

# 2IBCT engages in battlefield realism, joint training

## Integration, “Warrior” spirit keys to readiness

STAFF SGT. CARLOS DAVIS

2nd Infantry Brigade Combat Team Public Affairs  
25th Infantry Division

FORT POLK, Louisiana — In early February, the 2nd Infantry Brigade Combat Team, “Warrior Brigade,” along with other enablers from the 25th Infantry Division footprint departed Oahu, to join Marines, Airmen, National Guard Soldiers, and United Kingdom Coalition partners in one of the most challenging and stressful training exercises the Army has to offer at the Joint Readiness Training Center, here.

Integrating all members of the team, 2nd IBCT transformed into Task Force Warrior and embarked on a monthlong training exercise focused on the realism of battlefield operations in both woodland and urban environments, as well as the integration of coalition forces and sister services while maximizing combat strength across a light infantry brigade combat team.

### Cohesiveness

“What has impressed me the most is our ability to integrate not only Marines and Airmen but also our United Kingdom Coalition partners,” said Col. Anthony Lugo, commander of 2nd IBCT. “While we all come from different cultures, we are all focused on achieving the same results.

It is clear that as we came together, the focus was building a cohesive team that is able to fight and win together. We all recognize that each service and country bring unique talents, capabilities and perspective that, when leveraged as one team, made Task Force Warrior a lethal unit, capable of achieving decisive victory in any environment.”

Going into the rotation Lugo wanted the task force to focus on three things: small unit tactics and leadership, the brigade “deep” fight and combined arms maneuvers.

“In order to win on the battlefield, our small units have to be well trained in integrating all available assets into the fight,” he said. “I want company commanders to be instinctive in the employment of (close air support), artillery, attack aviation and mortars. Our fire support assets are truly



Photo courtesy of 2nd Infantry Brigade Combat Team, 25th Infantry Division

**The Soldiers of 2IBCT’s “Warrior Brigade” engage in an exercise in Fort Polk, Louisiana.**

combat enablers that should be the first tool of choice for maneuver commanders at all levels. Successful integration of fire support assets into the maneuver plan will preserve combat power and ensure that our forces win the close fight,” Lugo said.

The scenario-based training at JRTC ensures commanders understand and utilize every asset and warfighting function that is available to them within the task force.

“Since we are typically not co-located with other military units, it’s really important to establish key command and control centers with the appropriate staff. It’s really the importance of understanding each other’s capabilities,” said Capt. Edward Hickey, a Marine platoon commander based in Yorktown, Virginia. “So this is a great opportunity to see how we interact with adjacent units and get a little

bit more direct interaction with the combat power of an infantry brigade combat team.”

### 2IBCT role

The 2nd IBCT’s rotation was distinct; it culminated with the execution of a brigade live-fire exercise, which was a first for a rotational unit at JRTC and also included real-world postal operations, providing a motivating link between service members and their families, another first.

The rotation was also the first in recent JRTC history to include a battalion-size element from one of our nation’s allied partners, the 1st Battalion, Duke of Lancaster’s Regiment based out of Cyprus.

“Both Armies fight off the same doctrine; we fight off a similar construct so the human aspect was quite easy to link but some of the technical and procedural aspects were more difficult. These are

some of things we will adjust in the future, so we fit in better with a U.S. brigade,” said Lt. Col. Robert Driver, battalion commander for the Cyprus unit.

According to Driver, his Soldiers always enjoy working with U.S. Soldiers and finding new ways of doing things.

“It’s always interesting to integrate with different systems. JRTC is a unique training environment for us; not many British units at the battalion level come to these training environments,” Driver said. “The British troops have really enjoyed working with the U.S. BCT, seeing different ways of communicating and different ways of leveraging technology leads to achieving goals.”

Task Force Warrior fought against a free-thinking enemy opposing force (OPFOR), a role played by U.S. Soldiers of

See 2IBCT, A-7

# 8th MPs test USARPAC HHBN’s readiness response

Story and photo by

STAFF SGT. TARESHA HILL

8th Theater Sustainment Command  
Public Affairs

FORT SHAFTER — After months of coordination and two instructional classes, members of the Special Reaction Team, 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, evaluated the Soldiers and staff of Headquarters and Headquarters Battalion, U.S. Army-Pacific during an active shooter training exercise, recently.

It can happen anytime and anywhere. It incites fear and panic. Seconds count and when the fight-or-flight response kicks in, knowing how to react means the difference between life and death.

Training for an active shooter event requires more than just reading a power point slide – it takes planning, strategizing and executing different scenario-based exercises to help determine the best course of action to deter a gunman and save lives.

### Measuring procedures

“This type of training is extremely important because you never know when something like this can happen. We wanted realistic training so that in the event of an actual active shooter, our people will have gained a little bit of

experience that will hopefully minimize that moment of panic and they can actually respond,” said Capt. Cathleen Rush, operations officer in charge, HHBN.

After running through two different active shooter training scenarios, Rush said the training and feedback SRT provided, enabled her unit to actively measure the procedures they put into place, as well as to assess how well the unit recalled those procedures.

Rush said, “We have a lot of junior Soldiers that work in this building and they have never really experienced any type of emergency situation. We wanted the junior leaders and Soldiers to know how to respond, so that they know the real measures they will need to undertake to make their place safer should something like this ever happen.”

SRT leader 1st Lt. Joseph Weisenstine and SRT member Sgt. David Padilla both praised HHBN on its quick thinking and the strategies it used to deny the active shooter entrance into their offices.

### Quick time reactions

“This is the first time that the doors were actually barricaded,” said Padilla. “Blocking the doors with book cases and filing cabinets was good thinking.”

While SRT members conduct hours of training on their own, honing their skills and practicing their tactics, techniques



Members of the SRT, 39th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC, secure two Soldiers with hand restraints during an active shooter training exercise, Feb. 23.

and procedures (TTPs), Weisenstine said they are often missing one key element in their training and are always excited when they can include others.

“Having role-players and the Soldiers involved gives us that real-world dynamic we are looking for,” said Weisenstine. “There’s only so much room clearing you

can do without that.”

Rush said she was impressed with how motivated Weisenstine’s teams were and how extremely easy it is to work with them.

“It’s a mutual beneficial relationship that we look forward to continuing into the future,” said Rush.

# 25th ID to try new Army jungle wear, giving trench foot the boot

Story and photo by

C. TODD LOPEZ

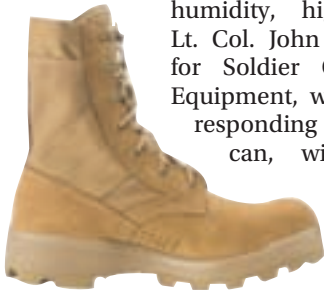
Army News Service

WASHINGTON — The standard issue combat boot most Soldiers wear today, the one most commonly worn in Iraq and Afghanistan, is great for sandy dunes, hot dry weather and asphalt. But it’s proven not so good in hot and wet environments. So the Army has developed a new jungle boot that some Soldiers will see this year.

Last September, Chief of Staff of the Army Gen. Mark A. Milley directed the Army to come up with a plan to outfit two full brigade combat teams in Hawaii, part of the 25th Infantry Division there, with a jungle boot. The Army had already been testing commercial jungle boots at the time – with mixed results – but

didn’t have a specialized jungle boot, so Program Executive Officer Soldier, headquartered at Fort Belvoir, Virginia, had to get a plan together to make it happen.

By October of last year, the Army had made a request to the industry to find out what was possible, and by December, contracts were awarded to two boot manufacturers in the United States to build a little more than 36,700 jungle-ready combat boots – enough to outfit both full IBCTs in Hawaii.



25th ID Soldiers will be trying out the new boots because they work in a jungle environment.

“This is important to the Army, and important to Soldiers in a hot, high-humidity, high-moisture area,” said Lt. Col. John Bryan, product manager for Soldier Clothing and Individual Equipment, with PEO Soldier. “We are responding as quickly as we possibly can, with the best available, immediate capability, to get it on Soldiers’ feet quickly, and then refine and improve as we go.”

### Mixing legacy with technology

Right now, the new jungle boot the Army developed will be for Soldiers at the 25th ID in Hawaii – primarily because there are actually

jungles in Hawaii that Soldiers there must contend with. The new boots look remarkably similar to the current boots Soldiers wear – they are the same color for instance. And the boots, which Bryan said are called the “Army Jungle Combat Boot” or “JCB” for short, sport a variety of features drawn from both the legacy M1966 Vietnam-era jungle boot and modern technology.

The M1966 Jungle Boot – which featured a green cotton fabric upper with a black leather toe that could be polished – had a solid rubber sole, which Soldiers reportedly said had no shock-absorbing capability. The new boot uses a similar tread, or “outsole,” as the M1966 “Pan-

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Police Call

# March Madness is POV towing

**SFC. MIGUEL ESPINOZA**  
Law Enforcement Division  
Directorate of Emergency Services  
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — March Madness is spreading throughout the island. Unfortunately, the topic here isn’t college basketball, but instead, individuals abandoning their vehicles when they leave the island that can create both a safety hazard and occupy a much-needed parking space.

This fiscal year the Directorate of Emergency Services has towed nearly 500 vehicles alone within U.S. Army Garrison-Hawaii. A recent meeting with city, county and other services revealed potentially 500-700 vehicles abandoned by service members spread throughout the island.

This month we highlight the proper process to dispose of your vehicle if you are unable to sell it, as well as the proper way to transfer the title that relinquishes you of any responsibility to the vehicle. Failing to do so could end up costing you a lot more money if the government or City and County of Honolulu is forced to dispose of your vehicle.

If you’d like to junk your vehicle for free through the City and County of Honolulu, the first step is visiting any Satellite City Hall with the vehicle’s title, registration and license plates, where you will fill out the top and bottom portion of a Vehicle Junking Affidavit (CS-L(MVR) 202), or you can visit [www.honolulu.gov/rep/site/csd/onlineforms/cslmvr202.pdf](http://www.honolulu.gov/rep/site/csd/onlineforms/cslmvr202.pdf). We recommend removing your plates just prior to visiting the Satellite City Hall (provided you do not drive the vehicle without plates) and meet these conditions:

- The vehicle must be parked in a legal parking on the city roadway.
- It cannot be parked on military property.
- The vehicle must be accessible to the tow vehicle without the potential of causing any property damage.
- If parked in a shared common parking

area or other private property, such as a condominium, townhouse and repair shop, etc., a letter from the property owner or manager must be provided allowing the city and its contractor access onto the property and absolving the city and its contractor from liability for any damage that may occur.

- The second attachment is a copy of a form the owner should acquire from the Satellite City Hall to be placed on the vehicle driver seat, informing the Honolulu Police Department and Motor Vehicle Collision that the vehicle is in the process of being turned over to the city and requesting the officer not to cite.
- No debris or rubbish in the vehicle.
- Two inflated tires for pickup.

Another trend seen is not properly transferring your vehicle title when you sell the vehicle. The title must be transferred regardless if the vehicle is sold, inherited, donated, gifted or paid off (released from a lien).

Visit [www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/6442-vehicle-owner-ship-transfer.html](http://www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/6442-vehicle-owner-ship-transfer.html) for specifics that match your situation. We’d also like to add there is a time requirement of doing this within 10 days of changing the title over or you risk a possible fee or fine under H.R.S. § 286-52 .

Other options offered throughout the island include, but are not limited to, donation to the Clunker Program offered by the Joint Base Pearl Harbor-Hickam (JBPHH) MWR Auto Skills Shop or to various nonprofits. Additionally, for a \$10 fee, the Auto Skills shops will take the vehicle regardless if it’s running or not. Contact the JBPHH Auto Skills Center at 808-471-9072 for further details.

## Monthly Crime Trends

Domestic crimes both with and without assault are trending upwards with 13 incidents in February. Several resources include the Family Advocacy Program (808) 655-4227 or Military OneSource ((808) 438-1781) to assist in preventing these occurrences.

# Boots: 25th ID to try new design

CONTINUED FROM A-1

ama style” – to shed mud for instance and provide great traction, but the added mid-sole is what makes it more comfortable and shock absorbing, said Albert Adams, who works at the Army Natick Soldier Research, Development and Engineering Center.

The outsole of the new boot is connected to the leather upper via “direct attach,” Adams said. That’s a process where a kind of liquid foam is poured between the rubber outsole and leather boot upper. It’s “a lot like an injection molding process,” he said.

The foam layer between the rubber sole and the upper portion of the boot not only provides greater shock absorbing capability, but he said it also keeps out microbes in hot, wet environments that in the past have been shown to eat away at the glues that held older boots together. So the new boots won’t separate at the soles, he said.

“It provides a high level of durability, and it also adds cushioning,” he explained.

Also part of the new boot is a textile layer that prevents foreign items from puncturing through the sole of the boot and hurting a Soldier’s foot, Adams said. The M1966 boot accomplished that with a steel plate. The new boot has a ballistic fabric-like layer instead.

Staff Sgt. Joshua Morse, an instructor at the Jungle Operations Training Center in Hawaii, said the puncture resistance is welcome. He said punji sticks, familiar to Vietnam War veterans, are still a problem for Soldiers, for instance.

“They use these punji pits for hunting purposes,” he said. “In Brunei, you are literally in the middle of nowhere in this jungle, and there are natives that live in that area, and still hunt in that area, and it can be an issue.” And in mangrove swamps, he said, “you can’t see anything. You don’t know what’s under your feet at all. There are a lot of sharp objects in there as well.”

The new JCB also features a heel with a lower height than the M1966 model, to prevent snags on things like vines in a jungle environment. That prevents tripping and twisted ankles. Among other things, the boot also has additional drainage holes to let water out if it becomes completely soaked, speed laces



**The Army Jungle Combat Boot, under development now, features a low-height heel to prevent snags in a jungle environment; and additional drainage holes.**

so that Soldiers can don and doff the boots more quickly, a redesigned upper to make the boots less tight when they are new, an insert that helps improve water drainage, and a lining that makes the boot breathe better and dry faster than the old boot.

“You’re going to be stepping in mud up to your knees or higher, and going across rivers regularly,” Adams said. “So once the boot is soaked, we need it to be able to dry quickly as well.”

## Feedback formed final design

Morse has already been wearing and evaluating early versions of the JCB and said he thinks the efforts made by the Army toward providing him with better footwear are spot on.

“The designs were conjured up in a lab somewhere, and they were brought out here, and the main focus was the field test with us,” Morse said. “A lot of us have worn these boots for a year now, different variants of the boots. And all the feedback that we’ve put into this, and given to the companies, they have come back and given us better products every single time.”

Morse said he hadn’t initially worn the new jungle boots that he had been asked to evaluate. On a trip to Brunei, he recalled, he went instead with what he was familiar with and what he trusted — a pair of boots he’d worn many times, the kind worn by Soldiers in the deserts of Iraq and Afghanistan.

“I wore a pair of boots I’d had for a couple of years,” he said. “I wore them in Brunei and I had trench foot within a week. But then I thought – I have this brand new pair of test

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

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

# Courts-martial for two in 25th ID

The Office of the Staff Judge Advocate, 25th Infantry Division, posted the following recent courts-martial.

•At a general court-martial convened at Fort Bragg, North Carolina, on Jan. 31, a specialist with the 25th ID was convicted by a military judge, pursuant to his pleas, of one specification of rape of a child, one specification of sexual abuse of a child and two specifications of sexual assault of a child in violation of Article 120b, UCMJ. The military judge sentenced the accused to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 45 years and to be discharged from the service with a dishonorable discharge.

•At a general court-martial convened at Wheeler Army Airfield on Feb. 14, a staff sergeant with the 25th ID was acquitted by enlisted panel of Article 120 – rape and sexual assault generally.

boots that they asked me to test; they are not broken in, but I’m going to give them a shot. I put them on. After 46 days soaking wet, non-stop, my feet were never completely dry. But I wore those boots, and I never had a problem again.”

The Army didn’t design the new JCB in a vacuum. Instead, it worked with Soldiers like Morse to get the requirements and design just right – to meet the needs of Soldiers, said Capt. Daniel Ferenczy, the assistant product manager for Soldier Clothing and Individual Equipment.

“We worked with Soldiers to come up with this boot. We take what Soldiers want and need, we boil that down to the salient characteristics, hand that over to our science and technology up at Natick; they work with us and industry, the manufacturing base, to come up with this product,” Ferenczy said. “This is a huge win, a great win story for the Army, because it was such a quick turnaround. Industry did a fantastic job. Our product engineers are also top of the line. And we had a ton of Soldier feedback ... we really dealt very closely with what the Soldier needs to get where we are.”

In March, the Army will begin fielding the current iteration of the JCB to Soldiers in the first of two brigade combat teams in Hawaii. During that fielding, the boots will be available in sizes 7-12. In June, the Army will begin fielding the JCB to the second BCT — this time with a wider array of sizes available: sizes 3-16, in narrow, regular, wide and extra wide. They will also go back and take care of those Soldiers from the initial fielding who didn’t get boots due to their size not being available. A third fielding in September will ensure that all Soldiers from the second fielding have boots. Each Soldier will get two pairs of JCBs.

In all, for this initial fielding – meant to meet the requirement laid out last September by the Army’s chief of staff – more than 36,700 JCBs will be manufactured.

By December, the Army will return to Hawaii to ask Soldiers how those new boots are working out for them.

“Al Adams will lead a small group and go back to 25th ID, to conduct focus groups with the Soldiers who are wearing these boots and get their feedback – good and bad,” said Scott A. Fernald, an acquisition technician with PEO Soldier. “From there, the determination will be made, if we had a product we are satisfied with, or if we need to go back and do some tweaking.”

# Voices of Ohana

Because March is Women’s History Month, we wondered,

**“Which woman do you consider a role model?”**

By Karen A. Iwamoto, Oahu Publications



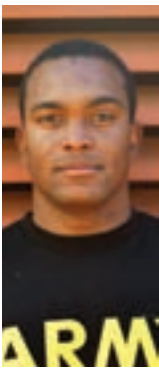
“Michelle Obama because every time she speaks she talks about kindness.”

**Spc. Annie Flores**  
Apache helicopter mechanic  
25th CAB, 25th ID



“Miley Cyrus. I think she is a talented musician and she did produce good work for Disney that was good for younger kids, and she comes from a good family that has pride for America.”

**Kevin Rost**  
Facility manager  
DPW, USAG-HI



“Marion Jones. She was an athlete at the top of her game. She was at the pinnacle and she fell, but she did her sentence and she recovered and was still an amazing athlete. I think if you can do that, that’s incredible.”

**Spc. Denzler Thomas**  
Aviation operations specialist  
25th CAB, 25th ID



“Oprah. She promoted books, was generous with her audience and charities, opened the way for a lot of women in television and wasn’t afraid to talk about her struggles.”

**Dwight Velazquez**  
Training officer/supervisor of police  
DES, USAG-HI



“Maya Angelou. She was not only a writer and a poet, she was an activist. I was able to meet her in the ’80s. She made you feel like you could accomplish your dreams.”

**Dorothea Williams**  
Management program assistant  
DES, USAG-HI



# 9th MSC builds ties, supports Thailand schools

Story and photos by  
**SPC. BRIANNE KIM**  
Army News Service

CHAIYAPHUM PROVINCE, Thailand — In the 36th iteration of Exercise Cobra Gold, Thai and U.S. forces are coming together, along with other nations within the Indo-Asia-Pacific region, with a focus on supporting the needs and humanitarian interests of local populations around the region.

In support of this mission, many Thai and U.S. forces have come together to build various multipurpose rooms for the school in support of Exercise Cobra Gold, that has a high focus on building greater interoperability and stronger relations between nations within the Indo-Asia-Pacific region.

**9th Mission Support Command participation in school project**

The Ban Ta Kham Rai Due Samakkee School, located in the Chaiyaphum Province of Thailand, has been given a welcomed new addition. The school has just two four-room buildings to house the nine teachers and 132 students currently enrolled there in grades one through six.

This school supports three villages with a total population of 2,300, who also gain access to the new building for village meetings and holiday or village functions.

Missions during Exercise Cobra Gold focus highly on improving the quality of life, as well as the general health and welfare of local residents. In support of this focus, the partnered nations construct many buildings in various rural communities each year; however, it is not often that the local villagers assist with the projects.

“We wouldn’t have gotten the help of the villagers if the village leader never came to see the project and speak with us,” said 1st Lt. Quintin Duenas, site officer in charge, 797th executive officer, 9th Mission Support Command. “When the village and district leaders know that there’s a big project going on, they’ll do whatever they can to help.”

“The village leader spoke to the community about helping with the new building because many of their kids and families go to school here,” said Boonsorn Siriburee, teacher assistant of the Ban Ta Kham Rai Due Samakkee School. “The people are very proud to volunteer and be



**Staff Sgt. Eddie Perez (left), 797th Eng. Co. construction engineer supervisor, works with local villagers.**

a part of constructing this new building for their children to use.”

While the Thais and Americans are glad to be working together, there have been some minor communication difficulties, all of which have been easily overcome with a little bit of patience and understanding.

“On a communication level, everyone has a little more patience with each other than what I saw in previous years,” said Spc. Darlane McNamara, 797th electrician. “They’re learning some English; we’re learning a little bit of Thai. We can count numbers now and read their rulers; we can communicate a little more.”

Along with overcoming communication barriers both nations have been able to teach each other the various building techniques they use.

“I’ve had a great experience with the many nations here,” said Wichan Thongrae, school consult of education management. “I am learning the different techniques and materials they use to build and also am able to teach them the Thai way of building things.”

“They have their methods of being quick and efficient while we have our methods of being proficient and sustain-



**Spc. Tristan Pinaula, 797th Eng. Co. (Vertical), carpentry and masonry specialist, mixes concrete with an Indonesian Army engineer, Cpl. Gusti Yanto, at the Ban Ta Kham Rai Due Samakkee School in support of Exercise Cobra Gold.**

able for long periods of time, so we each have different assets that we bring to the table and can teach each other,” Duenas said.

Working together to strengthen an already longstanding friendship between the Thai and American people has always been a top priority during Exercise Cobra Gold. Seeing the relationship extend beyond the armed forces and into the local communities shows how strongly the countries are bonded.

I am appreciative and grateful for the new building, said Thongrae enthusiastically. I am also proud to be able to help

build it with the other villagers and the many nations coming together for the same purpose.

This has been very good because many of the people here don’t see and experience this normally, said Siriburee. I am very happy they could come here today and see these nations working together.

This gives the locals a chance to give back and help contribute to the efforts, Duenas said. This is all just part of this coalition and collaboration together because we were able to reach out to the community, and the community responded.

# TAMC stays at forefront of technological advancement

Story and photo by  
**WILLIAM SALLETT**  
Tripler Army Medical Center

HONOLULU — Technological advancements have improved health care for years and the military Simulation (SIM) centers have strived to be at the forefront of that advance.

That is why Tripler Army Medical Center recently received an upgrade to its SIM center by moving into its new facilities. This move quadrupled the workable space for the SIM center and provided the opportunity to train more staff members and obtain new equipment they didn’t have the space for prior to the move.

“We are very excited about the new space,” said Phil Benson, TAMC medical simulation specialist. “The center is now capable of hosting multiple groups at once, which would never have been possible in the old space.”

The goal of the SIM center is to support Continuing Medical Education and Graduate Medical Education (CME/GME), Nursing and Operational Medicine simulation training at TAMC. The center provides all staff members the opportunity to train and hone their skills to improve



**Doctors sweep the airway of a simulated infant during the Pediatric Advanced Life Saving course at the TAMC SIM center.**

patient safety, practitioner efficiency and competency in the clinic, hospital and operational environment.

“It’s extremely fulfilling knowing the support and training we provide to the

staff has a meaningful impact on Soldiers and their families,” said Benson.

Although not the first SIM center in the Army, the TAMC SIM center is the only center to support nearly 4,000 staff

members who are responsible for more than 260,000 beneficiaries throughout the Pacific.

Staff members from TAMC can practice for nearly any situation they may encounter including live birth and epidural administration, CPR and laparoscopic surgery to improve their skills.

The TAMC SIM center has also been accredited by the Society for Simulation in Healthcare, American Society of Anesthesiologists and one of only 50 medical facilities to receive accreditation from the American College of Surgeons.

These accreditations allow the TAMC SIM center to certify and train in multiple disciplines in the Pacific region as well as give TAMC credibility among the medical community.

The old saying goes “practice makes perfect,” and that is exactly what the SIM center is trying to do. Whether it is a resident practicing for her simulation certification or a seasoned surgeon practicing a procedure he hasn’t performed in quite a while, the SIM center provides opportunities for all staff to fully prepare themselves to provide the best care to TAMC beneficiaries.



# Army astronaut to co-pilot spacecraft on Sept. mission

Story and photos by  
**SEAN KIMMONS**  
Army News Service

HOUSTON — When retired Col. Mark Vande Hei blasts off into space later this year for a five-month mission aboard the International Space Station, he'll be proud to play a part in helping advance the human race.

But what he really can't wait for, he said, is the stellar view from 200 miles above Earth, where the space station orbits the planet every 90 minutes.

In 2010, a cupola was installed on the station. It's a multi-windowed observatory module that offers 360-degree views of the blue planet. Inside, astronauts use various levers and controls to perform tasks like using the station's robotic arm to pull in routine supply loads launched into space.

They can also take time to reflect on the Earth's beauty.

"I'm actually looking forward to seeing what it's like to see the planet from a different perspective," said Vande Hei, 50, who retired last year from the Army where he served as a Ranger-tabbed combat engineer.

The sight of Earth is so breathtaking, it brought tears to the eyes of a fellow astronaut the first time he peered out of the cupola, Vande Hei said. Once he gets that chance, the former colonel believes, he will finally see Earth as it really is – an island in the huge ocean of space.

"Hopefully, (I'll be) getting a better understanding of what it means to be a human being on planet Earth," he said.

But he will be doing more than just sightseeing. With Russia choosing to send just one cosmonaut on the upcoming mission after deciding to reduce its footprint at the space station due to high costs, Vande Hei has taken on more duties. They include serving as the co-pilot of the Russian Soyuz spacecraft that now ferries American astronauts into space since NASA's space shuttle program ended in 2011.

"Once we lost that other Russian, I had to jump into that co-pilot seat," Vande Hei said, adding that another NASA astronaut has also joined the mission. "Instead of being kind of a passenger, I'm really helping that commander fly that spacecraft. That is a huge change in responsibilities."

Vande Hei's mission was originally locked in for March, but it had to be postponed to mid-September so he could train for a few months in Russia. That extra time also allowed him to learn more of the Russian language, which will help him communicate with the spacecraft's



Retired Col. Mark Vande Hei and another astronaut are lowered into NASA's Neutral Buoyancy Laboratory pool near Johnson Space Center in Houston as part of training March 1. The pool is one of the world's largest at 202 feet long and 40 feet deep.

Russian commander.

**Weightlessness prep**

Like other astronauts preparing to go to space, Vande Hei must undergo an extensive training regimen. Last week, he spent a six-hour session submerged underwater at the Neutral Buoyancy Laboratory near Johnson Space Center in Houston.

The lab boasts one of the world's largest pools. At more than 200 feet long and 40 feet deep, it's big enough to hold a replica of the space station. Using a specialized spacesuit that simulates micro-gravity, Vande Hei floated around the mock station, practicing replacing large nickel hydrogen batteries with lithium-ion ones, a task he may have to perform as part of a spacewalk.

The next day, he trained on an advanced resistive exercise device, which astronauts use to prevent muscle loss while they're weightless in space. Astronauts can simulate free-weight exercises in normal gravity using the device's adjustable resistance piston-driven vacuum cylinders that provide a lift load of up to 600 pounds.

"It's vitally important. It's one of our biggest countermeasures on orbit to mitigate bone loss and muscle atrophy," said Staci Latham, an astronaut strength, conditioning and rehabilitation specialist who is helping train Vande Hei.

According to a NASA fact sheet, astronauts can lose up to 15 percent of their muscle volume if they don't exercise in

Vande Hei plans to use the teamwork skills he honed in the Army while he works as part of the six-person team tasked with maintaining the space station and conducting science experiments. After all, being stuck for months inside the station – about the size of a six-bedroom home – can present difficulties if people can't get along.

"You can drive each other crazy really easily," he said, "so it's really important that people who do this job are people who can have fun while isolated from the rest of humanity for an extended period of time."

That level of teamwork must also be reflected among the many employees at NASA and other agencies who work together to make space travel possible.

"No astronaut could have gotten to the moon without thousands of people working to make that spacecraft work properly," he said. "I feel honored to be in that position, but I also feel very humbled that I'm in a situation where I really could not be in without a lot of other people helping me out."

Upon his return to Earth, which is currently slated for late February 2018, he hopes to work as a capsule communicator in mission control. It's a job he has done before, but this time he will need to draw on his own experience to guide the astronauts who follow in his footsteps.



Retired Col. Mark Vande Hei trains on the advanced resistive exercise device, which astronauts use to stop muscle loss while being weightless in space. Astronauts can simulate free-weight exercises in normal gravity adjustable resistance settings.



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

**15 / Wednesday**  
**Prayer Breakfast** — U.S. Army Garrison-Hawaii will host this year's National Prayer Breakfast, March 15, from 7:30-9 a.m., at the Nehelani, Schofield Barracks.

Chaplain (retired colonel) Scott McChrystal will serve as the guest speaker.

Soldiers, civilians, and their families are invited. Tickets will be distributed through unit ministry teams. A \$5 donation is recommended at the door.

**Level K Military Knowledge** — A two-day class (second class is at same time and place on Monday, March 28) focusing on military and Army programs. It will go over acronyms, community resources and personal and family preparedness. 9 a.m.-1 p.m. Schofield Barracks NCO Academy.

**Ongoing**

**Email DPW Work Orders** — To free up phone lines for emergencies, the Directorate of Public Works is asking the community to submit non-emergency work-repair orders via email.

Download a Microsoft Word version of DPW's Demand Maintenance Order Form on the U.S. Army Garrison-Hawaii website (<https://www.garrison.hawaii.army.mil/dpw/default.htm>). The completed form may then be emailed to [usarmy.wheeler.id-pacific.list.dpw-demand-maintenance-orders@mail.mil](mailto:usarmy.wheeler.id-pacific.list.dpw-demand-maintenance-orders@mail.mil).

For emergencies, such as widespread power outages, overflowing toilets and Priority 1 air-conditioning failures, call the Installation Operations Center at 656-3272.

**USARPAC Survey** — The U.S. Army-Pacific Inspector General's Office would like to afford all leaders and Department of the Army civilians assigned to USARPAC the opportunity to participate

in the Army Leader Development inspection.

If you are an E-5 and above or GS-8 and above we ask you to complete a confidential 1-2 minute survey at the following link: <https://pac-web.hawaii.army.mil/ALDPSurvey>. Use your email credentials from a CAC-enabled computer to log on. The survey is available through April 15.

**CRGs** — Community Resource Guides are one-stop shopping for Soldiers, civilians, family members and retirees. They're a comprehensive inventory of programs and services in the medical, mission and garrison organizations.

Plus, the CRG is searchable, interactive, web-based and mobile-friendly.

For more information, visit <https://www.garrison.hawaii.army.mil>, <https://crg.amedd.army.mil> and <https://www.army.mil/article/181188/>.

**Tax Center** — The Schofield Barracks Tax Center is open for authorized patrons on Grimes

Street. Make appointment at 655-1040. Walk-ins on Tuesdays and Thursdays.

**Online Romance Scams** — Internet scams involving impersonation fraud in which criminals promise true love, dubbed "romance scams," are being perpetrated on social media and dating websites. Online criminals have been using online photographs and names of unsuspecting U.S. Soldiers to build false identities. The criminals then use those identities to pretend to be U.S. Soldiers to steal money from their civilian victims.

Become more aware. See details at [https://www.army.mil/standto/archive\\_2017-02-09/?s\\_cid=standto](https://www.army.mil/standto/archive_2017-02-09/?s_cid=standto).

**IRS** — Watch to find out when you will get your Internal Revenue Service refund by visiting <https://www.youtube.com/watch?v=AnC8tt1wdhI>.

**New Hours** — The Fort Shafter Personal Property office has reduced services to Wednesdays only. Scheduled appointments

will be provided from 7:30-11 a.m., only. Call 655-1868 for appointments.

Assistance is available for Defense Personal Property System (DPS) self-counseling from

noon-3:30 p.m.

**TSP** — Federal employees can participate in the Thrift Savings Plan. Make contributions by visiting [www.tsp.gov/](http://www.tsp.gov/).





Photo courtesy by Joint Readiness Training Center, Operations Group, Public Affairs

A Soldier assigned to 2nd IBCT, 25th ID, applies camouflage face paint during rotation 17-04 at the JRTC in Fort Polk, Louisiana.

# 2IBCT: International Task Force trains

CONTINUED FROM A-1

the 1st Battalion, 509th Infantry Regiment, who had a home-field advantage and are renowned for maintaining their intensity in every rotation.

In true warrior spirit, the task force delivered tenacity and exceptional results, executing 17 days of decisive action operations, conducting three deliberate attacks, fighting 48 hours in the defense and then quickly transitioning to a pursuit to maintain pressure on the enemy.

## Evaluation

Throughout the training, Task Force Warrior developed leaders, improved maneuver capabilities and sharpened military operations by facing well-trained role-players including OPFOR, internally displaced civilians on the battlefield, police forces, government officials, friendly military forces and news media.

“Coming into a (combat training center) environment, specifically to

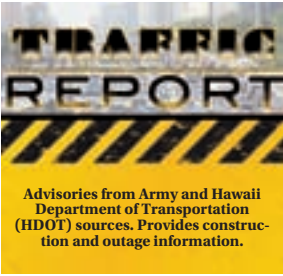


Soldiers assigned to 1-21st Inf. Reg., 2nd IBCT, 25th ID arrive on the Geronimo Drop Zone in February during rotation 17-04 at the JRTC.

Fort Polk, Louisiana, was really an external evaluation for the brigade combat team to do its war time mission and an opportunity for every leader at every echelon to do something in an environment that they will never get a chance to do at their home station – that’s to meet a near peer enemy, the Geronimo OPFOR,” said Command Sgt. Maj. T.J. Holland, 2nd IBCT senior enlisted adviser. “It also gives us a chance to test our mettle in a woodland and

urban environment and see who comes out the best. Our job here is to win and I believe that is what we have done.”

Added Lugo, “I am impressed by the motivation and Warrior ethos that all members of Task Force Warrior displayed under the most arduous training conditions that a training center has to offer. From the weather to the enemy, TF Warrior has proven that it is ready to deploy, fight and win in any environment.”



all-inclusive, and more time may be required due to field or environmental conditions. The outage is needed to support electrical upgrades.

**Tidball Road Tree Removal** — Construction activities for the Replace 46 KV Line Menoher to Castner project will temporarily subject Tidball Road to one-lane traffic for tree removal from 8 a.m.-3 p.m.

Parking stalls inside of the Main Post Chapel parking lot will be closed to remove trees at the corner of Tidball and McCornack roads.

**13 / Monday**  
**Montgomery Road** — There will be a partial road closure at Montgomery Road near buildings 334 & 339, for utility installation.

The area near the Bldg. 334 parking lot at the intersection of Montgomery and Wright roads will be restricted to local traffic only from 7 a.m.-4 p.m., Monday-Friday, March 13-17.

The work will occupy the intersection from Wright and Montgomery roads to Bennet Road.

The contractor will have appropriate signs and barriers for closing each side

of the roadway as per approved traffic plan.

**30 / Thursday**  
**Half of General Loop, Charlton & Jecelin Streets, B Quad Outage** — The locations listed will be without power on Thursday, March 30, from 7:30 a.m.-3 p.m.

Other locations could be impacted and the scheduled outage may require more time, dependent upon field conditions. The outage is necessary to support a renovation project at B Quad.

## Ongoing

**Airdrome Road** — David Boland, Inc. and Keeno Farms will be conducting one lane road closures 8 a.m.-3:30 p.m., Monday-Friday from March 1-July 28 along Airdrome Road from the sewage treatment plant to the flight simulator.

The extension of this traffic control plan is the result of recent changes to a new storm water containment basin at the new box culvert headwall by the flight simulator and the restoration of

Airdrome Road paving into Flight Sim.

There will be continued striping repairs resulting from recent sanitary and utility installations.

**B Quad Road Closure** — Additional work on the B Quad Barracks renovation may require road closures on Waianae Avenue South on Schofield Barracks through March 23.

When closures are required, the contractor will post appropriate signs and barriers. The traffic flow will be restored during non-working hours.



*Take a tour of the past*

# History accompanies weekend Kolekole run

KAREN A. IWAMOTO  
Staff Writer

SCHOFIELD BARRACKS — As runners gear up for the Kolekole 10K on March 11, and the Kolekole Walking Path reaches its second anniversary of being reopened to the community for limited use on March 14, 2015, the *Hawaii Army Weekly* takes a look back at the area's rich history.

The Kolekole Pass, which sits at an elevation of approximately 1,725 feet, forms a natural cleft in the Waianae mountain range that connects the island's leeward plain to its western coast.

Today, the area is used primarily for military training. Kolekole Road, which runs through the Kolekole Pass, was built by the 3rd Engineer Battalion between 1935 and 1937. But the history of the region goes back much further. Of the two mountain ranges formed by separate ancient volcanic eruptions on Oahu — the Koolau range in the east and the Waianae range in the west — the Waianae range is the oldest.

## Warriors' pass and other ancient legends

One legend, recounted in documents found at the Tropic Lightning Museum at Schofield Barracks, chronicles that in ancient times people from Wahiawa would meet those from Waianae and Kolekole and challenge each other for the right to pass at Kolekole. The chief of the side that lost the challenge would be forced to kneel before a large rock on the pass and place his head on it to be killed.

This could be why the large rock that sits on what is today the Kolekole Walking Path is known as "the beheading stone." The stone comes up in numerous other accounts about the area and is described as being about 8 feet tall with a bowl-like dip at its top.

Another story collected in documents at the Tropic Lightning Museum centers on a shark god who could transform himself into human form. Instead of swimming, the story goes, he would walk through Helemano to Kolekole and then down to Pokai Bay. "Hele" means path and "mano" means shark so Helemano is said to be named after this shark god. This account refers to human sacrifices and beheadings made to the shark god at the rock on the pass.

Chief Kahekili of Maui defeated Chief Kahahana at Niuhelewai in ancient Honolulu, but his forces killed the last of Kahahana's fleeing warriors at Kolekole, according to *Place Names of Hawaii*, by Mary Kawena Pukui, Samuel H. Elbert and Esther T. Mookini.

"Kolekole" translates to raw, or red, and could refer to wounds from battle or blood from human sacrifices, but "Place Names of Hawaii" notes that tales of human sacrifices at the "beheading stone" are probably not true.

A less gruesome story makes reference to a woman named Kolekole who guarded the pass. Those trekking through would leave flowers and lei on the stone as gifts for her.

## Japanese planes and the World War II era

For a time it was believed that Japanese fighter planes on their way to attack Pearl Harbor flew



Above photos by Karen A. Iwamoto, Oahu Publications

**The "beheading stone" on the Kolekole Walking Path is mentioned in many legends about the area. It features a bowl-like indentation at its top that some stories claim were where victims placed their heads for decapitation.**

through the Kolekole Pass and were shot at by Soldiers at Schofield Barracks. Some versions allude to a Japanese plane being shot down in the area. Subsequent research by American and Japanese historians, however, has debunked these claims.

Documents at the Tropic Lightning Museum cite a 1979 local news article that refers to a cross erected on Kolekole Pass in 1942 to commemorate a Japanese fighter plane downed by a U.S. pursuer during the Pearl Harbor attacks, but the Army has since concluded that there was no evidence to support the claim that a plane was shot down in this area. The cross has since been removed.

The Kolekole Pass also gets a mention in James Jones' classic novel, *From Here to Eternity*. The movie version, parts of which were filmed on Schofield Barracks, has brought some attention to the installation over the years. In the book, Jones' character Pvt. Robert E. Lee Prewitt, as punishment for defying his company commander, Captain "Dynamite" Holmes, is ordered to hike in full field gear from the quad at Schofield Barracks to Kolekole Pass and back, or about 10 miles.

## Easter sunrise celebrations

Beginning in the 1920s, Army chaplains erected a series of temporary wooden crosses in the area that is today the Kolekole Walking Path, across from the "beheading stone," according to documents from the Tropic Lightning Museum. Soldiers would gather at the cross for a sunrise Easter service.

In 1946, the 2nd Ordnance Battalion constructed a 25-foot cross that was erected at the site by the 1399th Engineer Construction Battalion.

In 1948, a 37-foot steel cross, painted white, was

erected on the site, reportedly at the request of an Army chaplain who was tired of erecting temporary crosses every year for Easter services.

A cross erected in 1962 to replace the deteriorating cross remained in the area until the late 1990s, when the Army removed it to avoid a constitutional challenge to the separation of church and state. Documents indicate the Army had found that the cross was not a shrine or a memorial and had indeed been built and used for religious purposes.

Today, the Kolekole Pass remains a military training area, but the Kolekole Walking Path is open to Department of Defense cardholders and their authorized guests on weekends when live-fire training is not being conducted.

If you are fortunate enough to visit or train in the area, take a moment to reflect on those who came here before you, whether it be the ancient Hawaiian warriors who defeated their rivals in battle or the Soldiers of the Greatest Generation who helped defend the nation during World War II.

## Kolekole 10K Run Signup

Runners have until 6:45 a.m. on March 11, the day of the race, to sign up. Registration is \$45 and participants should meet at Leaders Field on Schofield Barracks.

To find out when the Kolekole Walking Path will be open to the community, visit the U.S. Army Garrison-Hawaii Facebook page or the Community Calendar section of the *Hawaii Army Weekly*, which is published on every Friday.

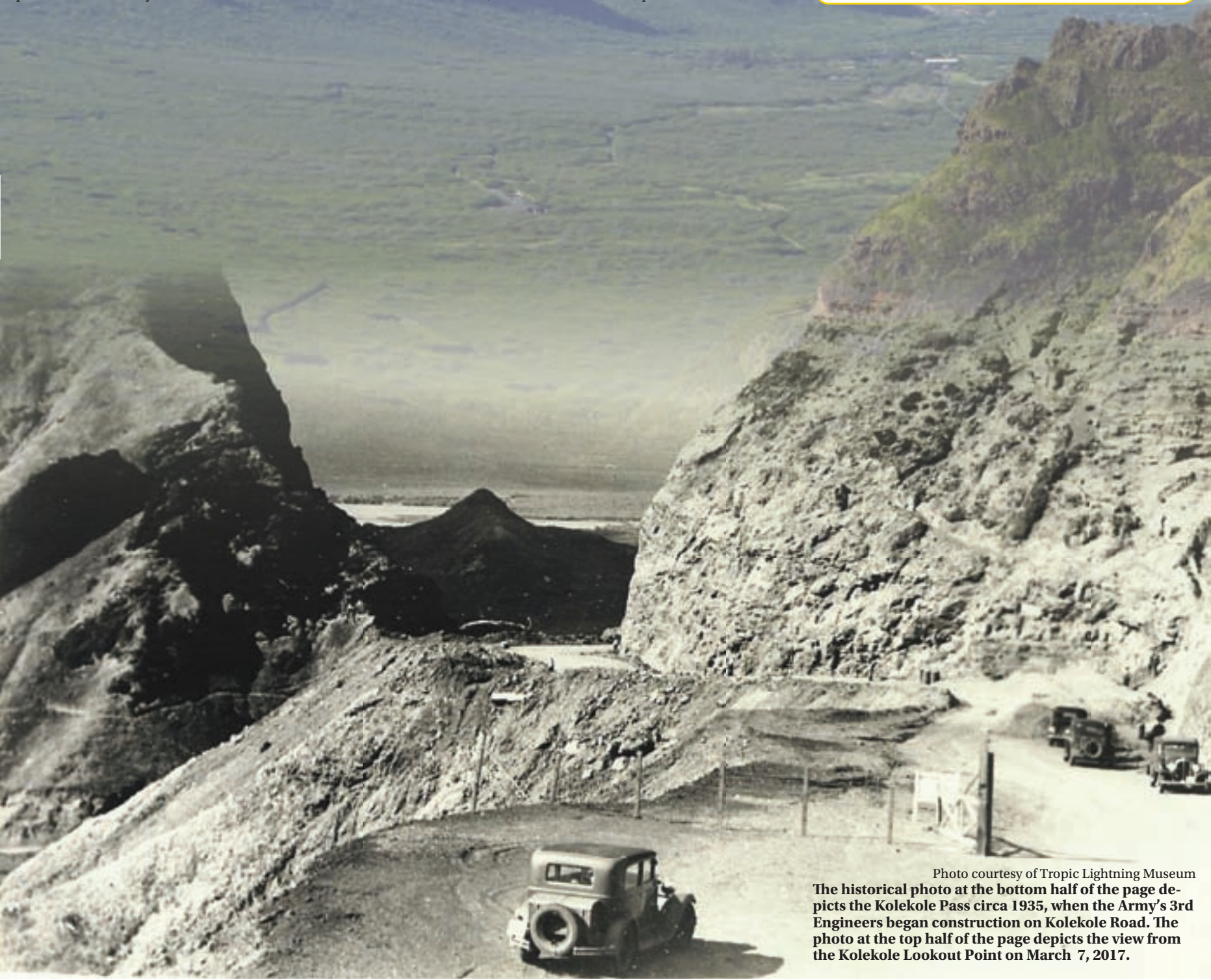


Photo courtesy of Tropic Lightning Museum

**The historical photo at the bottom half of the page depicts the Kolekole Pass circa 1935, when the Army's 3rd Engineers began construction on Kolekole Road. The photo at the top half of the page depicts the view from the Kolekole Lookout Point on March 7, 2017.**





Briefs

10 / Friday

**BOSS Healthy Meals in Minutes** — Discover how to make quick healthy meals with BOSS at SB Tropics Recreation Center starting at 8 a.m. Register at Tropics or call 352-223-6370.

**Youth Sports and Fitness Summer Mini Soccer** — Registration runs through March 31. Keiki born 2012-2013 are eligible; no exceptions. Call 655-6465 or 836-1923.

**Survivor Outreach Services** — Friday Fitness with Friends activities include yoga, group walks and other opportunities. Location will be based on the activity. Everyone will meet at the SB SOS Center. Call 655-4227.

**Nagorski Pro Shop Pot of Gold Sale** — Try your luck at 10-40 percent off your retail purchase during March at FS Nagorski Pro Shop while supplies last. Call 438-9857.

**Paint and Sip at Tropics** — 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.

11 / Saturday

**Kolekole 10K Run** — Run the Kolekole Pass starting at 7 a.m. on SB. Cost is \$45 through 6:45 a.m. race morning. Register online or in any Army PFC. Customized medals will go to overall and age group winners. Call 655-8007.

**BOSS Beach** — Join BOSS for a hike to Kauai pillbox, barbecue and kayak. Register at Tropics or call Sgt. Wery at 352-223-6370.

**Movie Talk** — Meet and discuss movies themed on a particular topic each month at SB Sgt. Yano Library at 11:30 a.m. and 2:30 p.m. Program is for teens and adults. Call 655-8007.

**ReBall** — An open play activity held at SB Outdoor Recreation from noon-3 p.m. for \$12/person. Markers (outside markers are not allowed) and masks provided. Wear protective clothing and bring water and snacks. Call 655-0143.

12 / Sunday

**BOSS Kaneohe Sandbar Bay Trip** — Enjoy fishing and swimming with BOSS at Kaneohe Sandbar for \$15. Visit SB Tropics Recreation Center to register or

ARMY COMMUNITY SERVICE



Photo courtesy of Army Community Service

**SCHOFIELD BARRACKS** —Children, ages 6-17, are invited to submit paintings or drawings using the theme “Every Child Matters” to help raise awareness about child abuse during the upcoming Month of the Military Child. Submissions will be accepted through April 14. Contact Army Community Service at 655-4227.

call 352-223-6370.

13 / Monday

**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.

**Stress Solutions** — Held from noon-1 p.m. at SB ACS; identifies the causes of stress as well as how it affects our lives. Share techniques such as positive self-talk and how to not take things personally with a variety of relaxation techniques. Call 655-4227.

**AFTB Instructor Training Course** — Five-day course at SB Education Center Building 560 from 9 a.m.–1 p.m. prepares volunteers to present specialized training that empowers individuals to maximize their personal growth, leadership development and resiliency. Call 655-4227.

14 / Tuesday

**March Madness Basketball** — Watch top colleges battle for the NCAA title at

SB Tropics Recreation Center, March 14 – April 3. Call 655-5698.

**10 Steps to a Federal Job** — Walk through the steps, 9 a.m.–noon, SB ACS, to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

15 / Wednesday

**Play Mornings at ACS** — Meet other moms and dads, share information, parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

**Lucky Clovers** — Easy crafting held at FS Library starting at 3:30 p.m. Event is free while supplies last. Call 438-9521.

16 / Thursday

**Your Credit Report and Score** — Know where you stand before making a big purchase at this course held at SB ACS from 10-11:30 a.m. Bring one copy of your credit report from annualcreditreport.com. Call 655-4227 for more information.

**Texas Hold’em Poker** — Play every Thursday at 5:30 p.m at SB Tropics. Seating limited. Get \$25 MWR Bucks for 1st place awarded the last Thursday of each month. Call 655-5698.

17 / Friday

**Kick Butts Day** — The 2K Fun Run held at AMR Community Center at 7 a.m. Run is a part of the #iKickButts campaign designed to help kids and teens make smart choices about peer pressure and using tobacco products. Event is free to the military community. Call 836-1923.

**Army Sports Program Basketball Tournament** — Enter the Battalion Level ASP Basketball Tournament. Deadline to register is March 17. Tournament runs April 4-14. Call 655-9914.

**Saint Patrick’s Day Foam Pit Jam** — Enjoy green drink specials, a live DJ, and free popcorn and cotton candy at SB Tropics Recreation Center starting at 8:30 pm. Call 655-5698.

**BOSS Lifeguard Training** — Register at Tropics or 352-223-6370.

**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.

**Smoke House Day** — FS Hale Ikena hosts, 11 a.m.–2 p.m., and features two kinds of ribs, kalua pig sliders and barbecue chicken for \$14.95. Call 438-1974.

**Mulligan’s St. Patrick Day Specials** — Get \$2 Irish stew and soda bread, \$1 hot dogs and homemade cheese potato chips. Call 438-1974.

18 / Saturday

**BOSS Chinaman’s Hat Trip** — Join BOSS for a hike, kayak and cookout. Transportation provided. Register at Tropics Recreation Center or call 352-223-6370.

**Family Nite** — Create your own bowling pin character at SB Arts & Crafts Center for \$10 (per pin) starting at 6 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202 for more information.

**Swimming Lessons** — Held at SB Richardson Pool, March 20-31, for \$60-\$70 per person. Class starts at 3 p.m. Classes not held on Tuesdays. To register, call 655-9698.

**Daddy Boot Camp** — Class for first-time/expecting fathers at SB ACS from 9 a.m.-12:30 p.m. Dads can ask questions and learn practical skills for taking care of mom and baby. Call 655-4227.

19 / Sunday

**BOSS Paintball Activity** — Register at Tropics or call 352-223-6370 for more information.



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

10 / Friday

**Santana** — Tickets are now on sale for the legendary performer’s concert, 8 p.m., April 30, at the NBC Arena. Tickets are \$59-\$159 at ticketmaster.com or call 800-745-3000.

**Honolulu Festival** — Hawaii’s largest festival promotes cultural understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim, March 10-12, in Waikiki. For details, visit www.honolulu festival.com.

**Dole Plantation Family Fun Day** — The free event, 10 a.m.-2 p.m., features live musical performances, hula, arts and crafts, prize giveaways and headliner Frank De Lima. Students and teachers from area public schools will run keiki games, food booths and other activities at a nominal fee as fundraisers for their programs. Wheeler Middle School Band performs at 10:45 a.m. Call

220-4981 or visit DolePlantation.com.

11 / Saturday

**Hawaiian Kennel Club All-Breed Dog Show** — Annual show runs two days from 9:30 a.m.-2:30 p.m. at the Neal S. Blaisdell Exhibition Hall. Cost is \$5; child 12 years and under free with a paid adult.

**Hiking** — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday, from 5:30 a.m.-6:30 p.m.

18 / Saturday

**Great Hawaiian Rubber Duckie Race** — The 30th annual event, 9 a.m.-3:30 p.m., at McCully Shopping Center, 1960 Kapiolani Blvd., when 20,000 cute, bright yellow rubber duckies will help support those with disabilities in the islands, with their 100-yard dash down the Ala Wai Canal. The top 50 finishers, and last place duck, will win their adopted owners great prizes. Visit ucpahi.org.

25 / Saturday

**Prince Kuhio Hoolualea/Hoikeike** — The Hoolualea and Hoikeike, 10 a.m.-3 p.m. at Kapiolani Park Bandstand

on 2686 Kalakaua Ave. features native Hawaiian arts and crafts, exhibits by various Native Hawaiian organizations and businesses.

Visit princekuhiofestival.org for more information about the festival. A parade through Waikiki that begins at 10 a.m. ends at Kapiolani Park.

**Bonnie Raitt** — Grammy winner performs her bluesy music at the Blaisdell Concert Hall, 8 p.m. Tickets run \$59.50-\$100, at ticketmaster.com or 800-745-3000.

26 / Sunday

**Adam Sandler** “Saturday Night Live” veteran is joined by David Spade and Rob Schneider for the “Sandy Wexler Here Comes the Funny Tour,” 7:30 p.m., Blaisdell Arena.

29 / Wednesday

**Career Expo 2017** — Bring your resume, 9 a.m.-3 p.m., to the Neal S. Blaisdell Center Exhibition Hall. Business attire required. General admission is \$3. Seniors, military and student admission is \$1. Visit hawaiicareerexpo.com.

30 / Thursday

**Blood, Sweat & Tears** — Updated version of the Grammy-winning blend of rock and jazz performs through April 2, 6:30 and 9 p.m., at

the Blue Note Hawaii. Visit bluenotehawaii.com or call 777-4890.

Ongoing

**SB Tax Center** — The Tax Center is open for military and retirees. Hours of operation are Monday, Tuesday, Wednesday and Friday at 10 a.m.-noon and 1-4 p.m.; Thursday, 1-4 p.m.; and Saturday, 10 a.m.-noon and 1-3 p.m., at Trailer 1, Grimes Street (across from Hamilton Field). Appointments are recommended; call 655-1040. Walk-ins permitted on Tuesdays and Thursdays.

**Jewish Services** — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

**Big Brothers, Big Sisters** — Big Brothers, Big Sisters Hawaii needs adult volunteers to Call Lauren Jagla at (808) 695-4569.

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

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



XXX: The Return of Xander Cage (PG-13)

Friday March 10, 7 p.m.

A Dog’s Purpose (PG)

Saturday March 11, 4 p.m.



Resident Evil: The Final Chapter (R)

Saturday March 11, 7 p.m.



The Space Between Us (PG-13)

Sunday March 12, 4 p.m.

Closed Monday through Thursday.

**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





The amazing Nagaoka Firework Show dazzles the night sky above Waikiki.

Photos courtesy of Honolulu Festival Foundation

# Weekend Honolulu Festival unites cultures

**KRISTEN WONG**  
Contributing Writer

HONOLULU — With this year’s theme, “Cultural Harmony, Journey to Peace,” this weekend’s Honolulu Festival strives to strengthen ties between cultures and ethnicities.

The 23rd annual Honolulu Festival is designed to unite cultures from different regions with exhibits, activities and performances. It hosted more than 120,000 attendees last year, and is sponsored by the nonprofit Honolulu Festival Foundation and Hawaii Tourism Authority.

“The Honolulu Festival began as a vision 23 years ago,” said Kosuke Kuroyanagi, the public relations committee sub chief for the festival. “The main goal of the festival has been and will always be to promote harmony and understanding between the people of the Pacific Rim, Hawaii and around the world.

Not only does the festival encourage goodwill between all ethnicities and races, regardless of our differences, it also educates the younger generation to strive for world peace. We hope to preserve the traditions and cultures displayed at the Honolulu Festival for generations to come,” he added.

The weekend features events ranging from a Bon Dance to a parade, craft fair and fireworks. For the complete list of multiple events during the festival, visit the festival website, and click on “23rd Event (2017).” Kuroyanagi recommends



A crowd gathers at the Waikiki Beach Walk Stage for one of the many ongoing performances during 2016 Honolulu Festival.

attending events at the Hawaii Convention Center if your schedule is limited, as it is the biggest venue.

**Saturday events**

On Saturday, from 10 a.m. to 6 p.m., there will be entertainment at Ala Moana Shopping Center, Hawaii Convention Center and Waikiki Beach Walk. For those who enjoy crafts or want child-friendly activities, the Hawaii Convention Center is hosting a craft fair, exhibitions and the Ennichi Corner. At the Ennichi Corner, families have the opportunity to learn a bit of Japanese culture through games, activities and food.

The Hawaii Convention Center will be showing a movie entitled “Persona Non Grata,” a 2016 film about Chiune Sugihara, a Japanese diplomat who issued transit visas to European refugees during World War II.

The film is scheduled for screening on the third floor from noon to 3:30 p.m., in addition to a presentation by Akira Kitade, the author of “Visas of Life and the Epic Journey — How the Sugihara Survivors Reached Japan.” The center also features five more movies from 10 a.m. to 6 p.m. on the third floor, including “Climbing to Spring” and “Komaneko – The Curious Cat.”

**Sunday events**

On Sunday, from 10 a.m. to 3 p.m., there will be entertainment at Ala Moana Shopping Center, Hawaii Convention Center and Waikiki Beach Walk. Like Saturday, there will be a craft fair, exhibitions, the Ennichi Corner and an encore of “Persona Non Grata.” Those interested in local food can visit the food trucks featured at WaikiKitchen, at Kapiolani Park from 10 a.m. to 2 p.m. At 4 p.m., the public is invited to watch the Grand Parade on Kalakaua Avenue, which includes various cultural demonstrations, performances, bands and floats. At 8 p.m., the public can watch the Nagaoka Fireworks Show at Waikiki Beach.

**Honolulu Rainbow Ekiden**

The Honolulu Rainbow Ekiden is scheduled for Sunday, March 12. The 5-kilometer run, which includes the coastline and Diamond Head in its course, is open for young and old, in teams or individuals. Online registration is now closed but people may still register in person on Saturday and Sunday at the Honolulu Convention Center.

**Online**  
For details about the festival events, volunteer opportunities and more, visit [www.honolulu festival.com](http://www.honolulu festival.com).

# For pity’s sake – offer some sympathy and a chocolate shake

Trailing tissues behind, I burst through the base clinic doors five minutes past my appointment time.

“Sorry, I’m late,” I croaked raspily to the corpsman in blueberries at the family practice desk, and he directed me to the waiting area.

Fishing another crumpled tissue from my pocket, I nestled in to read juicy gossip about “The Bachelor” from a dog-eared waiting room copy of *US* magazine, just as “Lisa Molinari?” bellowed from behind me.

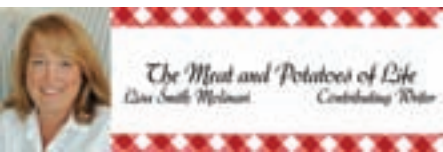
Dang.

With my legs dangling like a child from the papered examining table, I waited patiently for the doctor’s arrival, mulling over the possible outcomes.

With this terrible cough, sore throat, and congestion, it must be very serious. One listen to my chest and surely she will prescribe antibiotics and steroid treatments. Hmm ... she might very well diagnose pneumonia and order me to spend a week in the hospital under an oxygen tent, so I’d better think of someone who could stop by to walk the dog, I thought.

As I envisioned myself securely ensconced in sterile plastic while friends and family visited with chocolate milk shakes, the doctor entered the room in a hurried swish.

“Hello, Mrs. Molinari. What brings



you in today?”

I am one of those people who feel that all stories should be told properly. Even the tiniest detail can be essential in painting the right picture, conveying the correct tone and maintaining complete accuracy.

“Well, Doc, it all started last Monday,” I began. I told her all about how my husband Francis has been gone, how tired I’ve been lately, that I may have picked something up at our daughter’s school, which is a veritable petri dish, by the way, that my To Do list is a mile long, etcetera, etcetera.

Much to my surprise, the doctor didn’t seem to be listening. As I was detailing the issues I’d been having with my mini-van’s steering, she asked with her back to me, “What color is your sputum?”



Ahem. Answering that question requires admitting to shamelessly inspecting the unmentionable globs I’d spit into a sink or blown into tissues. Everyone has done it, but can’t the doctor just take my word for it that I am very sick? Assuming she needed another detailed explanation, I went on, “Well, let’s see, I blew my nose in church on Sunday, and wasn’t able to take a look until I got home, and ... ”

Halfway through explaining a particular shade of olive green, the doctor turned around and came at me with a reflex hammer, repeatedly rapping at my face with the pointed end.

“Does this hurt?” she asked between blows.

For a split second, I pondered how one might answer such a stupid question.

“Hell yes!” was just too obvious, and asking “I don’t know; does this hurt?” and kicking her in the shin seemed too hostile, so I went for, “Is the Pope a Catholic?”

By now, I could tell that this doctor operated with the

fundamental belief that all patients are hypochondriacs, wimps and liars with nothing better to do than to spend hours in base clinics feigning illnesses just so they can wait again in the pharmacy for antibiotics they don’t need, which will eventually result in the spread of antibiotic-resistant “super-bugs” that will soon infect and destroy all of mankind.

As I began to snort and suck at the back of my throat in an attempt to bring up or down some kind of concrete proof to make my case, the doctor said, “Your chest sounds clear, so I’ll treat you for viral bronchitis. Pump the fluids and Mucinex.” And she was gone in a swish.

I wondered if she’d question her Hippocratic Oath when she discovered that I had to be airlifted to the ER for intravenous antibiotics later that night.

No such luck. Five days later, the raspiness in my voice, the sore throat, the barking cough and the technicolor phlegm had all but disappeared. I had to admit, the doc was right. Still, base clinic doctors should realize that, sometimes, the proper treatment for military spouses who are alone and sick is simply a little sympathy.

Chocolate milkshakes wouldn’t hurt either.

*(Editor’s Note: For more of Molinari’s insights, visit [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*




# Find meaning and impact in remembrance

**CHAPLAIN (CAPT.) JAMES R. FRYER**  
84th Engineer Battalion Chaplain  
130th Eng. Brigade  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The respected Austrian neurologist and psychologist, whom also survived the Holocaust, Viktor E. Frankl, wrote in his book, *Man’s Search for Meaning*, that “people tend to see only the stubble fields of transitoriness but overlook and forget the full granaries of the past into which they have brought the harvest of their lives: the deeds done, the loves loved, and last but not least, the sufferings they have gone through with courage and dignity.”

Reflection

There is richness in reflecting on one’s life and history. The human mind has the amazing ability to reflect back on flashes of early childhood memories. Consider your earliest memory of jumping into a pile of leaves, the birth of a younger sibling or your first family pet. Many times retrieving an early memory can be filled with joy and the experiences of something wonderful about life. At times, our memories may need healing or direction if we bare scars from the hurt or trauma of some kind from an earlier time in life.



Fryer

In the Bible, God is described as the God of unbreakable promises. He instructs his people to often remember the many powerful and miraculous things that he had done for them. For example, in the Hebrew migration to the land that God had promised to them, the Lord instructed *“You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm”* (Deut. 5:15). The people of God were to remember their blessings



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). Click on “Religious Support Office” under the “Directorates and Support Staff” menu.

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

- Buddhist Services**
  - First Sunday, 1 p.m. at FD
  - Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
  - Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
  - Tuesday, 7 p.m. at AMR
  - Wednesday 11:45 and 5 p.m. at MPC
  - Thursday, 9 a.m. at AMR
  - Saturday, 5 p.m. at WAAF
  - Sunday services:
    - 8:30 a.m. at AMR
    - 10:30 a.m. at MPC
- Gospel Worship**
  - Sunday, noon. at MPC
  - Sunday, 12:30 p.m. at AMR
  - Jewish Shabbat (Sabbath)
  - Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
  - Sunday Services
    - 9 a.m. at MPC
    - 9 a.m. at FD
    - 10 a.m. at HMR and WAAF
    - 10:30 a.m. at AMR
    - 11 a.m. at WAAF (Contemporary)
- Liturgical (Lutheran/Anglican)**
  - Sunday, 9:27 a.m. at SC

received and how, in detailed ways, God had shown lavish favor towards them, protecting them and helping them.

Amazingly, in families with the blessing of parents and grandparents, there is much to be taught and conveyed to the next generation. We have a treasure and a heritage of history often within our own extended families that can enrichen and encourage the generation that follows us. The knowledge and wisdom that God has blessed us with was meant to be imparted to our children and our grandchildren.

The impact of remembering the countless ways God has moved and helped us is revitalizing and strengthening to our hearts and minds. Moses repeatedly taught the Hebrew people to remember what God had done for them. They were to reflect back upon many generations. He exhorted the people, *“Remember the days of old; consider the years of many generations; ask your father, and he will show you, your elders and they will tell you”* (Deut. 32:7).

Wisely, the patriarch Moses taught the present generation with him to remember the days of old, so that



the wisdom of ages past would be preserved, and the laws and teachings of God would not disappear forever. The meaning was significant: If the stories and memories of the mighty works of God were forgotten, the hope of the people would be lost.

Our current generations are still the gatekeepers to past knowledge and wisdom. As well, our generation and that of our children are the custodians of not only the good stories of our personal history, but also the mighty workings of God in the world of men.



**Alcohol, prescription & drug abuse**



Alcohol affects every organ in the body. Take a minute to rethink your drink. **•Know your limits.** Drinking in moderation is defined as having no more than one alcoholic drink per day for women and no more than two alcoholic drinks per day for men. **•Choose nonalcoholic beverages.** Use them if the following apply:

- Are recovering from alcoholism or are unable to control the amount you drink.
- May become pregnant or are pregnant.
- Plan to drive, operate machinery or take part in other activities that require attention, skill, alertness and coordination.
- Are taking prescription or over-the-counter medications that can interact with alcohol.
- Have certain medical conditions.
- Are younger than 21.