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Facebook Town Hall is Tuesday

U.S. ARMY GARRISON-HAWAII
Public Affairs

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

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

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

Garrison subject matter experts will spend 1½ hours addressing as many community concerns as possible. Participants are asked to remain patient while waiting for a response from representatives, such as the directorates of Emergency Services; Public Works; Family and Morale, Welfare and Recreation; and Island Palm Communities.

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

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

Individuals taking part in the digital discussions also should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the online town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about streetlights, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will facilitate a faster response, both online and in real-world repairs.

FBTH Location
Log into “Events” for April 18 at <https://www.facebook.com/usaghawaii/>. Questions or comments will be addressed during the town hall.



Log into “Events” for April 18 at <https://www.facebook.com/usaghawaii/>.



From left, Sgt. Justin Thompson, Staff Sgt. Theodore Wills, Spc. Manuel Martinez and Staff Sgt. Michael Holbein prepare to go before the board during the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command’s Pacific Region Best Warrior Competition March 26-29 in Wahiawa.

Best Warrior competitors are recognized for Pacific Region

Story and photos by
DOTTIE WHITE
U.S. Army Space and Missile Defense Command/
Army Forces Strategic Command

WAHIAWA — The Pacific Region of the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command’s Best Warrior Competition took place March 26-29, and the winners are preparing to face off in the command-level event, May 8-12, in Colorado Springs.

Sgt. Justin Thompson and Spc. Manuel Martinez, both with D Company, 53rd Signal Battalion, were named the Pacific Region winners.

The competition included three noncommissioned officers: Staff Sgt. Michael Holbein, Staff Sgt. Theodore Wills, and Thompson, plus one Soldier, Martinez, competing in these areas – an Army Physical Fitness Test, weapons qualification, a written test and essay, a 12-mile ruck march, Army warrior tasks, day land navigation, night land navigation and a board.

“The most challenging part of the competition was the 12-mile ruck march,” said Martinez, an East Moline, Illinois, native. “It took a lot of willpower to finish.”

In preparation for the command-level Best Warrior Competition, Martinez said he plans to work on his knowledge and fitness to proudly represent himself and his company.

“I plan on doing several mock boards with my squad,” Martinez said. “I also plan on focusing a lot of time on PT and ruck marching since the altitude is much higher in Colorado making breathing more difficult.”

Martinez said he enjoys competing and encourages others to do the same.

“For junior enlisted Soldiers, I encourage you to participate in competitions, whether it be the BWC or a company board,” said Martinez. “It will put your name out there, show your potential as a Soldier and leader, and inspire others to follow in your footsteps. It’s not easy, but stepping out of your comfort zone can lead you to achieve



Sgt. Justin Thompson, Delta Company, 53rd Sig. Bn., checks his compass during the SMDC/ARSTRAT Pacific Region Best Warrior Competition March 26-29 in Wahiawa. Thompson was named the Pacific Region’s Noncommissioned Officer Best Warrior.

great things.”
Command Sgt. Maj. Scott Sutherland, 1st Space Brigade senior enlisted adviser, agrees that competing is good for Soldiers.

“I view life as a competition, and Soldiers always want to compete to be the best,” said Sutherland. “This competition allows them not only to compete against the best across SMDC, but to unleash those Warrior skills that they may not practice or use on a regular basis. It’s getting back to a Warrior mind set at the highest level.

“Every year, our competitors get better and better with the bar being raised with that true Warrior spirit,” said Sutherland. “We were represented well last year, and I believe all the competitors are taking those lessons and applying them this year. It’s going to make for a great overall competition in May.”

Signaleers aid brigade in going wireless for comms

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

SCHOFIELD BARRACKS — Signal Soldiers in the Army have to contend with laying hundreds or even thousands of meters of networking cables throughout a tactical operations center (TOC) while in the field either in garrison or deployed.

What if there was a way to eliminate the need for all the excess cables and allow Soldiers to communicate seamlessly while using their Warfighter Information Network-Tactical (WIN-T) systems?

Soldiers assigned to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, participated in Signal Modernization (SIGMOD) training for their Joint Network Node (JNN) attached to their Satellite Transportable Terminal (STT).

“The purpose of the training is for us to use wireless communication connection and setup, instead of having to run hundreds of feet of T4 line,” said Staff Sgt. Stuart Jackson, network operations noncommissioned officer in charge, Headquarters and Headquarters Company, 3rd BCT, 25th ID. “It allows us to use less personnel for the setup. As for setting up, they made a lot more things clearer, instead of going through the actual PowerPoint.”

Instructors from Training Support Division, Communications-Electronics Command (CECOM), based out of Fort Gordon, Georgia, provided training to the Bronco Soldiers.

“It’s an operating level course that we’re taking them from VALEX (validation exercise) to be fully operational,”



Sgt. Shereena Martinek (left) and Sgt. Marcel Nicholas assemble the mast for the BlueSky Mast AL1 wireless antenna at Schofield Barracks, April 3. Both Soldiers are assigned to the signal section (S6) for HHB, 25th Division Artillery, 25th ID.

said Dwane Aristide, a primary instructor from TSD, CECOM, “so they’ll be able to do an extension of their network from their WIN-T systems.”

This new system will allow signal units to hook up clients, even their network managers wirelessly to the system, said Aristide.

Increased data speeds were also an important feature for the wireless system.

“Some of the newer technologies now require higher data rates, especially for streaming video, target data, stuff like that,” he said. “They’ll have that ability to

be on the go and access their secure clients.”

According to David Givens, an instructor from TSD, CECOM, the new technology is the first time the Army is getting wireless services within its tactical and non-tactical environment.

“This system will give brigade commanders the ability to be mobile when they’re working in their TOCs, instead of being stationary with landlines,” Givens said.

Previously, if commanders wanted to get their feeds from their various battle-



Staff Sgt. Stuart Jackson, network operations NCOIC, helps assemble a secure battlefield wireless network antenna.

field services, the commanders would be confined to their TOC for their updates.

“The commander would have to be sitting behind his own desk,” he said. “Now with wireless services, his information goes along with him, with his tablet or laptop. As he moves, as long he’s within the wireless service provider, he has the same information as he would be sitting behind his desk.”

Bronco Soldiers found the instruction and setup of the wireless system rather easy as they received hands-on instructions by Aristide and Givens.

“The training is really good because eventually we are going to move to wireless capabilities,” said Staff Sgt. Steven Garruto, transmission NCO, HHC, 3rd BCT, “so getting it now, in front of having the actual package will really help. We have all the documentation to build QRGs, which are quick reference guides for our battalion elements beneath us.”



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Police Call

DES reminds bicyclists of rules of riding

SGT. 1ST CLASS MIGUEL ESPINOZA
Law Enforcement Division
Directorate of Emergency Service

WHEELER ARMY AIRFIELD — April showers brings May flowers, as well as many new bike riding children throughout the community.

We would like to remind everyone that the use of a helmet is mandatory when riding a bike throughout U.S. Army Garrison-Hawaii installations.

Although bike riding is a lot of fun, accidents can and do happen. Every year, about 300,000 kids go to an emergency department because of bike-related injuries, and at least 10,000 kids have injuries that require a few days in the hospital.

Some of these accidents are severe enough to cause head injuries with lasting effects.

Due to the layout of our installation, many children who ride their bike to school pass major roads and intersections. Motorists pose a huge risk of accident or injury when pulling out of side streets, parking lots or driveways. We'd like to share a few reminders and safety tips to ensure all bicycle riders are safe:

- Cyclists are required to obey the same rules of the road as motorized vehicles.



Photo by Kristen Wong, Oahu Publications
SCHOFIELD BARRACKS — **Spc. Charles Cloutier, a bike patrol military police officer with 8th Military Police Brigade, assists Hunter Petitt in a bike rodeo at Kalakaua Community Center, recently.**

- No bicycle shall carry more passengers than it is designed for.
- Wear reflective clothing during limited visibility or hours of darkness. When operating a bicycle one-half hour before sunset or after sunrise, the use of a headlamp is required on the front and a red tail light on the

- rear.
- Ensure helmets are properly fitted and worn for each rider.
 - Adjust your bicycle to fit. There should be 1 to 2 inches between you and the tube.
 - Look before turning and always signal your intent.
 - Be predictable; ride in a straight line, not in and out of cars.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Ride single file on the street with friends.

Monthly crime trends

Domestic violence crimes, both with and without assault, are trending upwards with 19 incidents in March.

There are a number of resources through the Family Advocacy Program (655-4227) or Military OneSource (438-1781) to assist in preventing these occurrences.

More Online
For more details on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) at www.nhtsa.dot.gov.

IG has resources to assist w/transgender issues

DUSTIN PERRY

U.S. Army Inspector General Agency

WASHINGTON — The Department of Defense lifted the ban on transgender service members, last year, and as the Army adjusts to accommodate this decision, Soldiers and leaders may have questions about the implementation of this policy change.

Army Directive 2016-35, “Army Policy on Military Service of Transgender Soldiers,” contains the answers to most of those questions, but the Office of the Inspector General for a respective installation can provide basic information to Soldiers and leaders, who can also reach out to Army subject matter experts for more detailed information.

Then-Secretary of Defense Ash Carter announced the lift on the transgender ban in June 2016.

He said, “We don’t want barriers unrelated to a person’s qualification to serve preventing us from recruiting or retaining the Soldier ... who can best accomplish the mission. We have to have access to 100 percent of America’s population.”

The Department of Defense defines “sex” as being “assigned at birth based on one’s physical characteristics,” while “gender” is defined as “one’s internal sense of being male or female.”

Therefore, the DOD recognizes a transgender male as someone who was designated to be of the female sex at birth, but who identifies his gender as male (regardless of whether sexual reassignment surgery has been conducted or not), while the opposite applies to transgender females.

Army Directive 2016-35, released Oct. 7, 2016, established Army policies and procedures governing how service members who would like to begin transition or are in various stages of transition must proceed in order to change their gender designation in the Defense Enrollment Eligibility Reporting System (DEERS) and continue Army service in their preferred gender.

The gender transition process for a Soldier serving on active duty who is eligible

for military medical care begins when the Soldier receives a diagnosis from a military medical provider indicating that gender transition is medically necessary.

The transitioning Soldier must request that the brigade-level commander approve the timing of the medical treatment. The Soldier must also notify his or her brigade-level commander of any change to the medical treatment plan, the projected schedule for treatment or the estimated date for the change in the Soldier’s gender marker.

The actual transition process will vary from Soldier to Soldier, based on the treatment plan developed by the treating medical professionals working with the transitioning Soldier. Some Soldiers may ultimately undergo sex reassignment surgery, while others may be treated through less invasive options, including hormone therapy or other minor medical interventions.

One common phase of the gender transition process in most treatment plans is known as “real-life experience (RLE),” which refers to a period where a transgender Soldier commences living socially in the gender role consistent with his or her preferred gender.

One key difference between RLE for civilian patients and RLE for transitioning Soldiers is that the Army generally requires that RLE occur in an off-duty status, and not at a service member’s place of duty.

Army policy requires that during all transition phases, including RLE, a transitioning Soldier must meet all Army standards for uniforms and grooming, body composition assessment, physical readiness testing, drug testing and other military standards as they apply to his or her gender marker in DEERS, unless the transitioning Soldier has an approved exception to policy.

Once a Soldier has completed all phases of his or her approved gender transition plan, the Soldier’s brigade-level commander will submit written approval to the commander of U.S. Army Human Resources Command within 30 days of receiving all re-

quired information.

HRC will make the appropriate gender change in the Army personnel information system, which will update the Soldier’s gender marker in DEERS. Once the gender marker has been updated in DEERS, the Soldier is subject to all applicable standards required by his or her updated gender, to include using preferred gender-appropriate berthing, bathroom and shower facilities, with certain accommodations.

Army leadership acknowledges that implementation of this policy will present challenges associated with addressing transgender Soldiers’ needs while maintaining mission focus and the readiness of the Army. Commanders and leaders may have questions concerning the Army’s implementation of this policy or may simply need assistance with understanding the issues surrounding the accommodation of transgender Soldiers in their formations.

Recognizing this need, the assistant secretary of the Army for Manpower and Reserve Affairs has established a Service Central Coordination Cell (SCCC) composed of medical, legal and military personnel experts to provide advice and assistance to commanders, address their inquiries and process requests for exceptions to policy in connection with Soldiers undergoing gender transition.

It is important to note that IG offices cannot investigate issues of discrimination against transgender Soldiers. Transgender Soldiers who believe they have experienced discrimination based on their gender are encouraged to contact their chain of command or their local Army Equal Opportunity adviser.

Point of Contact
The Service Central Coordination Cell can be reached via email at usarmy.pentagon.hqda-dcs-g-1.mbx.sccc@mail.mil.

One acquitted, one dismissed at general court-martial

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.

The 25th Infantry Division held the following judicial proceedings.

- Feb. 14, at a general court-martial,

convened at Wheeler Army Airfield, a staff sergeant, U.S. Army, was acquitted by a military panel consisting of officer and enlisted members of one specification of sexual assault in violation of Article 120, UCMJ.

•March 3, at a general court-martial, convened at WAAF, a first lieutenant, U.S. Army, was convicted by a military panel consisting of officers, contrary to his plea, of one specification of rape in violation of Article 120, UCMJ.

The members sentenced the accused to a reprimand, to forfeit all pay and allowances, to be confined for 18 months, and to be dismissed from the service.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.



Voices of Ohana

Because Sunday is Easter we wanted to know, “What do you do to feel renewed?” By 311th Signal Command (Theater) Public Affairs

Spc. Geraldine Avalos
Intelligence analyst
311th SC (T)

Capt. James Dingle
Public Affairs officer
311th SC (T)

Francis B. Estrada
Human Resource specialist
311th SC (T)

Cadet Vanna Nguyen
Financial Management technician
311th SC (T)

Staff Sgt. Rodson Wint
Senior driver
Command Group
311th SC (T)

“Watch a movie or read a book to take my mind off of life’s stresses.”

“I play video games or watch the sunset. I enjoy playing my games, and the water is relaxing.”

“I like going to the gym and working out because it burns my stress away and gives me space to think.”

“I go to the beach or spend time with my family to surround myself with positive vibes.”

“Evaluate where I am with my annual goals, and see what adjustments need to be made, if any.”

BEST RANGER COMPETITION 2017



U.S. Air Force photo by Airman 1st Class Nicholas Dutton
CAMP DARBY, Georgia — Army Ranger 1st Lt. Daniel Strickland, 25th Infantry Division, grasps a rope at the Darby Queen obstacle course during the Best Ranger Competition 2017 at Camp Darby, Ga., April 9. The 34th annual David E. Grange Jr. Best Ranger Competition 2017 is a three-day event consisting of challenges to test competitor’s physical, mental, and technical capabilities. Soldiers from the 2nd Battalion, 75th Ranger Regiment from Joint Base Lewis-McChord won the competition.



U.S. Army photo by Staff Sgt. Justin P. Morelli



U.S. Army photo by Spc. Kristen Dobson
FORT BENNING, Georgia — Right, Army Ranger 1st Lt. John Barr, 25th ID, competes in the Urban Assault Course during the Best Ranger Competition 2017, on Fort Benning, Ga., April 7. The 34th annual competition is a three-day event consisting of challenges to test competitor’s physical, mental, and technical capabilities.

‘Broncos’ prep for challenges of EIB competition

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

SCHOFIELD BARRACKS — The Expert Infantryman Badge is one of the most prestigious badges an infantryman can earn during his career.

Soldiers assigned to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, spent two weeks preparing for the EIB course scheduled for the second half of April.

About 650 infantryman from the 3rd BCT and more than a 100 more from the 2nd Bde. Combat Team, 25th ID; 196th Inf. Bde. (U.S Army Reserves); and 25th ID’s Noncommissioned Officer Academy are participating in this year’s EIB.

“The goal of the EIB training and test is to provide a higher state of readiness by having Soldiers competent in core infantry tasks,” said Command Sgt. Maj. Jeffery Johnson, operations NCO in charge, 3rd BCT, 25th ID.

According to Johnson, the preparations were made by coordinating with the U.S. Army Maneuver Center of Excellence at Fort Benning, Georgia, so the brigade’s training and test can be validated, requesting land to train on, and getting qualified candidates to compete.

During the two-month planning and preparation, items such as resourcing training aids and equipment, prepping both cadre and candidate packets for the

validation process, and which cadre goes where for troop to task were conducted, he added.

“We applied many lessons learned that made this year’s prep much easier,” he said.

Soldiers assigned to the 3rd Squadron, 4th Cavalry Regiment, “Raiders,” 3rd BCT, spent the last two weeks before EIB training intensively prepping for the competition.

“Right now, we’re just doing introduction by getting them hands on, familiarizing with the certain tasks that the EIB is going to test them on,” said Sgt. 1st Class Shuan Quintanilla, a platoon sergeant assigned to Charlie Troop, 3-4th Cav. Regt. “For now, prior to the brigade train-up, we’re just wanting them to get familiarized with the weapon systems. We’re not necessarily focused on time standards right now.”

Spc. John Peterson, a native of Renton, Washington, and an infantryman assigned to Charlie Troop, 3-4th Cav. Regt., worked diligently during the train-up after not passing the EIB course last year.

“What I’m trying to achieve is to get through all the lanes; that way I get a ‘go’ on this EIB coming up and I get my EIB,” Peterson said.

For many of the Raiders who recently arrived to Oahu, this event will be an eye opener for them.

“Some of the newer Soldiers, who haven’t exactly had time to work with



Cpl. Carlos Coyomani, an infantryman assigned to Charlie Troop, 3-4th Cav. Regt., 3rd BCT, 25th ID, conducts performance and sequence checks with a dummy M136 AT4 rocket launcher at Schofield Barracks on April 5. Coyomani is part of his squadron’s train-up prior to competing for the Expert Infantryman Badge course later this month.

some of the weapons, (will) actually get time on the weapons, so they’ll go out there and have an open mind,” said Spc. Christian Mathewson, an infantryman assigned to Charlie Troop, 3-4th Cav. Regt. “Not knowing what to expect when they arrive for the EIB isn’t good for them.”

Mathewson said remembering the

performance measures and going through the sequence and not missing anything were the most difficult tasks for him.

“Right now, what I’m trying to do is just refresh my memory of the performance measures prior to going out to the EIB course,” he said.

Humble culinary specialist earns national honors

K-Quad chef recognized, fuels Joint Team Hawaii

**1ST. LT. EMILY KLINKENBORG
AND 1ST LT. BRANDY ADKINS**
311th Signal Command (Theater)

FORT SHAFTER — Every October, culinary service members from across Oahu try out for a position on the Hawaii Culinary Arts Team: Joint Team Hawaii.

The judging panel consists of previous Hawaii culinary team members, and the tryouts last about two days. With a total of 10 positions, made up of members from different service branches, stakes are high.

Spc. Anne Nicole Yapcengco, culinary specialist, 307th Expeditionary Signal Battalion, Headquarters and Headquarters Company, was selected to be part of the team last October and headed to Fort Lee, Virginia, for the Army Culinary Arts Competition, March 2-10.

During the seven-day competition, Yapcengco and her team won the silver medal for Student Skills Team, Student Skills Team of the Year, and Installation of the Year. She also was the gold medal runner up for Student Chef of the Year and won a \$1,500 scholarship to Stratford University, in addition to other accolades.

“I never imagined that I would be on a culinary team,” said Yapcengco. “Cooking was a hobby of mine when I was younger. I loved making meals for my two younger



Photos courtesy of Staff Sgt. William Pelkey, 307th Expeditionary Signal Battalion
FORT LEE, Virginia — Spc. Anne Nicole Yapcengco, 307th ESB, focuses on preparing her main course for the judging event of the Army Culinary Art Competition.

brothers when they returned from school and for my parents when they came home from work.”

Yapcengco, 22, is a native of the Philippines, but calls Los Angeles home. She enlisted into the Army in July 2015 and headed off to her first duty station in Hawaii.

When not in the field with the 307th ESB, Yapcengco’s place of duty is the K-Quad Dining Facility located on Schofield Barracks.

“I just loved the food carving displays at the DFAC,” said Yapcengco. “There would be swans made out of apples or roses made out of carrots on the serving line, and I wanted to learn how to make them, so I self-studied.”

Yapcengco’s hidden talent first surfaced when her DFAC manager asked her to enter in the 2016 Philip A. Connelly competition at Wheeler Army Airfield. The Connelly competition is designed for food service personnel to showcase their abilities in a field environment and Yapcengco was deemed an excellent competitor by many.

Although her unit had a field exercise during the competition, her 307th ESB leaders fully supported the opportunity for Yapcengco to challenge herself and encouraged her to compete.

“I am very hard on myself. It is one of the biggest challenges I face when training for competitions,” said Yapcengco. “I am

FORT LEE, Virginia — Left, Spc. Yapcengco meets with judges as they critique her prepared dish.



thankful for my team because we are one big happy family, and everyone supports each other.”

Yapcengco and the team are gearing up for the American Culinary Federation Nationals Competition in Orlando, Florida, from July 9-13, by perfecting their individual dishes and platters.

Winners from Nationals will go on to represent the U.S. at the World Olympics Championship for Culinary Arts in Switzerland.

Yapcengco said, humbly, when asked what her favorite dish is to prepare, “Honestly, it’s nothing fancy. I actually love to make fried rice. It reminds me of my Filipino and Chinese culture, and it reminds me of my family.”

(Editor’s note: Klinkenberg works with 311th Sig. Cmd. Public Affairs, and Adkins works with HHC, 307th ESB, 516th Sig. Brigade, 311th Sig. Cmd.)

FORT LEE, Virginia — Spc. Yapcengco, as part of the Hawaii Culinary Arts Team was selected Student Chef of the Year gold medal runnerup at the recent Army Culinary Arts Competition.



DPW releases water quality reports for installations

ENVIRONMENTAL DIVISION
Directorate of Public Works
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Annual water quality reports for U.S. Army Garrison-Hawaii water systems are now available for review. The reports are on the USAG-HI Sustainability and Environmental Management website (<https://www.garrison.hawaii.army.mil/sustainability/Environmental.aspxc>).

USAG-HI’s Directorate of Public Works operates four water systems: Aliamanu, Fort Shafter, Schofield and Tripler. The Aliamanu report includes both the Aliamanu and Red Hill Housing areas; the Schofield report includes Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation.

Since 1999, the U.S. Environmental Protection Agency has required public water suppliers to provide annual water quality reports to their water users. These reports are designed to educate the public on the origin of drinking water and provide water quality information for the previous year.

In Hawaii, the primary drinking water supply comes from underground aquifers fed by rainfall. Naturally occurring minerals, radioactive material and other substances resulting from animal or human activity may be dissolved by the rainfall and percolate into the aquifers.

The EPA sets limits on the amount of such contaminants present in drinking water, and DPW monitors the drinking water to help ensure that no contaminant level is exceeded.

DPW works hard to provide Soldiers, families and employees with the highest water quality possible. It encourages residents and workers to look at the report for the installation where they live and/or work.

Pont of Contact

If you have any questions about the reports or would like to request a hard copy, please contact the DPW Environmental Division at (808) 656-3107 or (808) 656-3104.

More Online

Annual Water Quality Reports are available online:

- Aliamanu at www.garrison.hawaii.army.mil/sustainability/Documents/DW/AMR.pdf.
- Fort Shafter at www.garrison.hawaii.army.mil/sustainability/Documents/DW/FS.pdf.
- Schofield at www.garrison.hawaii.army.mil/sustainability/Documents/DW/SB.pdf.
- Tripler at www.garrison.hawaii.army.mil/sustainability/Documents/DW/TAMC.pdf.



Garrison town hall addresses federal employees

Story and photo by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Col. Stephen E. Dawson, the commander of U.S. Army Garrison-Hawaii, led a town hall meeting for garrison employees at the Sgt. Smith Theater, here, April 7.

During the town hall, Dawson addressed several current issues affecting federal employees. Throughout the presentation, the attending employees had the opportunity to ask the commander questions and talk about any concerns they had.

Dawson first took the time to recognize garrison employees for their hard work, whether working overtime, volunteering to do tasks outside the scope of their career field or helping the base put its best foot forward.

He addressed the hiring freeze currently enacted by President Donald J. Trump, noting that hiring freezes are not new and have been put in place before; however, the government has still been able to hire personnel due to exemptions.

Exemptions, he said, include emergency personnel and child care workers. In addition, during the hiring freeze, currently vacant jobs are being filled by



Col. Stephen E. Dawson, commander, USAG-HI, answers questions during the town hall meeting at the Sgt. Smith Theater, Schofield Barracks, April 7.

reassigning current government personnel who are qualified or at least minimally qualified for the position.

He touched upon the garrison’s current status and

future opportunities for Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay, and taking care of “overhires.”

While discussing the Installation Management Command’s service culture initiative, Dawson acknowledged that oftentimes the garrison is short-staffed and short on funds.

“We will continue to do the best we can with the resources we have,” he said. “Because you guys are superstars, the best you can do is actually pretty good. It’s great!”

Dawson encouraged leaders to interact with their employees on a daily basis. He himself said he tries his best to leave his desk throughout the day to visit employees and see how they work, where they work and gauge current conditions of the workforce.

He encouraged the garrison employees, as a whole, to offer the best, positive customer service, using the Disney company as an example.

“They have millions of customers every day, but they always make you feel like you’re the best customer,” he said. “(It) doesn’t matter if you paid for the lowest end cabin or the most expensive suite they have, they’re already known for making you feel like you’re No. 1.

“We want to be better than Disney,” Dawson said.



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

14 / Friday

City and County — Offices will be closed today in observance of Good Friday, a state holiday. Emergency ambulance, fire, lifeguard, medical examiner and police services will be available. TheBus will operate on a state holiday schedule. Go to www.thebus.org.

Refuse will be collected and transfer stations, convenience centers, H-POWER and the Waimanalo Gulch Sanitary Landfill will be open. Parks, municipal golf courses, botanical gardens and the Honolulu

Zoo will be open.

The Neal Blaisdell Center box office will be closed. The People’s Open Markets will not be held. All Satellite City Halls and Driver Licensing Centers will be closed.

15 / Saturday

Survey — Saturday, is the last day to take the U.S. Army-Pacific Inspector General’s Office survey. If you are an E5 and above, or a GS-8 and above, assigned to USAR-PAC, take the confidential 1-2 minute survey at <https://pacweb.hawaii.army.mil/ALDPSurvey>.

18 / Tuesday

Facebook Town Hall — Garrison Commander Col. Stephen E. Dawson hosts the quarterly on-line garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – <https://www.facebook.com/usaghawaii>.

www.usaghawaii.com.

Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs on the installations.


20 / Thursday

Military War Game Program — U.S. Army-Pacific’s G3/5/7 will conduct the first in a series of introductory war games to improve knowledge of history, geography, critical thinking and decision-making.

Presentations begin at 1:30 p.m. at Hale Ikena on Fort Shafter, followed by the demo game. It’s open to all ID card holders and their guests.

21 / Friday

Purple Up! — Wear purple and support the Month of the Military Child on Friday, April 21st. Honor Hawaii’s young heroes.



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

14 / Friday

City and County — In observance of Good Friday, a state holiday, TheBus will be operating on a state holiday schedule. To find out all route and schedule information on Good Friday, visit www.thebus.org.

The following traffic and parking regulations will be in effect:

- On-street parking will be free, except for the meters on Kalakaua Avenue along Queen Kapi’olani Park and metered parking lots.

- Traffic lanes will not be coned for contraflow.

Cadet Sheridan Road

— There will be a road closure on Cadet Sheridan Road for road repair work on behalf of the Directorate of Public Works. Cadet Sheridan Road will be closed between Elou Street and Trimble Road for this repair.

The work will be performed April 14-28, Monday-Friday, between 8:30 a.m. and 3:30 p.m.

Saturday and Sunday work will only be performed if absolutely necessary, between 9 a.m. and 5 p.m. Appropriate signs and barriers will be posted for guidance.

15 / Saturday

Fort Shafter Water Outage — There will be a water outage for the connection of a new water main line to the existing water line at Bldg. 525 on Fort Shafter. Fire hydrants and fire sprinkler alarm systems in the area will

also be affected.

The outage is scheduled for Saturday, April 15, from 7 a.m. to 1 p.m. The contractor will coordinate and notify the affected building occupants, and appropriate signs and barriers for closing the roadway and diverting traffic will be posted.

17 / Monday

Modified Traffic Flow — Fort Shafter’s 7th Street and Arty Hill Road will have electrical utility work from April 17 to June 2. There will be intermittent lane closures. Also, 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, 8 a.m.-2:30 p.m. Motorists are advised to expect delays and follow detour signs to adjacent roads.



Pacific Region JROTC Drill Championships
1st overall: Kapolei H.S.
2nd overall: Kalaheo H.S.
3rd overall: Aiea H.S.
1st novice overall: Kapolei H.S.
2nd novice overall: Farrington H.S.
3rd novice overall: Kalaheo H.S.
1st expert overall: Kinnick H.S.
2nd expert overall: McKinley H.S.
3rd expert overall: Waianae H.S.

Waianae High School JROTC cadets stand at parade rest before their next drill performance in the Pacific Region JROTC Drill Championship, at Hawaii Army National Guard's Rainbow Hangar, Saturday.

JROTC cadets showcase drill competition skills

Story and photos by
KRISTEN WONG
Contributing Writer

KAPOLEI — More than 400 cadets from 19 schools across Oahu, the island of Hawaii and Japan showed their drill expertise at the Pacific Region JROTC Drill Championship at the Hawaii Army National Guard's Rainbow Hangar, here, Saturday.

Cadets from four branches unfurled colors, tossed rifle replicas and marched in sync in what was their last drill meet of the year, to be hailed as the best JROTC drill teams in Hawaii, Guam and Japan. The schools annually compete in four meets.

"Drill is an integral part of our program," said Army Lt. Col. Antoinette Correia, the JROTC program manager for the Hawaii State Department of Education. The HIDEO office is in charge of coordinating the competition. Kapolei High School hosted the competition for the third year in a row.

Showing their stuff

Correia said that through the competition, the cadets are able to represent their school, unite as a team, compete and show what they've learned during the year.

"How they place in the drill meet (is) a reflection on how much they studied, how much they practiced throughout the whole school year," she said.

The cadets competed in three categories: regulation drill, exhibition drill and color guard. Cadets used replicas of M1903 Springfield rifles, M1 Garand rifles, as well as service regulation-sized flags and staffs for their routines.

She added that she liked to watch the exhibition drill, a recent DOE initiative that encourages cadets to come up with their own drill routine.

"(With) regulation you can't change," she said. "But (with) the exhibition (drill) you can get fancy. There are some ground rules, but the creativity is very important."

Among the competitors was a team from Nile C. Kinnick High School in Yokosuka, Japan. Saturday was Kinnick Cadet Lt. Dianne Atienza's 11th drill meet.

Confidence building

Atienza said that through the drill



Cadet 2nd Lt. Justin Hara of the University of Hawaii Army ROTC Program (left), and Sgt. Daquindol Lewis, a wheeled vehicle mechanic with Alpha Company, 249th Engineer Battalion (right), inspect four cadets from Campbell High School.

competitions she learned to be "confident and sharp, but most importantly, to respect a lot of the teams." In addition, she learned to be humble, which is what she tells her fellow cadets.

She said it was an honor to represent the Far East at this competition. She added that some of the cadets are military children.

"We really appreciate the military," Atienza said. "(During drill competitions,) it's really cool meeting other people from other places."

The Konawaena High School Army JROTC team also represented Hawaii in the U.S. Army Cadet Command JROTC National Drill Championships in Louisville, Kentucky.

"It was cold," said Konawaena High Cadet Capt. Julia Lim, with a laugh. "There (are) a lot of really good teams there. You could see they really worked hard to be there. There (are) a lot of schools, and you know they're all the best of the best."

Lim said that it was an intimidating, but good experience, at nationals. She was scared because it was her first time commanding regula-

tion drill. As for Saturday's event, she said the competition was fun, and the team had practiced for this event every day after school, occasionally on the weekend and during spring break.

"It takes a lot of teamwork and concentration," she said of drill.

Konawaena Cadet Capt. Cedrick Santos, who has been to the nationals twice, agreed that it was intimidating.

"They (were) all there to win, and they all practice every day," Santos said about the competition in Kentucky. "It seemed harder over there."

Santos said he enjoyed teamwork and dedication of drill competitions, and when they prevail.

"The primary purpose of drill competitions is to provide cadets a venue where they can exhibit leadership, teamwork and discipline - attributes they are taught in the JROTC program," said retired Col. Jason Seal, the senior Marine instructor for the Kapolei High School Marine Corps JROTC. "These qualities can be beneficial for any future professional endeavor."



McKinley High School JROTC cadets compete in an armed drill.

Earth Month scheduled events

15 / Saturday

FunFest — Annual holiday weekend event, 8:45 a.m.-2 p.m., features an Earth Day theme along with egg hunts, rides, games, entertainment, educational activities and food, at Weyand Field, Schofield Barracks. Visit www.hiwmr.com.

20 / Thursday

PTA Earth Day Festival — Pohakuloa Training Area Base Camp, island of Hawaii, offers interactive displays of archeology, natural resources, hazardous materials, safety and fire protection, along with static displays of military equipment. Schools and general public are invited. Call 808-551-6148.

22 / Saturday

Helemano Earth Day Community Cleanup — Environmental Division, Directorate of Public Works, U.S. Army Garrison Hawaii, in partnership with Wahiawa Elementary School, is organizing the cleanup at the HMR Detention Pool (intersection of Paalaa Uka Pupukea and Romero roads), from 8:30-10 a.m. DPW seeks enlisted personnel volunteers to foster a positive community interaction. Call 656-1308.

26 / Wednesday

Earth Day Festival — Island Palm Communities hosts, 2-5 p.m., Kalakaua Community Center, Schofield Barracks, packed with fun and educational activities for the entire family. Aimed to inspire awareness

and appreciation of Hawaii's natural environment. Register for the IPC Art Contest. Winners will be announced at the festival.

29 / Saturday

Pearl City Bike Path Cleanup — The Honolulu City & County is calling for volunteer support, 8-11 a.m., at the annual debris cleanup project scheduled for Saturday, April 29, from 8-11 a.m. Volunteers meet at Neal S. Blaisdell Park, located at 98-319 Kamehameha Hwy., Aiea. Visit <http://www.honolulu.gov>.

HECO Grow Hawaii Festival — This 10th annual festival 9 a.m.-3 p.m. on Bishop Museum's Great Lawn, is free for kama'aina and military with valid ID. This family-oriented event focuses on conservation, sustainability, Hawaiian culture and native plants in recognition of Earth Month. Free parking at Bishop Museum, Kapalama Elementary School and Damien Memorial High School is available. Visit <http://www.bishopmuseum.org>.

ARMY ENVIRONMENTAL PROGRAM
U.S. Army graphic

Briefs

14 / Friday

EFMP Annual Easter Egg Hunt — Held at SB Outdoor Recreation Center from 10 a.m.-noon. Enjoy pictures with the Easter bunny, fun crafts and more. Call 655-4227.

Strong B.A.N.D.S Kickball & Dodgeball Deadline — Register to participate at any Army PFC. Tournament runs May 1-12. Call 655-9914.

Family Child Care New Applicant Brief — Interested in running your own child care business? Come to the new applicant brief from 9-11 a.m. at the SB FCC Office, 730 Leilehua Ave., Bldg. 645. Call 655-8373.

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.

15 / Saturday

Stand Up Paddle Boarding 101 — Cruise the Anahulu River on the North Shore of Oahu with SB Outdoor Recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are provided. Bring water, snacks and sunscreen. Call 655-0143.

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.

16 / Sunday

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.

SB Easter Brunch Buffet — Held at SB Nehelani featuring breakfast favorites starting at 10 a.m. for \$34.95 (adults), \$18 for children (6-10) and \$12 for children (3-5). Choose from herb-roasted beef, whole grain mustard honey pork loin, a build your own omelet station and an array of desserts. Reservations encouraged. Call 655-4466.

FS Easter Brunch Buffet — Enjoy a special Easter menu at FS Hale Ikena from 10 a.m.-1 p.m. for \$39.95 per person for adults and \$18.95 for children

SATURDAY AT SCHOFIELD

23rd Annual FunFest EarthDay and LTS Travel Fair
Saturday, April 15
9:00AM to 2:00PM
Weyand Field, Schofield Barracks

Fun Fest Events:
• Pony Rides
• Petting Zoo
• Games
• Rides
• Inflatables
Egg Hunts
Ages 0-2 11:00 a.m.
Ages 3-5 11:15 a.m.
Ages 6-8 11:30 a.m.
Ages 9-12 11:45 a.m.

Entertainment
• Pictures with the Easter Bunny
• Food booths and much more!

Environmental Festival Activities
Upcycling, crafts & coloring activities, artifacts search, sustainability and natural resources educational activities.

LTS Travel Fair
A variety of recreational vendors from around the island offering travel information for your next trip and a grand prize giveaway!

Check out the Month of the Military Child Obstacle Course
*CASH ONLY for certain activities. ATM available on site.
For more information, call 655-0113.

USAA CHILDWELL MANAGEMENT GROUP DIRECT REPLY HIMWR.com

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

SCHOFIELD BARRACKS — The annual FunFest, Earth Day and LTS Travel Fair, a fun event for the entire family, comes to SB Weyand Field, 9 a.m.-2 p.m., Saturday. Activities include Easter egg hunts, Month of the Military Child Obstacle Course, games, rides, pictures with the Easter bunny, environmental and educational activities, travel information, food booths and much more. Visit the Leisure Travel Service tent to receive information on Hawaii tourist attractions, and enter to win a \$500 gift card grand prize giveaway. Call 655-0113.

(3-10). Features coconut crusted crab, baked ham, garlic peppercorn prime rib, lamb glazed with honey rosemary dijon and apple mint jelly, and build your own omelet station.

Also, enjoy delectable desserts like chocolate-dipped strawberries, pineapple cheesecake, chocolate tote, sweet potato haupia pie and much more. Reservations recommended. Call 438-1974.

BOSS Trip — Kaneohe Sandbar Bay excursion departs at 12:30 p.m. for \$15 per person. Register at Tropics or call Sgt. Wery at 352-223-6370.

17 / 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.

18 / Tuesday

FRG Key Contact Training — Designed to provide training in key contact duties, communicating with family members, dispelling rumors, handling crisis calls and more. It also shows key contacts how they fit into a successful FRG, from 5-7 p.m., at SB ACS. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from

noon-1 p.m. at SB ACS. This class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

19 / Wednesday

Play Mornings at ACS — Meet other moms and dads, share information and 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.

20 / Thursday

Scream Free Parenting — Four-week program held at SB ACS from noon-1:30 p.m. Training designed for parents of children ages 5-15 to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

21 / Friday

BOSS Life Skills: CPR/ AED Training — Register now at Tropics for training at Richardson Pool; 10 slots available. Call Sgt. Wery at 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.

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.

22 / Saturday

Adventure Kayaking 101 — Learn to kayak the Anahulu River on the North Shore with SB Outdoor Recreation center from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are provided. All you need to bring is water, snacks and sunscreen. Call 655-0143.

Family Nite — Learn how to make an eyelash yarn lei and a lei made of ti-leaves with SB Arts & Crafts starting at 4:30 p.m. Preregistration is required. All supplies included. An adult must accompany children 12 and younger. Call 655-4202.

BOSS Game Night Madness — Visit Tropics at 3 p.m. Call Sgt. Wery at 352-223-6370 for details.

23 / Sunday

BOSS Volunteer Opportunity — MWR Pet Kennels assistance starts at 10 a.m. Register at Tropics or call Sgt. Wery at 352-223-6370.

24 / Monday

Level L “Leadership Development” — Three-day workshop at SB Education Center (Bldg. 560), 9 a.m.-1 p.m. receive instruction on coaching, mentoring, meeting planning and more. Call 655-4227.

community Calendar

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

14 / Friday

Schofield Spartan Race — Sign up for this event coming Jan. 27, 2018 – here at Schofield Barracks. This event is open to the public; however, we must have a minimum of 2,500 reservations by July 17, 2017, for this event to happen.

Note, the date has been extended because we have so few people who have preregistered. Visit himwr.com/spartan. Sign up at <https://www.spartan.com/en/race/detail/3004/overview>.

Salvation Army Cabin Renovations — Seeking volunteers to help with a cabin remodel project of a 70-year-old Army barracks at Camp Homelani on Oahu’s North Shore. Donated after World War II, it is in dire need of repair.

The scope of the work is everything from installing floors and new siding to painting exterior and interior, depending on the skills of volunteers. Call 440-1861 or email rob.noland@usw.salvationarmy.org.

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

Butterflies! — Now through April 23, at Uptown Center Court at Pearlridge Center, encounter butterflies in the live butterfly conservatory. Explore and observe the stages of the butterfly life cycle through the staff-guided tour. You may even see a butterfly hatch from a chrysalis or have a live butterfly land on your hand.

All butterflies are sourced from farms on Oahu and Maui. Exhibit times are Monday-Saturday from 10 a.m.-8 p.m. and Sunday from 10 a.m.-6 p.m. For more details or to purchase tickets, visit www.adoptabutterfly.com/.

Passover 2017 — Shabbat Pesach Service is scheduled for Friday, April 14, at 7:30 p.m. Civilian attire OK. The event is at the Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam (Makalapa Gate). No reservations required. All are welcome.

15 / Saturday

Wahiawa’s Free Spring Festival of Fun — Keiki rides, carnival games, Easter bunny photos and more from 10 a.m.-1 p.m. at Wahiawa Shopping Center and Wahiawa Town Center Longs parking lot. An egg hunt will be available

for ages 3-10 beginning at 10:30 a.m. Call 221-2774.

18 / Tuesday

Facebook Town Hall — Communicate with U.S. Army Garrison-Hawaii senior leadership, 6-7:30 p.m., and share issues, and attaboys, too, about USAG-HI at www.facebook.com/usaghawaii/. Go to “Events” for April 18. Tell us what you think.

Scavenger Hunts — The libraries will promote books on preventing sexual harassment in April. Pick up a score sheet on Tuesday, April 18, 11:30 a.m.-4:30 p.m., at either the FS Library or SB Sgt. Yano Library. Visit both libraries for maximum points. Prizes go to 1st through 3rd winners with the most correct answers.

In addition, the SHARP (Sexual Harassment/Assault Response & Prevention) program manager will hold a scavenger hunt to observe Sexual Assault Awareness Prevention Month.

Do you have a sexual harassment or assault issue? Call the hotline at 655-9474. Call the Defense Helpline at 877-995-5247.

Preschool Nature Hour — This event is for ages 3-5, from 10:30-11:30 a.m., at Ho’omaluhia Botanical Garden.

There is no fee. Activities include stories, crafts and a nature walk. Bring a lunch and stay for a picnic. Walking shoes, insect repellent and rain gear advised. Reservations are required. Call 233-7323.

Garden Meditation — Practice receiving the colors, movements and sounds around you. Meet at the Visitor Center and sit outside (weather permitting). Garden staff yoga instructor Kathryn Rone will guide you through gentle stretch, breathing and meditation, 9:30-10:30 a.m., at the Ho’omaluhia Botanical Garden. There is no fee. Reservations are required. Call 522-7066.

Storyteller Craig Jenkins — In his first Hawaii visit, English storyteller Craig Jenkins will tell tales from India at “Panchatantra & Ramayana,” 7:30 p.m., at Hawaii Pacific University (Windward campus), Paul & Vi Loo Theater. Cost is \$15 online, \$20 door, \$5 students. Contact jeffgere@lava.net.

25 / Tuesday

Lei Making Class Lei Po’o (Wili Method) — Make lei with flowers from your yard for May Day (flowers will be provided), 10 a.m. to noon, at Foster Botanical Garden. Cost is \$200 plus garden admission. Reservations required; call 522-7066.

This Week at the MOVIES

Sgt. Smith Theater

The Shack (PG-13)
Friday, April 14, 7 p.m.

Rock Dog (PG)
Saturday, April 15, 4 p.m.

Beauty and the Beast (PG)
Saturday, April 15, 7 p.m.

Logan (R)
Sunday, April 16, 4 p.m.

Closed Monday through Thursday.

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

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

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

Software upgrade coming to all HIDOE cafeterias

Food service payment monitoring made easier

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

HONOLULU — The Hawaii State Department of Education is rolling out a new program called SchoolCafé that will make it easier for parents to monitor and pay for their child’s school meals online and through a mobile application.

The program, which is run using PrimeroEdge school nutrition food service software, will also help cafeterias track their inventory, make purchases and reduce costs.

Upgrade
“The Department has spent the last

two years working on bringing our food service management system into the 21st century,” said Superintendent Kathryn Matayoshi. “This new software will allow us to streamline the experience and process for parents, as well as our cafeteria staff who will be able to anticipate their inventory needs with more precision, which will help reduce costs in the long run.”

A pilot program for SchoolCafé started on Jan. 9, at schools in the Castle, Kahuku, Kailua, Kalaheo, Kaiser and Kalani complexes. The rest of the schools started transitioning in February, and all 256 campuses were online and using the software April 3.

The new system provides a number of features for parents, including online payments, creating auto-payments, checking account balances and setting

up low balance alerts. It is accessible online or through a mobile application for iPhones, Android and Windows phones.

A 5 percent convenience fee will be charged for payments made online and through the mobile application. Parents still have the option of paying with cash or check at their child’s school at no charge and can use SchoolCafé to check their balance.

Tracking efficiency
Schools will be able to keep track of production records and can make purchases through a centralized ordering portal. Inventory will be tracked electronically, from previous purchases to pending orders. This is a change from the previous manual 5x7 index card system that schools were

using for their food service programs.

“The cost savings from implementing the new program based on annual software expenses alone will be around \$100,000,” said Assistant Superintendent Dann Carlson. “This is one less expense that schools will have to worry about since the Department will cover the cost of the software annually for all 256 public schools.”

The PrimeroEdge software cost HIDOE \$870,000 and includes 18 months of service, installation and staff training. The annual cost after the 18 months will be \$350,000, which will be paid for by the Department.

A letter from HIDOE’s School Food Services Branch will be distributed notifying parents about this new system and where they can get more information.

Alcohol abuse awareness, treatment to be found at TAMC

KRISTI HAYASHIDA
Tripler Army Medical Center

HONOLULU — According the Centers for Disease Control and Prevention, researchers have found that 9 in 10 people who drink excessively are not alcohol dependent. However, it is still crucial for people to take a closer look at their drinking habits and the effects of alcohol.

Alcohol dependence is the inability to quit drinking alcohol. Alcohol dependence is a serious medical problem, and it is important to assure that high-quality treatment is made available to those who need it.

Alcohol dependence is the inability to quit drinking alcohol and a serious medical problem. TAMC high-quality treatment is available to those who need it.



Courtesy photo

that pass messages around the body. This interference causes a person to have less control over their coordination, reaction time, vision and judgment, such as identifying dangerous situations that could hamper driving capabilities.

Unlike carbohydrates and proteins, the human body doesn’t have a way to store alcohol, so the body will quickly metabolize the alcohol in your liver, which requires water to effectively detoxify and remove the alcohol from the blood, so that an individual does not

become dehydrated.

Severe dehydration is a large factor in why many suffer from a headache or a hangover. Continuous heavy drinking over a period of time can strain or upset the way alcohol is metabolized and cause liver damage.

“A majority of the patients seen in the AMIOP (Addictive Medicine Intensive Outpatient Program) have not reached severe liver damage, but it is important that we stop their addiction before it gets to that point,” said Jay Donovan, the clinical director of the AMIOP at Tripler Army Medical Center.

Seeking social acceptance
Donovan stated that many new Soldiers tend to drink with their fellow Soldiers to avoid social isolation. Having alcoholic beverages while hanging around friends may inflict the idea that it is socially unacceptable to not drink.

Donovan explained that there is a perception that a majority of men and woman in the military suffer from alcohol dependence, when in fact it is the complete opposite. Donovan recommends Soldiers to identify the specific

reasons why they decide to drink alcohol, because it will help determine if he or she abuses alcohol.

The AMIOP at TAMC offers an intense outpatient program for patients who are command-referred and self-referred for an alcohol use disorder, or dependence. The program is confidential and educates patients, provides individual counseling, group counseling, yoga and stress relief classes. The AMIOP also introduces patients to other men and women in the community who live a clean and sober life.

“Don’t let alcohol control your life,” said Donovan.

TAMC Treatment

If you believe that you have a drinking problem or need help cutting back, talk to your doctor about getting professional help to reduce your alcohol intake. The Addictive Medicine Intensive Outpatient Program accepts self-referrals and can be contacted at 433-6098.

Holidays test relevance of jellybeans and old traditions

When holidays like Easter and Passover roll around each year, I can’t help but compare my childhood to our fast-paced modern life. My memories pass before me like an 8 mm film with a jumpy picture and the clicking sounds of spinning reels.

On Easter morning, 1972, I was peering over the balcony’s banister at the congregation below. I was wearing a white dress and hat that my aunt crocheted for me, with a label inside that read, “Made especially for you by Aunt Char.”

She even made me a matching purse, using the bottom half of a white Ivory dish soap bottle with a crocheted drawstring top. When I pulled the top down over the soap bottle like a skirt, a doll’s torso was revealed, turning the purse into a tiny replica of me.

I sat ever-so-patiently in the church pew, playing with my doll purse and jingling the charms on my mother’s bracelet. After the final hymn, I tried to avoid scuffing my patent leather shoes as my older brother and I weaved our way through the crowds to our station wagon.

The vehicle hadn’t come to a complete stop in our driveway before my brother pushed the enormous, simulated-wood-paneled door open, and leapt out like an escaped inmate. I tried to follow, but the giant door nearly knocked me over on the rebound.



My parents allowed us to gobble our spoils, provided we would eat an obligatory slice of ham and plop of scalloped potatoes at supper. However, I always squirreled my treats away, rationing them one by one until some went stale. In retrospect, I wish I had feasted, because a few years later, during my chunky phase, the Easter bunny inexplicably filled my basket with sugarless gum, icky raisins and sunflower seeds.

At supper, we said a blessing that began, “For food and health and happy days, accept our gratitude and praise.”

My brother and I toasted with our milk in fancy pressed glass goblets. After dessert, we gathered in front of the console TV to watch the annual broadcast of Cecil B. DeMille’s “The Ten Commandments” with Charlton Heston and Yul Brynner.

There, in our avocado and gold living room, I was truly content.

Fast forward
Nowadays, I wonder, has our hectic 21st century lifestyle obscured the meaning of holidays?

According to a “Pew Research Center 2014 U.S. Religious Landscape Study,” fewer Americans today attend religious services regularly. Even though 77 percent of American adults are still affiliated with some faith tradition, only about half attend religious services.

I’ll admit, sometimes weeks go by without our church-going family seeing a pew. I haven’t bothered with the messy process of dying Easter eggs since the kids were little. Simple jellybeans no longer reign supreme, and the kids reject those candy dinosaurs, preferring flashy, foil-packaged miniatures in every brand. And frankly, I’m afraid to force “The Ten Command-



Courtesy photo

The author as a child celebrates Easter.

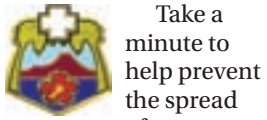
ments” on my family, because the kids will probably balk at the 1950s special effects that allowed Moses to part the Red Sea.

As the 8 mm reel of my memories slows to a film-flapping stop, I realize that the meaning of a holiday is not in the traditions, but the principals observed. As long as we honor the tenants of Easter, Passover and other holidays in our own way, it doesn’t really matter whether we dye eggs, wear itchy dresses or eat jellybeans.

But just in case, “The Ten Commandments” is airing on April 15th at 7 p.m. on ABC.

(For more of Molinari’s musings, visit www.themeatandpotatoesoflife.com.)

TAMC TIP Prevent STDs



Take a minute to help prevent the spread of sexually transmitted diseases (STDs), including HIV:

- Remember the ABCs:** Abstain, Be faithful and use Condoms.
- Pay attention to your body.** If you notice a discharge, sore or other problems, make an appointment to get checked. Note, however, that not all STDs have symptoms.
- Know your status.** Make an appointment to get tested and encourage your partner(s) to get tested.



Courtesy photo

Easter Services

ROMAN CATHOLIC

Good Friday, April 14

5 p.m. AMR Chapel

5 p.m. Main Post Chapel

Holy Saturday, April 15

8 p.m. Main Post Chapel

Easter Sunday, April 16

8:30 a.m. AMR Chapel

10:30 a.m. Main Post Chapel

AMR CHAPEL

Easter Sunday, April 16

10:30 a.m. Contemporary

Service

Noon Gospel Service

FORT DERUSSY CHAPEL

Maundy Thursday, April 13

5 p.m. Service

Good Friday, April 14

5 p.m. Service

Easter Sunday, April 16

9 a.m. Sunday Service

HMR CHAPEL

Easter Sunday, April 16

8 a.m. IMPACT Chapel

SONrise Service at

Haleiwa Ali'i Beach Park

Resurrection Easter Egg Hunt

SCHOFIELD BARRACKS

MAIN POST CHAPEL

Good Friday, April 14

6:30 p.m. Service

Easter Sunday, April 16

9 a.m. Contemporary Service

Noon Gospel Service

USS MISSOURI

Easter Sunday, April 16

6:30 a.m. Oahu Easter

Sunrise Service

WHEELER CHAPEL

Easter Sunday, April 16

9:30 a.m. Aloha Breakfast

Single/Geo-bachelor

Soldiers, 11 a.m.

Sunday Service

Listening bares dividends

CHAPLAIN (CAPT.) MAYA DIETZ

3rd Battalion, 7th Field Artillery Regiment
25th Division Artillery, 25th Infantry Division

SCHOFIELD BARRACKS — We are a culture of telling. Google makes us instant experts on everything, and we make sure people know it.

Reality TV and social media glorify narcissism. We have learned to share our every thought and action hoping something will go viral, getting thousands of likes in an age of TMI. We reward Type A, life-of-the-party types more than we do introverts.

We are definitely uncomfortable with silence, which is why we can't even hike anymore without playing music on our smartphones. And how

often do we find in our relationships that we are just talking over each other. Each swears he said something that the other person swears she never heard.

Yes, we are much better at telling than listening.



Dietz

Telling vs. listening

But are we more content wiser or more secure after all this telling? How often are we surprised at other people's actions, assuming they must be crazy to do or say such a thing, such as during the last elections?

Is it possible that we were just missing part of the story that was there to hear all along if only we listened carefully? And when we feel most hopeless and frustrated, often all we really want to do is scream, "Listen to me!" But the reality is that what we need to do is stop telling and start listening.

Proverbs, chapter 1, verse 5, says, "Let the wise hear and increase in learning, and the one who understands obtain guidance."

True wisdom is developed with listening, not in talking. When we listen to our Soldiers, we hear their stories and we learn what motivates them, making us more effective leaders.

When we listen to our partners, we learn their love language, and can strengthen the foundation of our relationship by giving them what they say



they need, instead of what we think they need.

When we seek out and listen to mentors, we improve our own effectiveness.

Spiritual listening

The importance of listening is also true in our spiritual lives. There is a rich tradition of listening in almost all faith traditions. It might be called prayer or meditation.

It is a time when we shut out all the busyness in our lives and thoughts, and really listen for the still, small voice of the divine. It raises our consciousness above the chaos of life in the 21st century, and places it into deep communion with a spiritual sense of love, a spiritual sense of truth, a spiritual sense of life.

As we are more attuned to the wisdom of the all-knowing, we can respond more calmly and rationally to the inevitable shocks of life. Research has even shown that people who meditate or pray regularly are healthier, physically and mentally.

Listening dividends

As you learn to be a better listener, both to others and to the deeper forces in life, your behavior will change. As you change, you will attract others who want the steadiness and intelligence you exhibit. In your own small way, you can start a revolution.

The more we become a listening culture, rather than a telling one, the more productive, effective and compassionate we as a country can become.

(Editor's note: Dietz is the battalion chaplain for 3-7th FA.)



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. Click on "Religious Support Office" under the "Directorates and Support Staff" menu.

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

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

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

Gospel Worship

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

Jewish Shabbat (Sabbath)

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

Protestant Worship

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

Liturgical (Lutheran/Anglican)

- Sunday, 9:27 a.m. at SC