



Photo by Sean Kimmons, Army News Service
Spc. Hazen Ham (second from left), and Staff Sgt. Ryan McCarthy are congratulated by Sgt. Maj. of the Army Daniel A. Dailey and Gen. James C. McConville, the Army's vice chief of staff, during an award ceremony for Soldier and NCO of the Year at the Association of the U.S. Army's annual meeting and exposition in Washington, D.C., Monday.

3BCT Soldier earns Army's 2017 Best Warrior title

SEAN KIMMONS
Army News Service

WASHINGTON — The Army now has two more role models for all Soldiers to follow. After six days of demanding events at the Best Warrior Competition last week, a specialist and staff sergeant stood out among this year's highly skilled competitors.

Spc. Hazen Ham, an infantryman with 25th Infantry Division's 3rd Brigade Combat Team, and Staff Sgt. Ryan McCarthy, who represented the Army Training and Doctrine Command, were officially named the Army's Soldier and NCO of the Year, respectively, during an awards luncheon Monday at the Association of the U.S. Army's annual meeting and exposition.

Finishing third in the NCO of the year competition was another 25th ID 3BCT Soldier, Sgt. 1st Class Benjamin Garcia, a platoon sergeant.

"The group of Soldiers here is one of the finest I've ever trained and worked with," said Ham, 21. "It was a pleasure to see how they performed and, honestly, I didn't think I had won because they are that good."

Best of best

This year's Best Warrior had 22 competitors who excelled in other competitions at 11 major commands before they moved on to the Army-wide contest. There, they faced long days of grueling tasks at Fort A.P. Hill, Virginia, that mentally and physically challenged them.

Held annually since 2002, the Best Warrior tests Soldiers on their aptitude through physical fitness assessments, written exams, urban warfare simulations and other warrior tasks and battle drills. Selection boards in front of some of the Army's most senior enlisted leaders, including Sgt. Maj. of the Army Daniel A. Dailey, are also part of it.

Organizers purposely left Soldiers in the dark throughout the competition to better identify the eventual winners.

"Like a real fight"

The most challenging part for Ham, of Hillsborough, North Carolina, was the cumulative physical and mental stress he and others endured over the week.

"Every day you were just more tired, more fatigued,"

he said. "But it was also very realistic. That's the way it is in the real fight."

All of the events, many of which were complex scenarios seen in combat, boiled down to one thing – readiness, one of the Army's top priorities.

"That's the whole purpose of this competition," Ham said. "It's some of the most functional, realistic training I've ever experienced in my Army career. I'll be able to take it back and re-enact parts of it and use that for Soldiers underneath me and beside me. It'll greatly benefit the force."

"The competition is designed to be very, very diverse," Dailey said. "From the time they get off the bus, they're being evaluated and some things they have no idea they are being evaluated on. What we're trying to do is actually find the best Soldier."

The uncertainty of not knowing what would occur during the events gave McCarthy – an instructor at the Sapper Leader Course on Fort Leonard Wood, Missouri – a taste of what he trains his students on.

"Like what I tell Sapper students all the time," said McCarthy, 27, of Belgrade Lakes, Maine, "if you treat it like it's real, you will be successful."

His leadership skills were also tested under pressure. "They really evaluated you on your ability to adapt as a leader and your ability to thrive in chaos," he said.

While all the competitors had already won at their respective commands, Dailey expected each of them to continue giving it their all for Best Warrior.

"This is a competition," Dailey said. "This isn't sixth grade soccer where we're all going to get ice cream at the end of it. This is big boy, big girl rules."

Still, he believed those who competed are the Army's finest even if they didn't go home with a trophy.

"There are 1.18 million Soldiers in the Army and only 22 of them get to compete," he said. "It takes a lot of hard work and effort. They are all superhero kids. Any one of these kids on any given day probably could have done it, too."



Photo by Spc. Eric Cerami
Spc. Hazen Ham, assigned to the 3rd BCT, 25th ID, investigates the wreckage of a simulated Improvised Explosive Device detonation as part of the Best Warrior Competition (BWC) on Fort A.P. Hill, Virginia, Oct. 4.

TOP FINISHERS

Soldier of the Year:

1. Spc. Hazen Ham, 3BCT, 25th ID, U.S. Army-Pacific
2. Spc. Grant Reimers, Army National Guard
3. Pfc. Rowan Lovell, U.S. Army Special Operations Command

NCO of the Year:

1. Staff Sgt. Ryan McCarthy, Army Training and Doctrine Command
2. Sgt. 1st Class Brenden Shannon, Army Forces Command
3. Sgt. 1st Class Benjamin Garcia, platoon NCO, 3BCT, 25th ID, U.S. Army-Pacific

Transition Summit provides road maps for new careers

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — The 2017 Transition Summit wrapped up, here, on Thursday with a hiring fair attended by hundreds of Soldiers and representatives from hundreds of Hawaii and mainland companies.

Over the course of the three-day summit, which was sponsored in part by the U.S. Chamber of Commerce, the Military Officers Association and the USO, transitioning Soldiers, veterans and family members got to hear from and meet with industry experts in the fields of health care, information technology, education and more.

The purpose of the summit was to give Soldiers who are leaving military service a leg up in launching their civilian careers.

Owning the transition process

Seminars and workshops began on Tuesday and the summit officially opened at the Sgt. Smith Theater on Wednesday with a keynote speech by Medal of Honor recipient and Marine veteran Dakota Meyer.

"Transitioning is tough," he said. "It doesn't matter if you've been in four years or if you've been in 30 years. Transitioning is still tough. What I'm going to tell you, though, is you have everything that you need to do it. You just have to do it. You have to own your transition."

"Before I came (to the event) I was nervous," Sgt. 1st Class Natascha Gaddis admitted. "But I left feeling motivated."

Gaddis, the non-commissioned officer in charge of Tripler Army Medical Center's Orthopedic Department, is preparing to transition from a 20-plus career in the Army. She said she was taking the transition seriously and planned to attend as many of the Transition Summit events as possible.

She attended the Afterburner Military Transition Seminar on Tuesday as well as the Career Connection &



Medal of Honor recipient and Marine veteran Dakota Meyer delivered the opening address at the 2017 Transition Summit, Wednesday, at the Sgt. Smith Theater.

Resume Engine Workshop and LinkedIn Workshop on Wednesday.

"I went through the Soldier for Life class but that was kind of rushed," she said. "Here, they put everything in perspective. It kind of softens the blow (of transitioning)."

Recognizing service members' value

She said she appreciated the way the Afterburner instructors, David MacEwen, a retired Army brigadier general, and David "Finch" Guenther, an Air Force veteran,

shared examples from own lives to make their transitions relatable to transitioning Soldiers.

Afterburner Inc. was created to teach corporate clients the planning and strategy techniques used by elite military teams to help them boost their companies' performance. It has worked with Fortune 500 companies and the NFL, but its CEO, Jim Murphy, realized that there was a need to help service members transition to the civilian sector.



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Photos courtesy of the Hawaii Department of Transportation
U.S. Sen. Mazie Hirono, center in red jacket, stands to the right of Hawaii Gov. David Ige and Big Island Mayor Harry Kim at the opening of the final phase of the Daniel K. Inouye Highway. Third from right is PTA commander Lt. Col. Christopher Marquez.

Final phase of Big Island’s DKI Highway opens

Saddle Road upgrades critical PTA access for military and civilians

HAWAII DEPARTMENT
OF TRANSPORTATION
News Release

HILO — The final phase of reconstruction on the east side of Saddle Road, now known as the Daniel K. Inouye Highway, opened Saturday following a formal ribbon-cutting ceremony.

The improvement connects the existing highway near milepost 11 to the west end of the Puainako Street extension on Hawaii Island.

Funding for the Saddle Road projects was made possible through the Department of the Army’s Defense Access Road, and Ecosystem Management programs, U.S. Congress, and the Hawaii Department of Transportation.

“Essential”

Saddle Road was initially built as a one-lane road by the Army in 1942, to connect military training facilities.

“Saddle Road is essential to safely move personnel and equipment to and from Kawaihae Harbor on the Kona side and from the Reserve Center on the Hilo side from Pohakuloa Training Center,” stressed Lt. Col. Christopher Marquez, commander, PTA, in formal ceremony remarks.

“From a readiness perspective, PTA is uniquely essential for maintaining our forces in the Pacific,” he added. “This is the only location where units can train and rehearse their entire list of deployment requirements for a worldwide response.”

Late senator recognized

“The importance of the combined Saddle Road Improvement projects as a cross-



The newly reconstructed portion of the Daniel K. Inouye Highway.

island route cannot be overstated. It is a huge accomplishment,” said Gov. David Ige. “Sen. (Daniel) Inouye’s vision when he initiated the Saddle Road Community Task Force in 1993 is an excellent example of government and the community working together to benefit generations to come.”

The Saddle Road East Side project encompassed a total of nearly 6 miles of highway, reconstructing approximately 3 miles of the existing Daniel K. Inouye Highway, upgrading the roadway to modern design standards and including safety features such as 8-foot shoulder lanes, straighter alignment and a climbing lane, and adding 3 miles of new road.

Welcome PTA asset

The project also increased the overall highway capacity and removed potential conflicts between military operations and public traffic. The cost was \$57 million, which was within the allocated budget.

“Safety is crucial on this highway,” Marquez said. “This new section is an enormous leap forward for public safety and military safety alike. This includes the more than 200 civilian professionals who work at the Pohakuloa Training Area who must commute hundreds of miles every week on the Daniel K. Inouye Highway from their

homes in communities around the island.”

Challenges

This joint project between HDOT and Federal Highway Administration presented unique challenges such as varying subsurface conditions from a’a, pahoe-hoe, dense basalt and volcanic ash, and the need to address precautionary measures necessary for containment, treatment and placement of cleared timber to help prevent the spread of the Rapid Ohia Death fungus.

“The completion of the Saddle Road East Side project provides a safe, efficient, cross-island route with access across Hawaii between Mauna Kea and Mauna Loa,” said the FHWA’s Central Federal Lands project manager, Mike Will. “In addition, the use of the Pohakuloa Training Area quarry resources is estimated to have saved approximately \$20 million of state and federal funding.”

Previous phases of the Saddle Road Improvements widened and aligned more than 41 miles of road. The east side phase opened Saturday makes for a total of nearly 48 miles of road that has been improved to modern standards at a total approximate cost of \$316.5 million, of which the Army contributed more than \$100 million.

Big Island crossing

The Daniel K. Inouye Highway, State Route 200, begins at the outskirts of Hilo near milepost 6 and extends westward to Mamalahoa Highway State Route 190. The road passes through the saddle between the Mauna Loa and Mauna Kea volcanoes. The Daniel K. Inouye Highway climbs nearly 5,500 vertical feet from its eastern terminus to its mid-point. The rainfall gradient along the highway ranges from 10 inches to 200 inches per year, which posed an additional challenge for crews during construction.

(Note: PTA Public Affairs Office provided additional content for this article.)

Summit: Learning from the experts

CONTINUED FROM A-1

“People in the corporate world love learning and applying the methods used by the military,” Guenthner said. “The (service members) don’t always recognize the value they bring just by having (the military) experience they have.”

This was a theme echoed throughout the Transition Summit.

“There’s a reason why employers came all the way out here to Hawaii and it’s not because they want to hang out at the beach,” said Chuck Hodges, an Army veteran and the senior director of Events & Programs for the U.S. Chamber of Commerce’s Hiring Our Heroes, who led the Career Connection & Resume Engine and LinkedIn workshops at the Transition Summit. “They’re here because they want to hire you.”

Empowering military spouses

Service members aren’t the only ones facing career challenges. It can be difficult for military spouses to start and maintain careers while balancing deployments, permanent change of station moves and family life.

The Transition Summit’s Military Spouse Professional Development Symposium, held Tuesday at the Nehelani, was targeted spe-



Victoria Roland (with microphone), an Army spouse and transition education counselor at Schofield Barracks’ Army Education Center, speaks at the Military Spouse Professional Development Symposium, Tuesday, at the Nehelani. She was one of the “Real Spouses: Real Stories” panelists at the symposium.

cifically to them.

About 100 spouses got to hear five working military spouses who offered encouragement and feedback during the “Real Spouses: Real Stories” panel. They also heard from a professional recruiter and talent-sourcing agent, learned resume-writing tips and got networking advice.

“It’s such an awesome opportunity to around so many other military spouses,” said Bridgette Patterson, an Army spouse and a chapter director with Blue Star Families. “It was such an empowering feeling being able to network with other spouses.”

Army spouse Alex White, who is preparing to PCS with her husband after a year-and-a-

half in Hawaii, agreed. “It was definitely empowering to know I’m not alone.”

Job-hunting tips

- Cater your resume to the job you’re applying for.
- Always be networking. Most job offers come as a result of networking.
- Practice your elevator speech, a brief pitch that tells potential employers who you are and what you offer their company.
- Keep your social media presence professional.

Job-hunting resources

- LinkedIn offers veterans a free upgrade to premium services. Visit <https://linkedinforgood.linkedin.com/programs/veterans>
- Resume Engine cuts down the amount of time it takes to craft a resume by translating service members’ military experience into civilian skills. Visit resumeengine.org
- My Career Spark provides a plethora of information for military spouses. Visit mycareerspark.org
- The Hiring Our Heroes website helps connect service members, veterans and families to potential employers. Visit uschamberfoundation.org/hiring-our-heroes.

Voices of Ohana

Because Oct. 8-14 is National Fire Prevention Week, we wondered,
“How do you practice fire safety around your home and workplace?”
By 8th Theater Sustainment Command Public Affairs



“I use all the regulated and standard equipment needed for any situation where fire will be used.”

Sgt. Keith Arnold
8th TSC
Motor Pool NCO



“At home I double check and test fire alarms once or more times a month.”

Sgt. Craig De Los Reyes
8th TSC
Motor Pool Shop foreman



“My wife and I give our kids fire safety, as well as other scenarios, during dinner.”

Sgt. Philip Hammond
8th TSC
Supply NCO



“At work I check to make sure electrical cords are not daisy chained, and at home I make sure my family understands the ‘get out, stay out’ concept.”

Sgt. 1st Class Denise Lewis
8th TSC G5
Exercises NCOIC



“I always check the fire extinguishers in and around the work office and ensure the evacuation plan is visible and updated. At home my family and I practice our fire evacuation plan regularly.”

Capt. Will Tveten
8th TSC Knowledge Management officer

599th completes back-to-back port operations

DONNA KLAPAKIS
599th Transportation Brigade Public Affairs
KALAELOA BARBERS POINT HARBOR — The 599th Transportation Brigade and partners recently completed back-to-back port operations here on the M/V Ocean Giant and the M/V Liberty Peace.

The first operation was uploading a shipment to Asia onto the Ocean Giant.

“The Ocean Giant move went pretty well,” said traffic management specialist Frank Viray.

Once the Ocean Giant moved out, transporters had a day off between moves before commencing operations on the Liberty Peace.

“The Liberty Peace move was much quicker because it is a roll-on, roll-off vessel,” Viray said. “It was also much better inside. We only used two decks of the vessel, and Deck 7 was all clear.

“The Liberty Peace came in at 7 a.m., and we were able to finish the operation in two 10-hour shifts,” he added.

Unusual locale

The 599th rarely works operations at Barbers Point.

“The one-time-only contract for the moves specified liner service,” said Carlos Tibbetts, terminals management chief. “Because Pearl Harbor doesn’t handle



Photo by Carlos Tibbetts, 599th Transportation Brigade
Commercial stevedores use a truck to move cargo onto the Liberty Peace during up-load operations at Barbers Point.

liner service, we had to find another port for the moves.

“Working with Barbers Point is very easy,” he added. “But there’s a scheduling issue because it’s the second busiest port in Hawaii.”

Traffic management specialist John Manahane was the brigade lead for both moves.

“We synchronized efforts between the carriers, the customers, the agents and the port authority,” said Manahane. “Keeping good communications is critical, particularly with liner service.

We have to make sure the warfighters’ timelines are in synch with liner services.

“Because they were unit moves with liner terms, we had minimal involvement at the port with both moves,” he added. “But we are still responsible to make sure everything is done right. This adds a layer of complexity because we have to ensure coordination and synchronization of the movements. On this move, originally the Liberty Peace was supposed to come in first; then because it was held up, the Ocean Giant move happened first.”

Although the move was handled by

commercial stevedores, 599th marine cargo and traffic management specialists had to be on hand at the port.

“Frank (Viray) and I go down to the port for the marine cargo portion of the process,” said marine cargo specialist, Davey Flores. “We make sure everything is done safely, and if they need technical advice, we step in.”

The captain of the Ocean Giant, Brandon Lynch, is new to the ship.

“I came to the ship on Aug. 18,” Lynch said. “This is my first ship to captain, but I’ve been chief mate on a different ship for eight or nine years.”

Although this is Lynch’s first captaincy, it is not his first time hauling military cargo.

“I was with the car carrier Green Lake,” he said. “We would go from Hueneme to Guam to Okinawa.

“The Green Lake is a roll-on, roll-off vessel, so I’m used to a faster pace of upload than lift-on, lift-off, but once the cranes find their rhythm they get faster,” he said.

“We were tied up in Norfolk, when we were given orders to come to the Pacific. Then we first went to Tacoma to pick up a load, then came here.

“I’m from San Diego originally,” Lynch said. “I grew up on the water and knew at a young age what I wanted to do.”

Army mariners shoot ‘tomatoes’ on open ocean

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

PEARL HARBOR — Soldiers with the 605th Transportation Detachment, 8th Special Troops Battalion, 8th Theater Sustainment Command unleashed a barrage of bullets into the Pacific Ocean during a live fire exercise at sea, approximately 40 miles south of Pearl Harbor.

The training took place Oct. 4 on the 8th TSC’s Logistic Support Vessel (LSV-2) CW3 Harold C. Clinger, one of eight LSVs in service across the entire Army.

The LSV-2 is one of the Army assets providing over-the-water transportation of equipment and personnel to increase maneuverability and readiness throughout the Pacific region.

“While we are out here in Oahu we travel back and forth from Oahu to the Big Island of Hawaii delivering training equipment,” said Sgt. 1st Class Donald Dinsmore, detachment sergeant for the 605th Trans Det. “We will transport anyone’s equipment who requests it. We mainly work with Army and the Marines, but if a Navy unit requested it (through the customer process) we would support them.

“When we are in Hawaii we’re in safe waters, but (at) any time we can be called to go to a foreign country and we have to be able to defend ourselves,” he added. “There are threats all throughout the world and we have to be able to react to save the vessel and the crew.”

Readiness

The live-fire training at sea helped prepare for such threats by familiarizing Soldiers with the Common Remotely Operated Weapons Station, or CROWS. The CROWS system allows Soldiers to operate weapons systems from inside a vehicle.

The Soldiers practiced firing with an M2 .50-caliber machine gun mounted to the CROWS system. They also practiced firing with an M249 light machine gun, a shotgun, and a M320 grenade launcher.

During the training, Soldiers honed their skills by firing the various weapon systems at “tomatoes,” inflatable targets



A Soldier with the 605th Trans. Det., 8th STB, 8th TSC, fires an M320 grenade launcher at a target in the Pacific Ocean during a waterborne range aboard the 8th TSC’s Logistics Support Vehicle-2, Oct. 4.



released from the LSV-2.

It was Pvt. Alec Salazar’s second time shooting on a waterborne range, but his

Sgt. Rebecca Sheriff, a watercraft operator with the 605th Trans. Det., 8th STB, 8th TSC, dons her protective gear in preparation for the waterborne range.

first time firing an M249 on an LSV.

“It’s definitely different,” Salazar, a watercraft operator with the 605th Trans. Det., said. “When we’re shooting on land we’re in the prone position. When you’re on the boat, it’s mounted, and if you’re a tall guy you have to slump over it to make sure you get a good sight picture. The water is also going back and forth; it’s definitely more of a challenge.”

Salazar, who has been with the crew approximately five months, said of the weapon systems he fired, the M2 .50-caliber machine gun mounted to the CROW system was easiest.

Sgt. Rebecca Sheriff, a watercraft operator with the 605th Trans. Det., also en-

joyed using the CROWS.

“When using the M2 .50 caliber on the vessel when it’s not mounted to the CROWS, it’s a lot harder, you see your target directly, you walk your weapon up to the target,” said Sheriff. “Where the CROWS is very accurate, it locks on to the target and holds it; even though the boat can be rocking, it still holds on to your target so when you fire it’s more accurate.”

Sheriff said she is already looking forward to the next waterborne range.

“I love to fire; knowing that I’m accurate and proficient, I like that,” said Sheriff. “I’m always looking for a range; they’re long days, but I’ll take it.”

The LSV is a unique, self-sustaining vessel with a shallow draft enabling it to dock at almost any shore. The vessel’s cargo deck is designed to hold any vehicle in the U.S. Army inventory, and it is able to carry up to 2,000 short tons of cargo during operations.

Officials offer tips to boost energy conservation

SANTIAGO HERNANDEZ
Directorate of Public Works
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — October is Army Energy Awareness month. The Directorate of Public Works asks that all units, Soldiers, family members and the civilian workforce take an opportunity to reflect on their energy practices and set reduction and efficiency goals for the upcoming fiscal year.

The Army continues to stress energy conservation as the cheapest means to reduce costs. Here are some easy conservation tips:

- lose all windows and doors when the air conditioner is running. Set thermostats to 74 degrees Fahrenheit for cooled areas (USAG-HI standard).
- urn off window A/C units in unoccupied rooms. Each unit can cost the Army up to \$2,400 for year round use
- urn off lights and HVAC units (window A/C units included) when not in use, particularly during weeknights, weekends, deployments and holidays. This includes aircraft hangar lights.
- nit arms room exterior lights should be on at night, but turned off during the day.
- inimize the number of refrigerators and coffee pots by consolodating.
- urn off office and shop equipment (printers, copiers, computers, battery chargers and shredders) at the end of the day. Turn them on during work hours when practical.
- onsolidate rear detachments (personnel administrative areas, work areas,



Photos by Staff Sgt. David B. Hart, 4th Platoon small group leader, NCO Academy Hawaii
Staff Sgt. Luis I. Montijo, 4th Platoon small group leader at the NCO Academy Hawaii, Schofield Barracks, instructs Spc. Enrique Serreno (left), and Spc. Trevor Bass, both of 8th Theater Sustainment Command, on energy conservation practices.


etc.) into as few buildings as possible.

- ractice full-load washing and drying of laundry. Turn off utility lights when not in use.
- nsure surrounding grounds are watered between 5 p.m. and 9 a.m. — only water during hours of limited visibility. Sprinklers should be limited to 15 minutes of watering and directed only at green space.
- hen practical carpool, ride a bike or walk.
- hut off vehicles when not in use (GSA TMP/NTV and tactical vehicles included).
- oldiers, family members, civilian em-

ployees and military retirees using USAG-HI installation privileges are responsible for conserving energy and water. The days of excessive cheap energy are gone. To secure tomorrow's energy resources and sustain a resilient world-class army, we have to start conserving energy today. When it's not in use, just turn it off.

For more information

For additional tips, visit <https://www.hawaiianelectric.com/save-energy-and-money/household-tips-and-resources>.

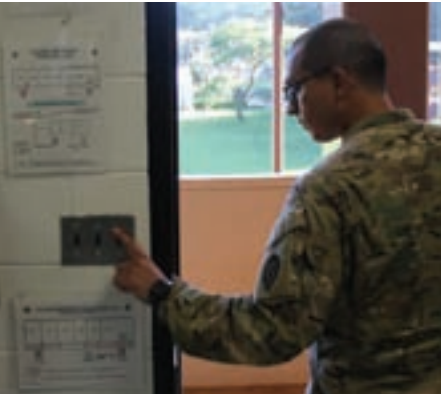


Contact DPW

Waste and abuse should not be tolerated and should be reported to the DPW energy conservation manager at 808-656-3289 (office), or 808-864-1079 (cell). Energy theft should be immediately reported to the military police.

Work orders

Submit work orders for broken doors or glass, non-functioning AC controls and equipment, broken light timers/sensors and leaking water fixtures. The DPW help desk can be reached at: 808-656-1275 or send email request to usarmy.wheeler.id-pacific.list.dpw-demand-maintenance-orders@mail.mil.



Spc. Enrique Serreno of the 8th TSC, turns off the lights before leaving the NCO Academy Hawaii.

USAG-HI recognizes contributions of workers with disabilities

EQUAL EMPLOYMENT OPPORTUNITY OFFICE
U.S. Army Garrison-Hawaii

FORT SHAFTER — October is National Disability Employment Awareness Month. Its aim is to raise awareness and celebrate the positive contributions made by America's workers with disabilities.

The American Disability Act defines an individual with a disability as “a person who has a physical or mental impairment that substantially limits one or more major life activities; a person who

has a history or record of such impairment; or a person who is perceived by others as having such impairment.”

People with disabilities are a diverse group, crossing lines of age, ethnicity, gender, race and sexual orientation.

U.S. Army Garrison-Hawaii is a firm supporter of the Rehabilitation Act of 1973, which requires federal employers to provide reasonable accommodations to persons with disabilities when needed.

USAG-HI's commander, Col. Stephen E. Dawson, has expressed his support

and said he expects that all USAG-HI supervisors and managers will support this program by allowing employees with a disability an equal opportunity to enjoy all the benefits and privileges of employment that employees without disabilities enjoy. Dawson values the civilian workforce because “people are the Garrison's most important asset.”

George Chun, the acting Equal Employment Opportunity officer for USAG-HI and Installation Managment Command-Pacific, said, “Part of the process is to provide reasonable accommoda-

tions to qualified applicants and employees with disabilities, unless doing so will result in undue hardship to the agency. Reasonable accommodations are part of an interactive process that involves many stakeholders, to include employees, management, labor attorneys and civilian personnel.”

Contact EEO

To learn more about reasonable accommodations, contact the USAG-HI EEO Office at 438-4963.

Volunteers lend a hand to the forest on Public Lands Day

CELESTE HANLEY

Oahu Army Natural Resources
Directorate of Public Words
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — On Saturday, Sept. 30, 13 volunteers with the Army’s Natural Resources Program joined thousands of people across the nation in celebration of National Public Lands Day (NPLD), the nation’s largest single-day volunteer effort for public lands.

Volunteers accompanied staff on an interpretive hike in the northern Wai’anae Mountains and ventured into Kahanahaiki ahupua’a (traditional land division), a protected natural area within the Makua Military Reservation, which is home to 11 federally listed endangered species managed by the Army’s natural resources program. Hiking along the ridgeline and dipping into shady gulches, volunteers learned about Hawaiian plants along the way, such as the fragrant maile vine, a traditional lei-making resource, and the ‘ohi’a, a primary canopy tree in the Hawaiian forest. With a greater appreciation for the native species at Kahanahaiki, volunteers were well prepared to malama ‘aina (care for the land) in a section of the forest that was overcome by weeds.

Thicket-business

The work area was packed with thickets of strawberry guava and lilikoi, plants often associated with Hawaii that are actually introduced from South America and detrimental to fragile Hawaiian ecosystems. Armed with sturdy hand tool and gloves, volunteers cut down these weeds, among others, in an effort to restore Kahanahaiki forest.

While controlling weeds supports a healthy plant habitat at Kahanahaiki, animals who call this Hawaiian forest home will also benefit from the NPLD efforts. Native Hawaiian honeycreeper birds such as the ‘amakihi and ‘apapane rely on Hawaiian plants for nectar. The songs of the birds resonated in the forest canopy throughout the day, and a few volunteers were lucky enough to catch a glimpse of them in flight.

Snail protection

Kahuli (Achatinella mustelina), an endangered O’ahu tree snail, was also an exciting sight for participants. The Army protects these snails from non-native predators – rats, Jackson’s chameleons and cannibal snails – through unique fences that create a sanctuary for this rare species. Volunteers enjoyed peering into the enclosure to search for the ornate, nickel-sized snails clinging to the undersides of leaves, noting the distinctive chocolate and cream-spiraled color patterns characteristic of the Kahanahaiki snail population.

Another NPLD effort for the Natural Resources staff and interested volunteers is coming up in November. Staff and



Volunteer Genevieve Hao snaps a photo of beautiful Makua Valley from the lookout at Kahanahaiki.



As the National Public Lands Day crew pushes forward to clear a thicket of weeds at Kahanahaiki, volunteer Matt Liang consolidates cut trees into piles.

volunteers will outplant native plants and collect fruit for future restoration efforts. Volunteers will not only get to see Hawaiian plants and animals but actively help protect them so that future generations may enjoy these precious resources on our nation’s public lands.



Left — Army natural resources volunteers hike into the National Public Lands Day worksite in Kahanahaiki, Makua Military Reservation.



Kahuli (Achatinella mustelina), a tree snail unique to the Wai’anae Mountains of O’ahu, is one of the endangered species that Army natural resources staff and volunteers protect through habitat improvement.

Volunteer!

If you are interested in getting involved with the NPLD efforts or other volunteer opportunities with the Army Natural Resources Program, contact Celeste Hanley or Kim Welch at outreach@oanrp.com or 656-7741.



13 / Friday

Support Group — Veterans can meet each other to discuss issues with about Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn at the West Oahu Vet Center, 885 Kamokila Blvd., Unit 105, any Friday, from 3-5 p.m. Call 674-2414 for more details.

Tax Volunteers — The IRS and its partners are looking for volunteers who are interested in learning about taxes and helping others by preparing federal income tax returns for free. Volunteers are certified to prepare simple tax returns for taxpayers with low-to-moderate incomes. People of all ages and backgrounds are welcome to volunteer. There is a role for anyone who is interested and wants to help give back to their community.

Training is usually between November and January, and volunteers generally study online with Link & Learn Taxes to obtain their volunteer certification. Once certified, volunteers spend as little as three to four hours per week volunteering between the months of February and April. To volunteer, send an email to taxvolunteer@irs.gov.

Hispanic Heritage — Celebrate with 2nd Infantry Brigade Combat Team, 25th Infantry Division, today, from 1-3 p.m., at Weyand Field. Military, families and civilians can enjoy live performances, cultural activities and booths, and much more.

18 / Wednesday

ID Theft — Join the AARP Fraud Watch Network and AARP Hawaii for “An Evening with Frank Abagnale.” The identity theft expert will advise you on protecting yourself and your family from identity theft. The event is free. His advice is invaluable. It takes place 6:30 p.m. at the Japanese Cultural Center of Hawaii, 2454 S. Beretania Street. Members of the public may register for this free event by calling 1-877-926-8300 or going online to aarp.cvent.com/fraud10-18. Seats and parking is limited. Parking costs \$6 at the Japanese Cultural Center garage.

25 / Wednesday

CIE — Attend the Community Information Exchange, 9 a.m., at the Nehelani, Schofield Barracks to hear what’s happening in U.S. Army Garrison-Hawaii’s directorates, organizations, programs and services. Also, subject matter experts and the senior commander will answer your questions.

28 / Saturday

National Take Back Initiative — Turn in your unused or expired medications for safe,

anonymous disposal from 10 a.m.-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.

31 / Tuesday

Trick or Treat — U.S. Army Hawaii will celebrate Halloween from 5:30-8 p.m.

November

7 / Tuesday

Special Operations Recruiting — Attend briefings about Special Forces, Psy Ops and Civil Affairs on any date from Nov. 7-9, at 9:30-11 a.m. or 2:30-4 p.m., at Yano Hall Library, 2nd Floor, Room #221, Schofield Barracks. Visit goarmysof.com.

Ongoing

Short Survey — Health Promotion needs your help! U.S. Army Hawaii personnel, are asked to complete a short survey – less than 10 minutes long – about the quality of life, health, safety and satisfaction here in Hawaii. Go to <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137453825C6F3>. Call Linda Bass at 655-4772 for more details.

Observance — National Hispanic Heritage Month is observed from Sept. 15 through Oct. 15. We celebrate, recognize and learn from our ethnic cul-

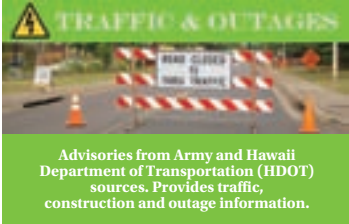
tures in Spain, Mexico, the Caribbean, and Central and South America.

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, participate in school and community activities, have 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. Visit <https://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



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

17 / Tuesday

Trimble Road — A 24-hour closure will occur on Trimble from Carpenter to Beaver and Hewitt to Cadet Sheridan for pavement repairs until Dec. 29. Also, a 24-hour single-lane closure and traffic detours will occur on Hewitt, McCornack, Carpenter, Kaena and Cadet Sheridan. Note, this schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers when roadways are closed.

18 / Wednesday

Power Outage — The Wiliwili housing area will be without power, from 7:30 a.m.-5:30 p.m. The outage is needed to install underground high voltage cable for the new barracks.

30 / Monday

Closure — The Schofield Bar-

racks Dental Clinic parking lot will be closed for construction from Oct. 30 to Dec. 18. The clinic apologizes for this inconvenience. Patients should show up 15 minutes earlier for appointments. Parking can be found adjacent to the PX and behind the Dental Clinic.

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.

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. Motorists are advised to expect delays and follow detour signs to adjacent roads. Please use caution and observe all signs, traffic control personnel and devices while driving through affected work areas.

Repaving of Uke’e Street — The city has begun repaving Uke’e Street from Moaniani Street to the Honolulu side of Ka Uka Boulevard. From there, contractor Grace Pacific, LLC will continue repaving Uke’e Street on the Ewa side of Ka Uka Boulevard. The work is anticipated to be completed by mid-October, barring any weather delays.

Work hours will be from 8:30 a.m.-3:30 p.m., Mondays through Fridays, and there will be lane closures and one-way traffic during the repaving project. Drivers should anticipate delays and are reminded to observe and obey all traffic controls, posted signs and special duty police officers.

On-street parking will be prohibited during working hours, so motorists should observe the dates and times on posted roadway signs. Illegally parked vehicles may be towed, if necessary, at the owner’s expense. Call 479-0242 or 484-2370 with questions.

Farrington Highway — The repaving of a city-owned section of Farrington Highway, from the Kapolei Golf Course Road to approximately 1.5 miles east of Kualaka’i Parkway has begun. The road work will cover 2.23 miles of roadway and is esti-

mated to be finished within 180 calendar days.

Work hours will be from 8:30 a.m.-3:30 p.m., Mondays through Fridays (with possible Saturday work). Residents and business owners are advised to observe and obey all traffic controls, posted signs and special duty police officers.

Drivers should anticipate delays due to detours, lane and road closures, and allow extra travel time while driving through the work areas. Local residential traffic, deliveries and trash collection will be allowed during construction, and any illegally parked cars may be towed at the owner’s expense.

Revised Traffic Codes — The Military Police has begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes that became effective Tuesday. The most significant change is the expansion of traffic offenses that incur monetary fines.

To review the new Traffic Code in its entirety, go to the Garrison Policies tab USAG-HI’s website at www.garrison.hawaii.army.mil.

Rail Construction — Construction work between Aloha Stadium and the H-1 Interchange for the Honolulu Rail

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 from July 26, 1941, to Dec. 31, 1946. If you or someone you know served during this time, visit <https://www.filvetrep.org/application> to apply.

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/>.

SHARP — An app is available for SHARP – the Sexual Harassment/Assault Response and Prevention Program – at <http://teamapp.mobi/usarhaw-sharp692>. The 24-hour SHARP Hotline is (808) 655-9474. The DoD Safe Helpline is 877-995-5247.

Transit Project has begun and is expected to create additional traffic congestion and night-time construction noise in the Pearl Harbor area. Commuters to Joint Base Pearl Harbor-Hickam using Halawa, Borchers and Makalapa gates should plan accordingly as lane closures in both directions of Kamehameha Highway could delay traffic trying to turn into those gates.

For questions or comments, call the Honolulu Authority for Rapid Transportation (HART) 24-hour project hotline at 566-2299 or visit the website at www.HonoluluTransit.org.

For JBPHH updates and information, please visit JBPHH Facebook, www.facebook.com/JBPHH, and Twitter, @Joint-BasePHH.

McCornack Road Parking Stalls — Street parking stalls along McCornack Road, north of the Dental Clinic, Bldg. 660, will be closed through Monday, Jan. 1, 2018, to ensure safety of pedestrians between construction entrances of the U.S. Army Health Clinic-Schofield Barracks. This temporary closure affects seven parking stalls on McCornack Road. Foot traffic will be prohibited from accessing these parking stalls and signs will be posted to direct foot traffic.

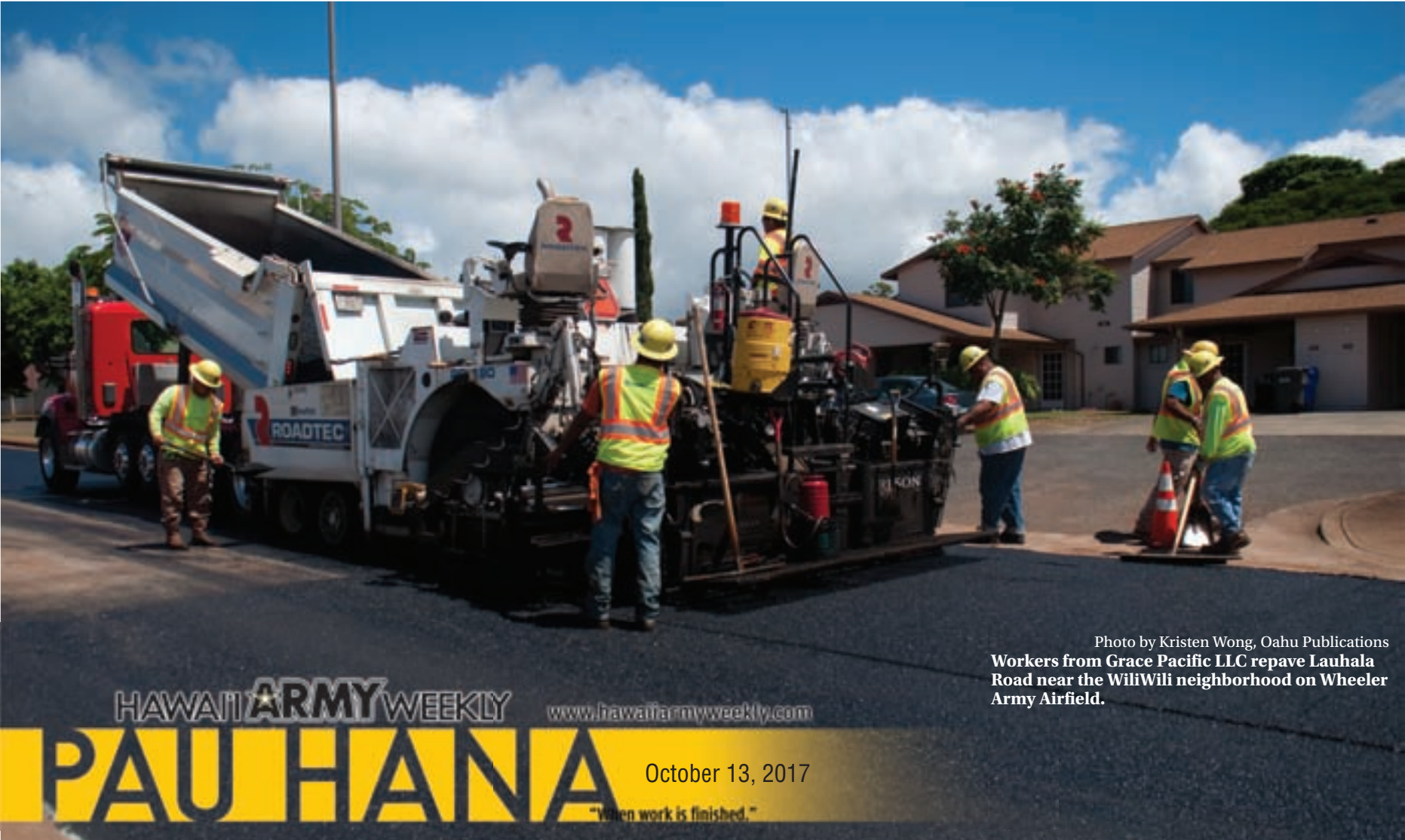


Photo by Kristen Wong, Oahu Publications
Workers from Grace Pacific LLC repave Lauhala Road near the WiliWili neighborhood on Wheeler Army Airfield.

HAWAII ARMY WEEKLY www.hawaiiarmyweekly.com

October 13, 2017

"When work is finished."

Smoother drive ahead for USAG-HI motorists

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — According to a 2016 study by the AAA, two-thirds of American drivers are concerned about potholes on their local roads.

Here on U.S. Army Garrison-Hawaii, where military-grade vehicles regularly traverse surface roads along with everyday passenger vehicles, concerns about road conditions come up frequently at community meetings. The following are just a few comments from the past year of USAG-HI Facebook Townhall events:

“When is something going to get done with the road leading to Wiliwili?”

“Will the potholes along Waianae Avenue ever be filled? They are terrible and unavoidable.”

“Can better quality road work be done? ... there are giant holes opening up on the roads, getting a quick patch job and then within a week there is either a new giant hole or the original opened right back up.”

Progress

The good news is that the Directorate of Public Works has made progress on repairing, repaving and reconstructing many of USAG-HI’s worst roads.

“Over this past year, repairing and repaving our installation roadways has been a top garrison priority,” said Col. Stephen Dawson, commander of USAG-HI. “We’ve heard from many of you who live and work here on the condition of our roads, and have put resources and man-

power toward this effort.”

During fiscal year 2017, which began in October 2016 and wrapped up at the end of September, DPW worked on upgrading almost a dozen roads, including significant portions of Waianae Avenue, Lyman Road, Flagler Road and Lauhala Road.

About a dozen more are in the process of being brought up to date.

Beyond patching potholes

These road projects go beyond quick patching of potholes, said Dean Miyamoto, an engineer with DPW’s Project Management Branch, and Stephen Ibaraki, an engineer with DPW’s Construction Management branch. In many cases, crews are pulling up the asphalt and rebuilding the roads to current traffic standards that require that the roads’ surfaces be made thicker than in decades past to accommodate increase in traffic flow.

With proper maintenance, the roads should last for another 15 to 20 years, Miyamoto and Ibaraki said.

Motorists should be aware of traffic delays and lane closures while the roadwork continues. The Hawaii Army Weekly publishes a rundown of traffic delays and lane closures in the “Traffic” section of the paper.

“We ask that the community please be patient,” Ibaraki said. “We are working on fixing these roads and in some cases that will take time.”

Road Repairs Completed FY17
(Cost: Approximately \$6 million)
Schofield Barracks

- Kolekole Road, between Humphreys and Cadet Sheridan roads
- Air Assault Road
- Maili Road
- Lyman Road, between Humphreys Road and Hewitt Street
- Bonney Loop
- Flagler Road, between Lyman and Kolekole roads
- Waianae Avenue

Wheeler Army Airfield

- Lauhala Road
- Lewis Street
- Wright Avenue

Road Repairs for FY18
(Cost: Estimated \$5 million)
Schofield Barracks

- Ayres Avenue between Kame hameha Highway and McCormack Road
- Neff Street
- Grimes Street between Williston and trailer parking lot
- Trimble Road

between Hewitt and Carpenter streets

- McMahon Road between Wright-Smith Avenue and Beaver Road

Wheeler Army Airfield

- Annex Road between Mokumoa Street and gate entrance to motorpool
- Pierce Street between Montgomery Road and B435/B438
- Carter Drive



Hawaii’s Mixed Masters win Army Ten-Miler

JOSEPH LACDAN
Army News Service

WASHINGTON — A mixed masters active duty team from Hawaii, made up of Soldiers 40 years and older, raced to victory for their age division at the annual Army Ten-Miler on an unseasonably hot October day, Sunday.

A total of 35,000 runners took part in the race, which begins at the Pentagon, then winds over the Potomac and past the National Mall, before returning to the Defense Department headquarters.


There were also 10 locations overseas hosting official ATM-sponsored shadow runs with over 8,500 runners combined. Those locations included Afghanistan, Iraq, Africa, Romania, Poland, Bulgaria, the United Kingdom and South Korea.

Army Hawaii Mixed Masters

The six-member Hawaii team made up of Capt. John DiGiovanni (team captain), Headquarters and Headquarters Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade; Command Sgt. Maj. Jared Ireland, 2nd Bn., 11th Field Artillery Regt., 25th Infantry Division; Command Sgt. Maj. Thomas Marnoch, 325 Brigade Support Battalion, 3rd Infantry Brigade Combat Team, 25th ID; Col. Deydre Teyhen, U.S. Army Health Clinic-Schofield Barracks; Staff Sgt. Christopher Boyer, 225 BSB, 2nd



U.S. Army photo by Spc. Winterlyn Patterson, 55th Combat Camera
U.S. Army Vice Chief of Staff Gen. James C. McConville (left) presents the Mixed Masters Team Award to Team Army Hawaii. Command Sgt. Maj. Jared Ireland, 2nd Bn., 11th Field Artillery Regt., 25th ID accepts the trophy with teammates, supporters and Command Sergeant Major of the Army Daniel A. Dailey, in Washington D.C. on Saturday.



Briefs

13 / Friday

Kathryn Troutman — Two-part presentation for federal job seekers at SB Nehelani with 10 Steps to a Federal Job segment open to all federal job seekers from 8:30 a.m.-noon, followed by The Stars are Lined Up for Military Spouses, open to all military spouses, from 1-3 p.m. at SB Nehelani. Registration is required. Free workbooks will be distributed to the first 100 registrants. Call 655-4227.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Zombie Run 5K — Fourth annual event begins at SB Leader’s Field at 6:30 p.m. Awards will be given to the fastest survivors and top slayers. Free make-up available onsite at 4:30 p.m. Late entry fee is \$35 on race day. Volunteer zombies needed. Call 655-8007.

Family Child Care — New applicant briefing begins at 9 a.m. at SB FCC office. Call 655-0747.

Octoberfest Menu — Sample German favorites on the Grand Buffet at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.95 per person. Call 438-1974.

14 / Saturday

Family Nite — SB Arts & Crafts hosts from 4:30-6:30 p.m. for \$25. October’s project is a glow-in-the-dark painting. Price includes one 12”x16 stretched canvas, supplies and instructions. Additional canvases are available for an extra cost. Preregistration required. Children under 12 must be accompanied by an adult. Call 655-4202.

16 / Monday

Hiring Fair — Family and MWR positions, with tentative job offers on-site, at Leilehua Golf Course (Leilehua Road, Bldg. 6505) from 8:30 a.m.-2 p.m. For the list of current vacancies and documents needed, visit www.himwr.com.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

TONIGHT AT SCHOFIELD

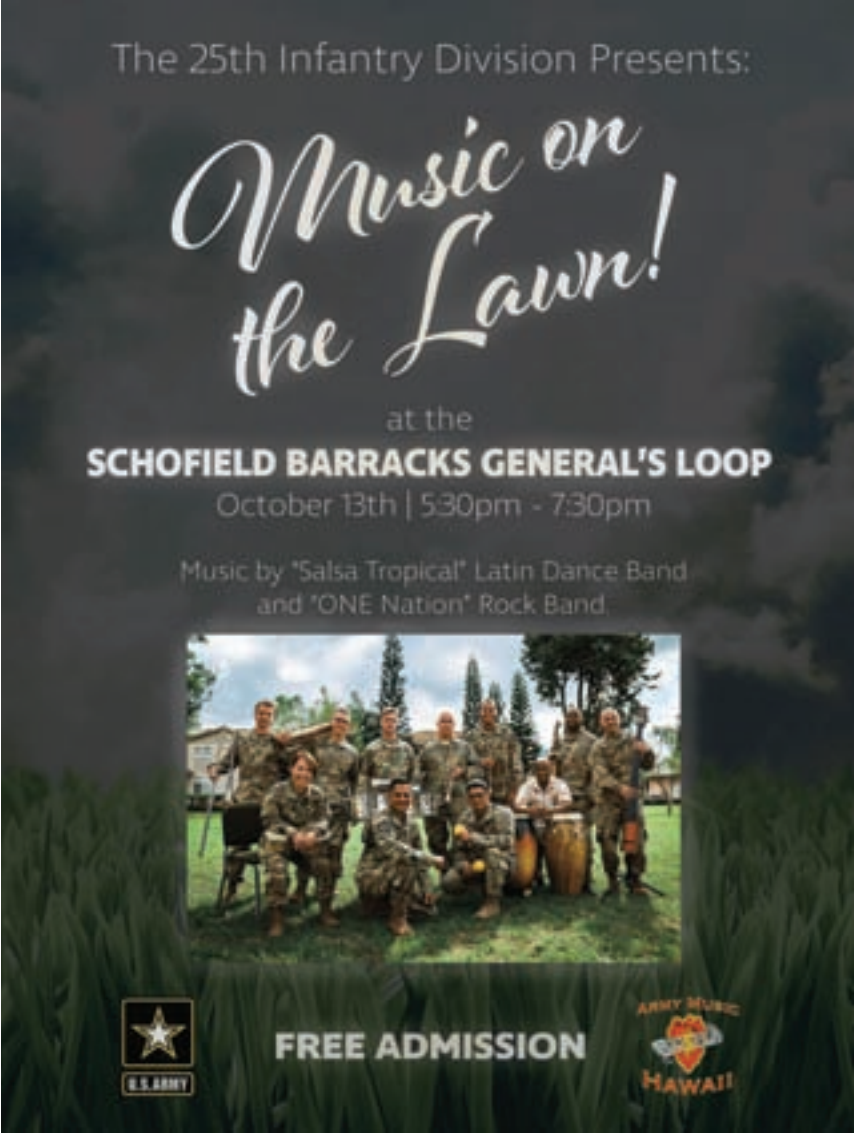


Photo courtesy of 25th Infantry Division Band

SCHOFIELD BARRACKS —The 25th Infantry Division band will host “Music on the Lawn,” 5:30-7:30 p.m., at General’s Loop. One Nation: a funk, rock, country, R&B and punk band and Salsa Tropical: a Latin dance band, will perform. Bring a lawn chair, snacks, and enjoy the free entertainment. Parking is available at the Schofield Barracks Post Office. Visit facebook.com/armymusichawaii.

AFTB Level K — “Military Knowledge” two-day class held at SB NCO Academy, Bldg. 6055, from 9 a.m.-1 p.m. Training focuses on knowledge of military and Army programs, Army acronyms, community resources, and personal and family preparedness. Call 655-4227.

Swimming Lessons — Registration held at SB Richardson Pool from 9 a.m.-5 p.m. Classes run weekdays Oct. 16-27 (no classes on Tuesday). Class times range from 3-5 p.m.; \$60 for 30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lessons for Level 3, Level 4. Children must be registered with Child, Youth and School Services. Call 655-9698.

17 / Tuesday
Informal FRG Funds Custodian Training — Held at Nehelani Banquet & Conference Center from 5-8 p.m. for FRG leaders, funds custodians, and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. It also clearly

defines the roles and responsibilities of the Funds Custodian and Alternate. Call 655-4227.

EFMP SPEDucation Blitz — Behavior Plans class held at SB Outdoor Recreation Center from 10-11:30 a.m. Call 655-4227.

Toon Time Matinee — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1p.m. SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

19 / Thursday
Your Credit Report and Score — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Copy

of your credit report required. Call 655-4227.

20 / Friday
It takes Two (For Couples) — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem-solving techniques, forgiveness and the importance of fun & friendship. Call 655-4227.

Paint and Sip (Glow in the Dark Edition) — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$40. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Smoke House Day — Two kinds of ribs, BBQ chicken, smoked pork sliders and beef brisket plus cornbread, baked beans, and plenty of coleslaw. FS Hale Ikena. Call 438-1974.

Domestic Violence Self Defense Class — Held at SB Martinez Fitness Center from 9-10 a.m. Call 655-4227.

Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

21 / Saturday
Boot Camp Training for New Parents Daddy Boot Camp — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

Hands Only CPR — Free course for children ages 10 to 14 at SB Richardson Pool from 11 a.m.-2 p.m. Call 655-9698.

Ongoing

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

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.

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.

community Calendar

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

13 / Friday
TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use, \$5 for adults and \$2.50 for youths, and \$2 for eligible disabled, seniors, and U.S. Medicare and TheHandi-Van cardholders. Limited to cash-paying passengers and replaces the need for transfers. Contact TheBus Information line at (808) 848-5555 or visit <http://bit.ly/2k7QkXt>.

Carmen — Hawaii Opera Theatre opens the 2017-2018 season with one of the most popular operas ever written, Bizet’s “Carmen.” Friday, Sunday and Tuesday night performances at the Blaisdell Concert Hall with English translations projected above the stage. Tickets range from \$34-\$135. Call the box office at 596-7858 or the main office at 596-7372.

14 / Saturday
SB Kolekole Walking-Hiking Trail — The trail is open for hiking Saturday through Monday

from 5:30 a.m. to 6:30 p.m. for DOD ID cardholders and their guests.

Pumpkin Festival — Over 60,000 visitors come for harvest activities, carnival rides and food. Enjoy a free tractor hayride and live entertainment all day, 8:30 a.m.-5 p.m., at Aloun Farm Festival Grounds, 91-1440 Farrington Hwy., Kapolei. Visit alounfarms.com.

15 / Sunday
Hispanic Heritage Festival — Free event, 11 a.m.-8 p.m., McCoy Pavilion at Ala Moana Beach Park. Features entertainment, food booths, cultural displays, art, Latin dance workshops and more. Visit <http://hispanicevents-hawaii.com/>.

16 / Monday
Hiring Fair — FMWR Hiring Fair from 8:30 a.m. to 2 p.m., at Leilehua Golf Course. It’s open to the public and some tentative job offers will be provided. Call 656-0129; visit USAjobs.gov (and search Hawaii) or <https://hawaii.armymwr.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 camp, open to all ages from keiki to kupuna, is offered for an all-inclusive affordable fee. Special rates are available for military with valid ID. Visit www.camperdman.org or call 637-4615.

Holiday Craft & Gift Fair — Giant three-day expo with over 275 vendors allows you to beat the holiday gift rush at the Neal Blaisdell Center Exhibition Hall. Visit www.seasonsbestcraftfair.com.

21 / Saturday
ASYMCA Father-Daughter Dance — Active and retired fathers of all military branches and ranks may treat their daughters to a royal celebration, 5-9 p.m., at the Nehelani Banquet & Conference Center, on Schofield Barracks. Get tickets at the Armed Services YMCA office at 1262 Santos Dumont Ave. on WAAF. Call 624-5645.

Ko Olina — Na Mele O Ko Olina hosts some of Hawaii’s best slack key and ‘ukulele musicians, as well as 40 Hawaiian artists who display their artwork for sale, 9 a.m.-5 p.m., at the

Marriott Ko Olina Beach Club. Call 696-5717.

25 / Wednesday
Evacuation Drill — Daniel K. Inouye Elementary School will hold its annual evacuation drill at 8:30 a.m. This drill is held to test evacuation plans for students and teachers. Motorists should stay alert and be prepared to stop at designated locations. Use extra caution while traveling through these areas, and watch for children and pedestrians.

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

31 / Tuesday
USAG-HI Trick-or-Treat — U.S. Army Hawaii will celebrate Halloween on Oct. 31, from 5:30 to 8 p.m.

Waikiki Halloween — Halloween in Waikiki is big and it moves along Kalakaua Avenue. Dress up or just spectate when the ghouls come out at night. There are lots of specials and contests at bars and restaurants all along the road in Waikiki.

This Week at the MOVIES

Unlocked (R)

Friday, Oct. 13, 7 p.m.



Leap (PG)

Saturday, Oct. 14, 4 p.m.



American Assassin (R)

Saturday, Oct. 14, 7 p.m.

IT (R)

Sunday, Oct. 15, 4 p.m.

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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Living History Day returns to Schofield Barracks

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Living History Day returns to the Tropic Lightning Museum, here, on Saturday.

As in past years, the event promises lots of hands-on activities on the front lawn of the museum in addition to static displays and exhibits inside the museum.

Civil War re-enactors in historic period dress will stage mock battles and interact with attendees, answering questions about what life and war was like during that period.

Hawaii Historical Arms Society members will be on hand to answer questions about their display of military memorabilia, uniforms and weapons from the World War II and Vietnam War eras.

The Celtic Pipes & Drums of Hawaii, the Lightning Jazz Project Band and the Tropic Knights Big Band & Swing Dancers will provide additional entertainment.

The family-friendly event will have a section dedicated to keiki, with face painting, obstacle courses, coloring activities and other games aimed at boosting their interest in history and learning.

Soldiers from the 25th Infantry Division will be there to participate in “Battle Rattle” – camouflage face painting and Nerf target practice.

Museum exhibits

The event is also an opportunity to view the museum’s exhibits, including a soft opening of one that is still in progress.



File photo
Members of the Hawaii Historical Arms Society brought a 50 caliber Browning machine gun to show attendees during a previous Living History Day.

ress.

While most Americans understand the significance of Pearl Harbor, and many may know that the Japanese also attacked Wheeler Army Airfield on Dec. 7, 1941, fewer are familiar with the story of 1st Lt. Albert Hegenberger and 1st Lt. Lester Maitland, both Army aviators.

Hegenberger and Maitland were the first to fly from California to Hawaii in June 1927, landing at Wheeler Army Airfield. Their success came on the heels of the Navy’s failed attempt to make the over 2,000-mile flight in 1925.

Their history-making flight is part of a new exhibit focused on Wheeler Army Airfield. A portion of the exhibit is dedicated to the various noteworthy flights that came through the airfield.

cated to the various noteworthy flights that came through the airfield.

Living History Day guests will also get the chance to preview the museum’s latest exhibit, still in progress, detailing the 25th Infantry Division’s contributions to the Global War on Terror. Museum officials have gathered material to tell the story of the 25th ID after the Vietnam War.

Inspiration

By hosting the Living History Day event, the Tropic Lightning Museum aims to give guests a more immersive experience of history, something to add dimension to what can be read in text-

books or heard in lectures.

“History can inspire and touch anyone’s life. There is something for everyone,” said Kathleen Frazier, the museum’s curator. “We can be inspired by the lives of pioneering aviators that flew in and out of Wheeler Airfield, the Medal of Honor recipients who gave the ultimate sacrifice for others, or the responses of people past who hoped to improve the lives of others.

“It can help us learn, grow, understand, and mold our future,” she added. “It can tell us what kind of person we aspire to become. I hope people take a way from the event that history is not just about facts, but it’s about people.”

Schedule of Events

10 a.m. – Opening ceremony

10:15 a.m. – The Celtic Pipes & Drums of Hawaii (bagpipers)

10:45 a.m. – K9 Demonstration

11:15 a.m. – Tropic Knights Big Band & Swing Dance

Noon – Civil War Re-enactment

1:15 p.m. – K9 Demonstration

1:45 p.m. – Lightning Jazz Project Band

2:30 p.m. – Civil War Re-enactment

The Tropic Lightning Museum is located at Bldg. 361, Waianae Avenue, Schofield Barracks. Call 655-0438.

Football parents found guilty of excessive celebration



Ever since our kids’ peewee soccer days, my husband, Francis, and I have loved watching them play sports. Despite their average athletic skills, we planned our entire week around a Friday night football game, a Saturday morning Cross country meet, or a Wednesday afternoon tennis match. We wore spirit wear, baked cookies, volunteered and belloved chants.

Some might label us as doting parents; others might say we need to get out more.

Regardless, I must admit, there have been times when our enthusiasm for our children’s competitions has gotten us into trouble.

Each sport has its own unwritten rules governing the behavior of spectators, and problems can arise when parents don’t conform to the unique standards for each sport.

For example, our son played high school football at three different high schools. By the time he went off to college, we had mastered football’s spectator rules.

On Friday nights, we proudly wore our 100 percent nylon mesh replica jerseys, emblazoned with our son’s number. We never ate before the game, preferring to get dinner from the concession stand, where a balanced game night meal consisted of a hot dog (protein), chips with nacho cheese (dairy) and ketchup (vegetable). A blue raspberry Sno Kone rounded out the meal (fruit). Once seated in the bleachers, we tried to resist aerobic activity, other than arm flailing and strolling to the restroom at halftime.

During the game, we were encouraged to exaggerate any feelings of pride, exhilaration, disappointment or anger. Football parents were expected to hoot,

holler and shout expletives that might otherwise be considered obnoxious or unkind.

Some examples included, “Hey, that’s MY kid! Woohoo!” yelled while pointing repeatedly at the player. Or, “Take that you LOSERS!” directed to the opposing team while making rude spanking gestures. Or, “Hey Ref – I’ve seen potatoes with better eyes than you!” most effective when screamed with a mouthful of half-chewed hot dog.

But when our daughters joined Cross country teams, we realized that we might need to modify our spectator habits.

As virgin Cross country parents, we hated getting up in the middle of the night to be at an 8 a.m. away race, arriving at the course groggy and confused.

There were no bleachers to sit on – just hordes of leggy teenagers milling about on tarps in a grass field. We couldn’t help but notice the absence of foam fingers and tacky nylon mesh. The other parents looked like runners too, wearing trendy, moisture-wicking spandex and microfleece sportswear. We heard no cowbells or air horns – only two-finger golf clapping and the faint tweet of birds in the distance. We could smell no grilled pork products or locker room odors – only fresh air and a hint of cappuccino.

We never felt more lost and alone.

We heard the crack of a starting pistol, and suddenly, our daughter whizzed by

us, among the pack. No sooner did the runners pass, than the crowd of parents started sprinting through a trail in the woods. We weren’t sure if there was a grizzly bear attacking us, or a clearance sale at Pottery Barn, but we followed along.

The jog led us to our next observation point, where Francis and I breathlessly yelled, flailed and gestured, “Hey, that’s our kid! C’mon Sweetie! Make ’em eat your dust!” The looks on the other parents’ faces made it clear that our exuberance was not appreciated.

After two more sprints to observation points, the race was over, and we found ourselves two-finger golf clapping with everyone else. All that sprinting left Francis and I famished and in search of the nearest deep-fat fryer. But the only food available were granola bars and, unfortunately, they were for the team.

On the way home, while waiting in the drive-thru for a #7-With-Bacon-Go-Large, I realized that we’d learned valuable lessons about becoming cross-country parents: First, spectating the sport requires either an all-terrain vehicle with GPS navigation, or a personal defibrillator. Second, until someone starts deep-frying granola, one should keep a bag of Funyuns and a six-pack of Mountain Dew in the glove box to combat hunger.

(Visit Molinari at www.themeatandpotatoesoflife.com.)



What are you up to this Halloween?



13 / Friday

Ghost tours — Weekly tours of Honolulu, Waikiki and Fort Street Mall, 7 to 9 p.m. Led by Mysteries of Hawaii’s Lopaka Kapanui. Recommended for ages 12 and older.

Reservations required. Visit mysteries-of-hawaii.com/tours.

Zombie Paintball Massacre — Oct. 13-14, 20-21, 27-31 from 7 p.m. to closing, 919 Kekaulike St., downtown. Presented by Scream 808. Presale \$12, \$10 per person for groups of 10 or more, \$15 at the door, \$20 FastPass. Visit scream808.com

Walk with the Dead — Held 7 p.m. nightly through October in the Capitol District. Steve Fredrick leads a 1.5-mile walk with stops at known sites of murders, deaths and suicides. For ages 21 and older. Cost: \$40; 48 hours advance reservations required. Call 395-0674 or write stevestoursandfilms.vpweb.com.

Zombie Trolley Tour — Oct. 13-14, 20-21, 27-29 and 31, at 6:30 and 8:30 p.m.;

board at Honolulu Zoo or Waikiki Shell parking lots. Take the Waikiki Trolley to some of Honolulu’s most haunted sites but beware of uninvited riders.

Recommended for ages 13 and older. Cost: \$39. Visit 808ne.ws/2y0aGa9.

See **EVENTS B-5**

Good leaders push, also encourage

CHAPLAIN (MAJ.) PATRICK LOWTHIAN
Brigade Chaplain
516th Signal Brigade

Ancient wisdom is the best wisdom. St. Benedict of Nursia lived over 1,500 years ago, but his famous book, “The Rule” still speaks today.

One of the most striking chapters gives timeless wisdom on leadership. Chapter 64 discusses how the head of a monastery, the abbot, is to lead the brethren under his charge and care.

Benedict says this: “Let [the abbot] hate ill-doing but love the brethren. In administering correction, let him act with prudent moderation, lest being too zealous in removing the rust he break the vessel.”

There is a lesson here for Army leadership. Army leaders uphold and enforce standards through training, mentoring, coaching and correction. Benedict’s advice here is that when we correct another person, we must do so in a manner that builds up the Soldier.



Lowthian

In 2006, there was a young Soldier in my battalion. He wasn’t very good at his job. He had been shuffled from squad to squad and had no place to belong. One day a sergeant first class saw this young Soldier in the hallway commiserating over his fate. The NCO realized that the only leadership this Soldier had ever experienced was leadership that tore him down instead of building him up. The NCO took him under his wing, effectively trained and mentored him, and turned him into a stellar Soldier who contributed to the fight.

Tailoring help

Each Soldier is unique. For some, motivation comes in the form of a kick in the seat — “Get moving, Soldier.” For others, motivation looks more like an arm around the back — “You can make it, we’ll



go together.” Good leaders know their Soldiers and know that a cookie cutter approach doesn’t work. They apply different techniques depending on the Soldier and the individual circumstance, “lest being too zealous in removing the rust he break the vessel.”

What is the result of this tailored form of leadership?

Benedict continues: “let (the leader) so temper everything that the strong may still have something to desire and the weak may not draw back.”

Under good leadership strong Soldiers are continually given a goal for which to strive. At the same time, ‘the weak’ are not pushed down through harsh correction, but encouraged to move forward as well through effective training and mentoring.

Ten-Miler: Win for Hawaii

CONTINUED FROM B-1

Infantry Combat Team, 25th ID; and Lt. Col. Rachel Wienke, 18th Medical Command qualified for the prestigious national race at Schofield Barracks in July.

The Hawaii team of active duty Soldiers, ages 40 and over, also featured two alternates for Saturday’s race: Col. Stephen Dawson, commander, U.S. Army Garrison-Hawaii, and Chief Warrant Officer 4 Maurice Conner, 25th Sustainment Bde.

The opportunity to continue to run competitively after the age of 40 was well received, particularly by health and wellness professionals.

“I appreciate the importance to showcase life-long fitness to all Soldiers,” said team member Wienke, who was competing at the Ten-Miler for a seventh time, but the first as a Mixed Team Masters member. “This was just an awesome experience for me, personally.”

“Poor conditions”

Due to the weather conditions this

year, race organizers with the Military District of Washington downgraded the event to a recreational run for those who finished after 9 a.m. But World Class Athlete Program athletes and other runners overcame the elements.

“We were aware of the poor conditions,” team member Staff Sgt. Boyer said, “ ... and (Teyhen) made sure she kept us aware about staying hydrated before, during and after the race.”

Spc. Haron Lagat, who also runs for the All-Army Team, raised his fist in triumph as he entered the final stretch of the 33rd Army Ten-Miler Oct. 8, finishing with a winning time of 49:23.

A light rain had begun to fall on the unseasonably warm fall day, creating potentially dangerous conditions for runners, but it didn’t deter many runners.

“I’ve run a lot of marathons, but this was an overwhelming feeling,” said Boyer. “We felt we had a chance to win, but when they called our names to come to stage, the entire team literally flew up to the stage with excitement and huge smiles.”

Before the event, Army Chief of Staff Gen. Mark Milley shared words of encouragement with the competitors, and Black Hawk helicopters provided a



U.S. Army photo by Gary Sheftick

Spc. Haron Lagat (2) leads the pack of front runners almost halfway through the Army Ten-Miler Saturday, with the Washington Monument in the background.

flyover.

“It made me proud to be in the Army; it was an overwhelming experience, ” Boyer said. “I’m hoping to do it again.”

(Note: Jack Wiers, USAG-HI Public Affairs, contributed to this article.)



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)

Veterans urged to get tested for Hepatitis C

NAOMI KIRKWOOD
Tripler Army Medical Center

HONOLULU — If you are a “baby boomer,” your health care provider wants you!

He or she wants you to be tested for Hepatitis C, that is.

According to the Centers for Disease Control, or CDC, more than 4 million Americans are living with chronic hepatitis, and 75 percent of people with Hepatitis C were born from 1945-1965. This is why health care professionals at Tripler Army Medical Center, also known as TAMC, and at U.S. Army Health Clinic-Schofield Barracks, or USAHC-SB, stress the importance of testing for Hepatitis C.

What is it?

Hepatitis C is a liver disease that results from infection with the Hepatitis C Virus (HCV). Most people do not have any symptoms until liver problems develop 20-30 years after exposure.

The CDC tells us, the higher risk for “baby boomers” could be because we did not know about Hepatitis C until the late 1980s. Anyone who received a blood transfusion before 1992 may have been exposed to this potentially fatal liver disease because blood supplies were not yet screened until that time.

“Most people in the military have been vaccinated against the more familiar Hepatitis A and B viruses,” explained Maj. Veronica McMorris, chief of Army Public Health Nursing at TAMC. “And although researchers at the National Institutes of Health (NIH) are working steadily to develop a vaccine, there is still not an immunization for Hepatitis C.

“The only real way to know if you have Hepatitis C is to get tested,” added McMorris.

Get tested

In 2015, an American Cancer Soci-



Photo by Carolyn Floyd-Johnson, Tripler Army Medical Center

Tripler Army Medical Center Public Health Nurses Naomi Kirkwood (left) and Maj. Veronica McMorris (center) educate community members about Army health and wellness initiatives during a retiree appreciation event, Sept. 9, at Nehelani Banquet and Conference Center.

ety study found only 14 percent of baby boomers had been tested for Hepatitis C. This timing was two years after the federal government first expressed concern and recommended more testing among this age group.

TAMC Army Public Health nurses and health care professionals are also hoping to educate more patients about Hepatitis C.

“Hepatitis C is treatable,” said Dr. Christine Lang, chief of Preventive Medicine at TAMC. “But it’s best to catch it in the early stages if possible.”

Schofield awareness

At the Schofield Barracks retiree appreciation event this month, Army public health nurses found many retirees were not aware of Hepatitis C and the need for testing. While TAMC and Schofield Barracks providers are aware of

the need to test “baby boomers,” not all patients use military physicians, so may need to discuss with their providers.

In studies of military veterans, NIH researchers found the prevalence of the HPV infection was much higher among veterans in the Veterans Affairs system than the general population. In fact, veterans have more than three times the general population prevalence. Due to these statistics, it is highly recommended for Vietnam-era veterans and older veterans to get tested.

Assessing risk

Other risk factors include intravenous drug use, more commonly referred to as IV drug use; birth to a mother infected with Hepatitis C; working in a health care setting with exposure to blood through a needle stick injury; exposure to blood during sexual activity; or having a tattoo

or a body-piercing in a non-regulated setting.

In addition, it is possible to pass HCV through sharing razors and toothbrushes. Even a tiny amount of blood, such as the amount from bleeding gums or a tiny shaving scrape can contain the Hep. C virus, which can live on a surface for days, perhaps even a few weeks, and enter your body while using a contaminated toothbrush or razor.

Sexual transmission is thought to be fairly rare, but if you were born after 1965, or are younger than a baby boomer, and think you might have a risk factor, you should speak with your health care provider about getting tested. The infection can live unnoticed in the body for years.

Symptoms

The CDC reports up to 80 percent of people with acute Hepatitis C do not have any symptoms at all. But some may have symptoms soon after being infected which include these:

- Fever,
- Fatigue,
- Loss of appetite,
- Nausea,
- Vomiting,
- Abdominal pain,
- Dark urine,
- Clay-colored bowel movements,
- Joint pain, and
- Jaundice (yellow color in the skin or eyes).

However, the only way to really know if you have Hepatitis C is to get tested.

More Online

For more information on Hepatitis C, go to www.CDC.gov/knowmorehepatitis.

Events: Oahu has October fun

CONTINUED FROM B-3

Ceramic pumpkins — Now through Oct. 20 from 10 a.m. to 3:30 p.m., have fun painting your carved ceramic pump-

kin and display it on Halloween. Great family activity. Preregistration required. \$50 per pumpkin. Call Schofield Barracks Arts & Crafts Center at 655-4202.

Haunted House — From Oct. 13-15, the 515th Air Mobility Operations Wing plans to host a haunted house at Joint Base Pearl Harbor-Hickam, at 290 Vickers Ave. Admission is \$13 for ages 13 and up,

and \$7 for ages 12 and under. Children must be accompanied by a guardian. Credit cards accepted. Doors open at 6 p.m.

Haunted Plantation — Hawaii’s Plantation Village at 94-695 Waipahu St. plans to have its Haunted Plantation attraction Oct. 13-15, 20-22, 27-29 from 7 to 11 p.m. and Oct. 31 from 7 to 9 p.m. Step into the

unknown.

This event is not for children under 13 years old, pregnant women, or those with heart or breathing problems.

Tickets are cash only. General admission is \$15. Gates open at 7 p.m. and closes at 11 p.m. Due to heavy attendance, gates will close early. Ticket booth opens at 6:15 p.m.

Visit www.hawaiihauntedplantation.



Photo by Sgt. Trey Benson, physical therapist tech, U.S. Army Health Clinic-Schofield Barracks

Capt. Angela Weston performs a lumbar manipulation on her patient in order to alleviate the patient’s lower chronic back pain. A team of researchers have been approved for a multi-million dollar research project that is targeting lower opioid prescriptions and incorporating a holistic health care approach.

SB Health Clinic prioritizes chronic pain treatment

1ST LT. JASON KILGORE
Schofield Barracks Health Clinic

SCHOFIELD BARRACKS — Chronic pain and the over-prescribing of opioids are major issues in the Army. Forty-five percent of Soldiers and 50 percent of veterans suffer from pain on a regular basis.

One of the issues is that prescription opioids are really not that effective for managing chronic non-cancer pain, but are often used at the tip of the spear for pain management.

A movement to decrease opioid prescriptions and find a more holistic and effective approach to treating pain is underway.

Col. Deydre Teyhen, commander of U.S. Army Health Clinic-Schofield Barracks, is a member of one of 12 teams that will be ultimately granted a total of \$81 million in research grant funding to help advance the science of pain management.

Teyhen is part of a team led by Julie Fritz, PhD, from the University of Utah, and Maj. Dan Rhon from Army Medicine. They received \$6.5 million to complete a six-year study related to low back pain.

The grant is funded by an interagency partnership between National Institutes of Health, the U.S. Army Medical Research and Materiel Command’s Clinical Rehabilitation Medicine Research Program, the Department of Defense and the Department of Veterans Affairs. It is known as the NIH-DoD-VA Pain Management Collaboratory.

Measuring care options

Fritz and team plan to study a stepped-care management approach to improve care for those with lower back pain. The project will take patients with lower back pain and randomly assign them to either physical therapy or to “Move to Health” holistic intervention. The care will last six weeks and will be followed by an evaluation to determine if additional “steps” in care are needed to prevent the development of chronic pain.

“We are trying to take a really holistic approach,” Fritz said. “We will start with patient education, sleep management, exercise and stress reduction. For those who don’t respond right away, we may move into mindfulness, acupuncture and other non-pharmacological treatments.”

“Move to Health” incorporates the eight pillars of overall health: activity, nutrition, family/social, spiritual, emotional, surroundings, sleep and personal development.

“By incorporating all eight pillars into our system for health, we are able to look at every approach of the cause of pain and find the best way to treat our patients,” said Teyhen. “By using ‘Move to Health’ we are able to identify additional areas that may either contribute to or prevent the recovery from pain that typically has not been blatantly visible.”

The stepped-care management research study stems from a long-standing issue of chronic pain within the military. Traditionally treated with pharmacologically heavy approaches, which have limited efficacy and dangerous long-term effects, the system for health is looking for more effective treatments while limiting the amount of opioid prescriptions.

“We have to remember that pain never starts off being chronic,” said Rhon. “Something happens along the way, and suddenly we have this extremely debilitating condition. We owe our warfighters that are giving everything some better answers.”