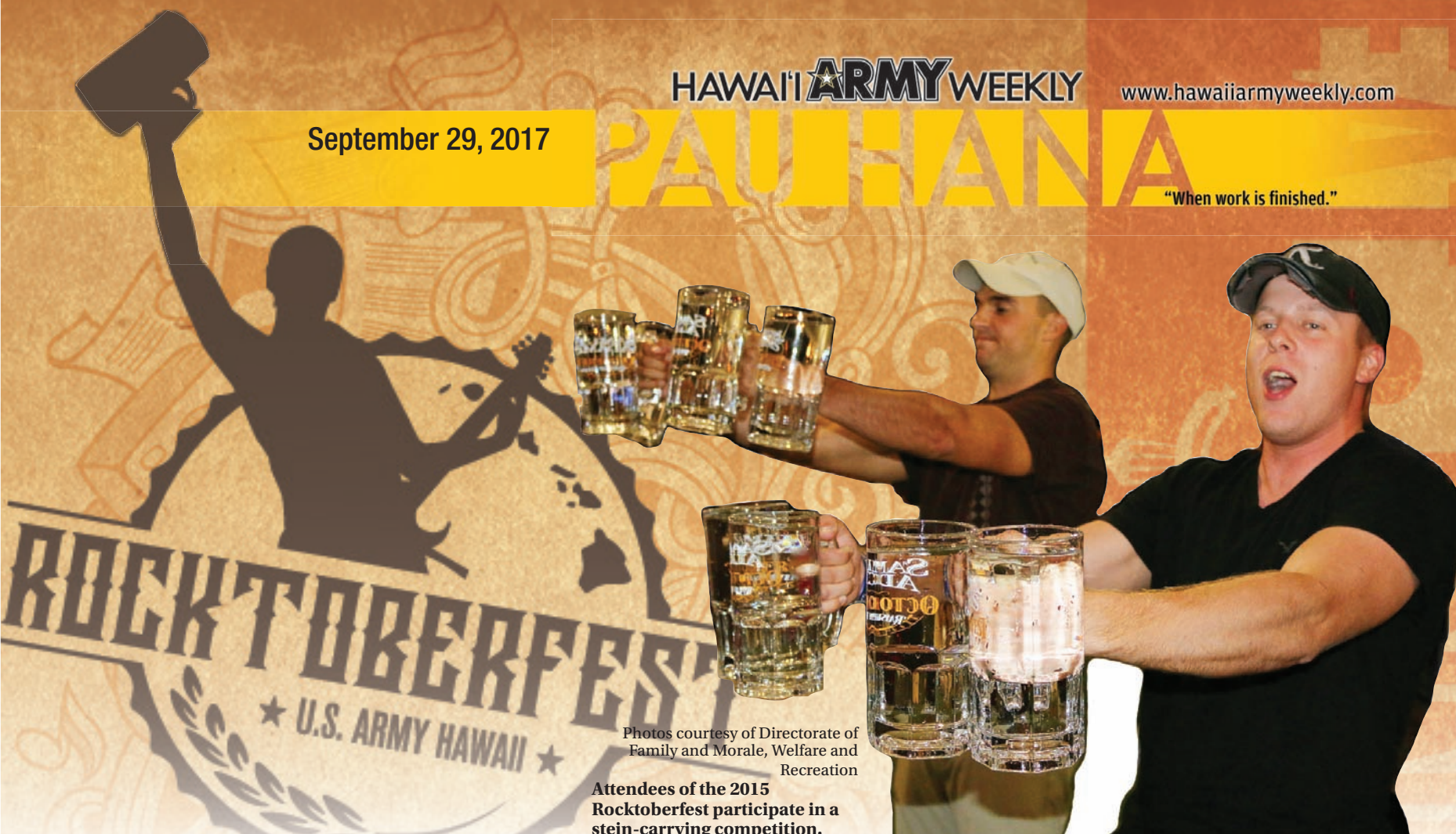
7th Street & Arty Hill Road — Through Dec. 29, Fort Shafter contractors will be performing various road repairs and electrical utility work on 7th Street and Arty Hill Road. Intermittent lane closures will occur. Residents will be given advance notice if their driveways will be blocked. Access to the Island Palm Communities office will still be open via 7th Street.

Contractor work hours are Monday-Friday from 8 a.m.-2:30 p.m.

September 29, 2017

PAU HANA

"When work is finished."



Photos courtesy of Directorate of
Family and Morale, Welfare and
Recreation

Attendees of the 2015
Rocktoberfest participate in a
stein-carrying competition.

Prööst!

Celebrate German culture with food, fun and music

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Put on your dirndl and lederhosen, get ready to yodel and bust out your best dance moves.

The annual Rocktoberfest returns to Weyand Field, here, on Saturday, and an estimated 2,000 attendees are expected to join in this year's festivities.

Admission to this event, scheduled for 4-10 p.m., is free to Department of Defense cardholders and their invited guests, and will feature lots of music, lots of dancing and, of course, food and beer.

Live music comes courtesy of One Nation and Disturbing the Peace, both 25th Infantry Division bands, as well as the 25th ID polka band.

Something for everyone

As in years past, U.S. Army Garrison-Hawaii's take on this annual fall celebration of German culture will feature a Mr. and Mrs. Rocktoberfest competition. Contestants will be judged on their costumes, their yodeling and their stein-carrying ability (the more beer-filled steins you can carry the better), among other things.

The winners will get two round-trip tickets to any neighbor island and a two-night stay at the Doubletree Hilton Alana-Waikiki.

An addition to this year's Rocktoberfest is the 5K Wurst Run, which kicks off at 4 p.m. Registration is \$25 until 3:45 p.m., Saturday. As participants run, they will pause to sample traditional German food at spots set up along the course. They must finish food from one spot before continuing on to the next.

Runners who are 21 years and older get to celebrate their finish with a cold adult beverage, and the first 180 race registrants will receive a custom mug at the finish line.

For the keiki, event planners have created a "Rootbeerfest" area for children to indulge in root beer floats, unleash their creativity at a cookie-decorating station and run off their energy through various sports.

The adults-only beer garden will feature more than a half dozen varieties for purchase either by the mug (23 ounces), the stein (18 ounces) or by refill (16-, 18- or 23-ounces). There will also be a flight beer selection, or sampling set, of six varieties of beer.

To accompany the beer, there will be German food for purchase, including Schnitzel Brotchen (breaded pork loin sandwich served on a baked Kaiser roll), Kartoffelpuffer (potato pancakes), Rotkohl mit Apfel (spiced braised purple cabbage), Deutsche Kartoffelsalat (German potato salad) and more.

Rocktoberfest is modeled on the German Oktoberfest, which takes place over a span of about two weeks in Munich and draws millions of visitors to enjoy German food, drinks, music and culture.



Above, a 25th ID band provides music at the 2016 Rocktoberfest. The 25th ID polka band, as well as the 25th ID bands One Nation and Disturbing the Nation, will perform at the 2017 Rocktoberfest.



Brathendl (roasted Bavarian half-chicken served with German potato salad and braised purple cabbage) and Sauerbraten (slow-roasted marinated beef top round served with braised purple cabbage, potato pancakes and applesauce) are just some of the food choices available at the 2017 Rocktoberfest.

A Rocktoberfest 2014 attendee models her dirndl. Guests are encouraged to attend the 2017 Rocktoberfest in traditional German clothing. It's one of the judging criteria for the 2017 Mr. and Mrs. Rocktoberfest Contest.

Briefs

29 / Friday

Green Card Workshop — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center, 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB SFAC from 1-2:30 p.m. Determine if you have met the permanent resident requirements of U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

Domestic Violence Awareness Month Proclamation Signing — Held at SB Nehelani from 4-5 p.m. The event is open to the public. Call 655-4227.

TROPIC LIGHTNING WEEK

1. Weyand Field: Division Run, Division Review

2. Stoneman Sports Complex: Command Post, Flag Football, Softball, Tug-of-War, Volleyball, Food Trucks

3. General's Field: Static Display & Family Events

4. Nehelani Club: Division Leadership Social Call, ORF Funded Lunch

5. Martinez Gym: Combatives

6. E Quad: Basketball

7. Wheeler Gulch: Truck Rodeo, Motorcycle Rally, 5K / 10K Run-Walk

8. Watts Field: Soccer

Courtesy of 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division celebrates its 76th birthday next week, beginning with a Division Run at 6 a.m. The annual event is filled with competitions to enhance esprit de corps, pride and cohesion at the unit level. Follow events at https://www.facebook.com/pg/25thid/posts/?ref=page_internal.

from 4-10 p.m. Activities include Beer Garden, German food, live music, dancing, games, Keiki Corner and individual competitions. Call 655-0113.

October

2 / Monday

Facebook Couples Challenge — Registration is Oct. 2-6 at SB ACS. Challenge starts Oct. 10-23. Each day a new challenge will be posted via the ACS Facebook page. Teams with the most points win a prize basket. Call 655-4227.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

3 / Tuesday

Coloring for Adults — Held at SB Library at 6 p.m. All supplies included. Light refreshments served. For adults only. Call 655-8002.

5 / Thursday

Money Management — Held at SB ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take

away the “Steps to Financial Success.” Call 655-4227.

Brick Club — Monthly event held at FS Library from 3-4 p.m. for individuals who like to get creative with building blocks. Call 438-9521.

6 / Friday

FRG Leader Training — Held at SB Nehelani from 9 a.m.-4 p.m. Learn about the Soldier/Family Readiness Group (FRG) and how to effectively run the organization as well as challenges FRG’s face. Call 655-4227.

Steakhouse Day — Enjoy the Grand Buffet plus a fresh grill to plate steak at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

Coffee Talk — Hang out with EFMP at SB Outdoor Recreation Center from 10-11:30 a.m. and meet other families enrolled in the program. Call 655-4227.

Resume Workshop — Learn how to create a resume for the first time or update your resume for a private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required.

Call 655-5698.

7 / Saturday

Card Board Columbus — Build and sail your own cardboard boat at SB Richardson Pool from 10 a.m.-noon. Participants must bring their own cardboard, tape and oars. No glue or paint allowed. Entry fees apply. Call 655-9698.

Ongoing

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

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.

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

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

See MWR B-4

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

29 / Friday

Yom Kippur (Day of Atone-ment) — Friday evening Kol Nidre Service at 7:30 p.m. at the Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam, Saturday, Sept. 30, the morning service is at 9 a.m. and afternoon study and services at 2 p.m. as part of the Jewish High Holy Days. Contact Chaplain (Lt.) Emily Rosenzweig, MCB Hawaii, K-Bay, at 257-2884.

Sunset Bazaar — Every Friday, 4-9 p.m., Kakaako Park, Honolulu, and enjoy end-of-week pau hana with live music, food, shopping and beverages. More info at streetgrindz.com.

Moon Festival in Hawaii — The Chinese Chamber of Commerce of Hawaii and the United Chinese Society present the third annual Moon Festival in Hawaii on Friday, 5-10 p.m., and Saturday, 9 a.m. to 10 p.m., at Chinatown Cultural Plaza (100 N. Beretania St.). This free event is open to

the public, and features food and craft vendors, a keiki corner, Chinese lion and dragon dancing, kung fu demonstrations, cultural performances, and lantern parade. Call the Chinese Chamber of Commerce of Hawaii at 533-3181 or email at info@chinesechamber.com.

30 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open for hiking on Saturday and Sunday from 5:30 a.m. to 6:30 p.m. for DOD ID cardholders and their guests.

Aloha Festivals Floral Parade — Spectacular annual event features 2,000 participants, 40 vehicles, 10 bands and 15 floats. Running from 9 a.m. to noon, the parade will start at Ala Moana Park, go to Kalakaua Ave. and end at Waikiki Shell. Visit alohafestivals.com.

College Football — Hawaii vs. Colorado State Mountain West Conference action kicks off at Aloha Stadium at 6 p.m. Visit hawaiiathletics.com for ticket information.

Food Festival — Inaugural Best of Hawaii’s Best Kitchens

showcases signature dishes from Hawaii’s top chefs at the Hyatt Regency Waikiki, 7 p.m. Tickets are \$49.50. Visit www.universe.com/hawaii/bestkitchens.

October

1 / Sunday

Hawaiian Collectibles — Vintage Hawaiiana show has antiques, jewelry, art and aloha wear from 90 vendors from around the islands, 10:30 a.m.-4:30 p.m., at the Blaisdell Exhibition Hall.

Hawaii Symphony Orchestra — The symphony season opens with a 4 p.m. performance including the Dvorak Symphony No. 9 from the New World. Visit tickets.hawaiisymphonyorchestra.org.

6 / Friday

First Friday — Chinatown is the place for 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.

7 / Saturday

Monsters in our Neighborhood — Sounds of Aloha Chorus performs, 7:15 p.m., at the Hawaii Theatre for original family fun. Visit Soundsofaloaha.org.

Waikiki International Food Festival — This 12th annual Rotary event, 5:30-9:30 p.m., in the Grand Ballroom at the Pacific Beach Hotel, offers an all-you-can-eat international buffet from around the world while enjoying live music, dancing, silent auction and live raffle. It raises money for charity. Tickets are \$100. Visit www.WaikikiRotary.org.

13 / Friday

Army Music Hawaii — This 25th Infantry Division band will host “Music on the Lawn,” Friday, Oct. 13, from 5-7 p.m., at Generals Loop. These are the bands performing:

- One Nation: a funk, rock, country, R&B and punk band.
- Salsa Tropical: a Latin dance band, which will add some spice during our observance of Hispanic Heritage Month.

Bring a lawn chair and some snacks, and enjoy this free entertainment. Parking is available at the Schofield Barracks Post Office. For more details

See COMMUNITY B-4

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care 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 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
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This Week at the

MOVIES

Sgt. Smith Theater

Unlocked (R)

Friday, Sept. 29, 7 p.m.

The Nut Job 2: Nutty by Nature (PG)

Saturday, Sept. 30, 4 p.m.

All Saints (PG)

Saturday, Sept. 30, 7 p.m.

Leap! (PG)

Sunday, Oct. 1, 4 p.m.

Closed Monday through Thursday.

Have you been bitten by a spider?

DR. GRACE C. O'NEIL
Tripler Army Medical Center

HONOLULU — Tripler Army Medical Center, also known as TAMC, sees many patients in the emergency room claiming a spider has bitten them.

Hawaii has approximately 15 spiders that people may encounter, but only a handful are harmful to humans.

Black widow spider

Black widow spiders are found in dark, damp places. They commonly hide in woodpiles and near swimming pools. They are shiny and black and have long legs with an orange, red, or yellow hourglass shape on their underside. Females are more likely to deliver venom than males, and they bite defensively when their webs are bothered.

The bites are more serious to babies and children than to adults. Symptoms will commonly appear in 30-60 minutes and include swelling and redness to the site, muscle cramping and spasms that start near the bite and spread and worsen over 6-12 hours.

Symptoms such as fever, chills, nausea, vomiting, sweating, headache, low or high blood pressure, severe belly and back or chest pains are common, as well.

Seek medical help if your symptoms are severe. Anti-venom medicine to counteract the spider venom is available if you have difficulty breathing, your blood pressure changes or you are pregnant.

Brown recluse spider

The brown recluse spider is not found in Hawaii, but its relative, the brown violin, is here. They are about 0.5 inches long with a dark violin-shaped mark on the combined head and midsection. They live in hot, dry, abandoned areas, like wood or rock piles or under old boards and bark. They have also been found in closets and basements.

Brown violin spider bites don’t always hurt right away, and you may not know that you have been bitten until symptoms appear. They can include red skin that may be followed by a blister, pain and itching, and an open sore with tissue breakdown that develops in a week, or later, and may take months to heal.

You can take over-the-counter medication for the pain, and antihistamines can help with itching. Remain calm if you think you have been bitten by a brown recluse spider, as too much excitement or movement will increase the flow of venom in your blood.

You can apply a cool, wet cloth or a cloth-covered ice bag to the bite and elevate the area.

Some people have a severe, total body reaction to a brown recluse spider. You can get a low blood count from the destruction of red blood cells, fever and chills, skin rash, nausea, vomiting or joint pain. These people should go to the hospital immediately.

Bite or infection?
Many patients come to the emergency room and



Photo courtesy of Tripler Army Medical Center

The distinctive black widow spider features a bite that can cause symptoms of swelling, muscle cramps and spasms within an hour. TAMC specialists encourage seeking medical help if symptoms are severe.

think they have a spider bite, but they actually have an infection.

Staphylococcus aureus (staph) is a type of bacteria on the skin and nose that exists in everyone. It can grow in wounds and cause an infection in other sites of the body.

Staph bacteria have become increasingly resistant to antibiotics related to penicillin that are used to treat it giving rise to Methicillin Resistant Staphylococcus Aureus (MRSA). This has happened due to a combination of factors, including antibiotic over-prescribing and factory farming (farm animals are given antibiotics to prevent infections in crowded conditions).

It is found in people in health care facilities and outside of the hospital in people who have received a lot of antibiotics or have been in contact with someone carrying MRSA.

MRSA can also be found in the community now. It’s commonly found on athletic equipment, bedding, towels and clothes, benches in hot tubs or saunas or bandages.

Handwashing and avoidance of equipment-sharing can help prevent the spread of MRSA, but many people harbor MRSA because they work in the hospital.

MRSA causes disease when it enters an opening in the skin. It may appear as a swollen, sore and red area on the skin that can drain pus or other fluid. The infected area may be warm and may cause a boil. See a doctor if you have any of these symptoms.

If you have been bitten by a spider, try to catch it to identify it. This will help medical personnel administer the best treatment.

More Online

For more information on spiders in Hawaii, go to www.health.hawaii.gov/docd/disease_listing/spider-bites/.



Just do it – visit your spouse during R&R

“There’s no way I can go to Africa,” I told my husband, Francis, over a bad Skype connection. He was halfway through a yearlong deployment to Djibouti, East Africa, and wanted me to meet him during his R&R (rest and relaxation or recuperation) for a Tanzanian safari.

“C’mon, Honey. It’s a once-in-a-lifetime chance,” Francis pleaded between Internet blips.

I sighed, heavily, thinking of all the reasons why I couldn’t go.

Who would watch the kids? Hayden had football on Tuesday and Thursday nights, with games on Saturday afternoons. Anna had select soccer on Monday and Wednesday afternoons, with games on Saturday mornings. And Lilly had pee wee Soccer on Tuesday and Thursday afternoons, with games also on Saturday mornings, but on a different field across town.

To make matters worse, I had snack duty almost every week and carpooled to practices with another military mom. Add Hayden’s speech therapy twice a week, Boy Scouts on Monday nights, and piano lessons for all three kids on Wednesdays, and our schedule was a logistical nightmare.

Dinghy, our 110-pound Labradoodle, was sweet, but his normal dog sitter had recently dropped him because he had earned a “D” on his doggie report card. Apparently, she had to chase him around her kitchen when he ran off with an entire rotisserie chicken he stole from the counter. Where would Dinghy go if I gallivanted off to Africa?

Plus, I would need shots for typhoid, yellow fever, cholera, hepatitis A and B, rabies, meningitis, tetanus, diphtheria, measles and influenza – and pills for malaria! When would I have the time to make all those clinic visits?



Photo courtesy of Lisa Smith Molinari

The Molinaris enjoy their outing and time together during a Tanzanian safari.



Even more excuses

Furthermore, our circa 1981 house had a lot of quirks. The original Florida Heat Pump sputtered away, despite being several years past her recommended lifespan. What if she finally gave up the ghost?

I had jury-rigged the refrigerator’s icemaker after it broke. What if someone else wouldn’t know how to make it work? I had babied our fragile garbage disposal. What if someone let a spoon slip down the drain? What if someone didn’t know how to get the toilet tank flapper to seal like I do? What if someone ran the mower over one of the sprinkler heads?

Even if I solved all the “what ifs,” there was still the problem of our budget. We didn’t have funds for a trip to a Motor Lodge in Schenectady, much less an African safari.

Surely, meeting Francis for his R&R was an impossible dream.

Making it happen

But suddenly, there I was. In row 53, sipping a Baileys on ice, on a flight to Kilimanjaro International Airport.

It was something Francis had said. “Once-in-a-lifetime chance ...” had rattled in my brain, eventually giving way to the adage, “Where there’s a will, there’s a way.”

My mother traveled to our house to watch the kids for 10 days. Friends and neighbors helped with carpools, practices, grass cutting and dog walking.

I received 14 shots and popped my malaria pills. Flights were booked, safari excursions were picked and a new credit card was procured to pay for it all.

After reuniting with Francis in Kilimanjaro, we spent the night under a mosquito-netted bed in a tiny coffee plantation cottage, were kittens mewed from their nest in the thatched roof. In the days that followed, we traveled with our guide, Mussa, staying overnight in rustic tented camps.

We watched elephants and leopards in Tarangire National Park. We spied rhinos and flamingos in Ngorongoro Crater. We squatted in a smoky dung hut with a Masai tribal chief. We gazed at wild animals and incredible sunsets in the Serengeti. We visited a dirt floor orphanage to play with children and make a donation.

The impossible dream had become a reality, and surprisingly, our household did not fall apart. Not only did we recharge our deployment batteries, reuniting with my husband allowed me to share in his military adventure.

Although I try not to think about how much interest we accrued on that credit card debt, the trip to see my husband was, quite simply, worth every cent.



Service to our patients



HONOLULU — “Service, as it applies to Tripler’s priorities, means giving back to our patients, not only in Hawaii, but across the Pacific,” said Sgt. Maj. Joel Thomas, senior enlisted adviser, Tripler Army Medical Center Operations.

“We have patients and family members that trust us to give them the very best care we possibly can.

“In a service capacity, we owe it to them to ensure that their patient experience is the very best we can make it as we address their medical concerns.”



Thomas



File photo



CONTINUED FROM B-2

9:30-11:30 a.m. Register by calling 655-4202.

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.

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.

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.

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.

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 Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons call 655-4202.

Mom & Tots — SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road, every Thursday for moms (or a parent/guardian) to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

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.

End of the world? Find faith as a foreigner

CHAPLAIN (CAPT.) MARK LEE
U.S. Army Garrison-Hawaii

An article making national news this month states, “Biblical prophecy claims the world will end on September 23, (according to) a Christian numerologist.”

If you are reading this, then the “prophecy” did not come true, which may be good or bad news for you. Yet, this is one of many false prophecies that I have witnessed over 40 years. It raises the question about God’s kingdom coming.

In the Christian Scripture, Jesus stated, “But concerning that day and hour no one knows, not even the angels of heaven, nor the Son, but the Father only” (Matthew 24:36).

I suggest that if Jesus in his humanity did not know the day or hour of the end of the world, then I can’t expect that any man will figure it out. What I find more compelling on this topic than modern “prophets” is the Lord’s Prayer.

The third sentence of the Lord’s Prayer states, “Thy kingdom come.” Isn’t it interesting that in Jesus’ prayer his followers are instructed to pray for his kingdom to come? I may not know when it is coming, but I pray for and look forward to it.

Being a person of faith means viewing oneself as a foreigner living on earth who is journeying to another kingdom.

Being a foreigner

Have you ever lived in a foreign country? Think back on that time. Did



Lee

you care much about its politics? Did you follow all of its culture practices?

It is more likely than not that you felt quite out of place in a foreign country. People of faith are to feel this way, too. Their king is real, but the kingdom is not of this world.

The great reality of this life is that the road to heaven begins on earth. I want to enter God’s kingdom when I die, so I am part of his kingdom now on earth that I call the church.

That means that the Supreme Court does not decide my values; my king does. It matters little to me how politics turn out. People of faith follow the rules and values of God’s kingdom.

Today, Sept. 20 (as I write this), I do not believe that the world will end on Sept. 23, but I did pray the Lord’s Prayer, today.

Some who will be disappointed on Sept. 23 may feel that things are as they will always be and that what they want will never come.

If you think this way, then life stands still. Spiritually, one may be dead. Yet, there is life when you no longer accept things as they are, but look ahead toward that which has yet to occur.

I look forward to the day in which the king of heaven is coming to receive his subjects.



My advice to you is to be there.

Dispelling fear

In a culture where desires transform values, I challenge people of faith to let your values transform your desires.

One value I have today is faith. That faith dispels my fear of the end of this world. As I read the news, I simply pray, “Your kingdom come, your will be done on earth as it is in heaven.”

(Lee is assigned to USAG-HI as the chaplain pastoral coordinator.)



community
Calendar

CONTINUED FROM B-2

or to contact the band, visit facebook.com/armymusichawaii.

14 / Saturday

Living History Day — The sights and sounds of history will come alive during Living History Day at the Tropic Lightning Museum, Schofield Barracks, Saturday, Oct. 14, from 10 a.m.-3 p.m.

The public is invited to attend this free, fun-filled educational day for all ages.

Experience exhibits of modern military Soldiers and equipment, military memorabilia, re-enactors in vintage uniforms and more. Food will be available for purchase. Visitors must enter through Lyman Gate and show a valid driver’s license, proof of insurance and safety check at Lyman Gate. All vehicle occupants 16 years of age and older must present a valid state or government photo ID. For details, call 655-0438.

15 / Sunday

Hispanic Heritage Festival — Free event, 11 a.m.-8 p.m., McCoy Pavilion at Ala Moana Beach Park. Features enter-

tainment, food booths, cultural displays, art, Latin dance workshops and health information booths. Visit <http://hispaniceventshawaii.com/>.

20 / Friday

Halloween Family Camp — Pack up your family for three days and two nights of camp fun and adventure at the annual Halloween YMCA Camp Erdman Family Camp, Friday-Sunday, Oct. 20-22, located beachfront in Mokuleia.

The Family Camp, open to all ages, is offered for an all-inclusive affordable fee, including cabin accommodations, family activities and more. Special rates are available for military with valid ID. Call 637-4615.



Worship
Services

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)