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Maj. Gen. Edward F. Dorman III and Col. Blace Albert lead the way through the smoke in a lane created by sappers to demonstrate breaching an obstacle, June 17.

130th hosts annual Eng. Bde. Muster Run

CAPT. KAHAKUONAPUAALII BARRETT

130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — More than 2,500 engineers and families from various services across the state of Hawaii gathered at Area X-Ray, here, for the annual 130th Engineer Brigade Muster Run, June 17, to uphold tradition, engineer lineage, and to build esprit de corps amongst the ranks.

This unique event brought together units from the 84th Eng. Battalion; 8th Special Troops Bn.; 29th Bde. Eng. Bn.; 65th Bde. Eng. Bn.; the 411th Eng. Bn.; Co. A, 249th Eng. Bn. (Prime Power); and Marines from the Combat Logistics Bn. 3, Marine Corps Base Hawaii.

At 6:30 a.m., reveille was sounded by the 25th Inf. Division bugler, officially beginning the event. Engineers dressed in period uniforms dating from the Continental Army to present day paid tribute to America's wars and conflicts and the vital role engineers played. Roll call and a moment of silence were held in honor of the fallen Pacific engineers who made the ultimate sacrifice to this great nation.

The run was led by the 130th Eng. Bde. command team of Col. Blace C. Albert and Command Sgt. Maj. Lauro F. Obeada, and Maj. Gen. Edward F. Dorman III, commander, 8th Theater Sustainment Command. The sound of the engineers' "Lay, Ho, Heave," echoed across Schofield.

Ahead of the run route laid a wire ob-



Photos by Staff Sgt. John C. Garver, 8th Theater Sustainment Command

The Engineer Brigade Muster Run cake is appropriately cut with the ax, an iconic piece of engineer equipment, by Staff Sgt. John Davidson, a horizontal construction engineer, 523rd Eng. Co., and Sgt Juan Cantu, a plumber in the 643rd Eng. Co., 84th Eng. Bn. A saber is traditionally used to cut cakes at Army ceremonies, but Col. Blace C. Albert, commander, 130th Eng. Bde., felt axes would be more fitting for engineers.

stacle that sappers quickly breached. Runners were exposed to the sound of machine gun fire and smoke obscuration while the grapnel and Bangalore teams set the rest of the breach conditions. Once the obstacle had been reduced and proofed, the lane was marked. The 130th Theater Engineer Brigade and 8th TSC colors suddenly appeared through the smoke as company after company of engineers and their families passed through the lane.

Several other events took place during

the run. There was a re-enlistment, casualty lane demonstration and the formation passed under crossed streams from two water tankers prior to crossing the finish line.

"The run was good and I liked the gunfire, smoke and the water!" said 4-year-old Grant Berge, who led the way for a majority of the run on his bicycle.

Drenched but motivated, the units reformed ranks and prepared to receive the one-time issue Engineer Muster Card, signifying a registered roll of the engi-

neer Soldiers within the unit. Dorman, no stranger to the muster card tradition, proudly showed his card when called up on stage to take part in a cake cutting with Albert and the 2016 130th TEB Soldier of the Year, Spc. Sarah Carnello.

There was a twist, however, to this cake-cutting event. Albert felt the saber didn't do enough justice and instead called forth two construction engineers equipped with axes to do the honors. Once the cake was cut, the 130th commander sprinted to each formation and presented the Engineer Muster Cards.

"This event showcases our capability as engineers," said 1st Sgt. Mark Millare of the 95th Engineer Company, who recently returned to the islands after a nine-month rotation in Korea.

"I think the Muster Run brings out the esprit de corps and cohesiveness of the Engineer Corps," Staff Sgt. Nathaniel Hart, A/249 Prime Power said. "I really enjoyed that we got to bring our families out and celebrate as one."

The ceremony concluded with a mass photo in front of the Engineer Castle followed by lunch. Various stations with engineer equipment were on display, and families were able to experience firsthand the capabilities of the engineers from rides in a route clearance vehicle to manipulating robotics.

"It was great seeing engineers from all over the island coming together as one ohana," said Erica Austin, spouse of Maj. Derek Austin, 130th Current Ops section.

SLICC visits 25th ID, certifies sling load inspectors

Story and photos by
SGT. IAN IVES

25th Sustainment Brigade
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Sustainment Brigade, 25th Infantry Division, hosted members of the U.S. Army Quartermaster Corps' Sling Load Inspector Certification Course (SLICC) out of Fort Lee, Va., for Soldiers from across the division to attend June 6-10, here. The purpose of the course is to certify select Soldiers in the ranks of specialist or above as sling load inspectors.

The ability to inspect sling loads is a valuable asset to any unit and gives them the capability to ensure the safety of the equipment and the Soldiers rigging it. In a deployed environment, a sling

load operation saves time, money and possibly the lives of Soldiers who would normally use ground transportation to move equipment. At the Air Assault School, Soldiers are taught the basic concepts of sling loads, however, Soldiers graduating SLICC have more knowledge and the authority to coordinate, execute and supervise sling load operations.

"The main difference between this school and Air Assault School is that we are the proponent agency for sling load operations," said Sgt. 1st Class Kenneth Scott, noncommissioned officer in charge, SLICC. "Air Assault School touches on sling loads, but we go more in depth and certify Soldiers to inspect sling loads. When our students graduate, they will be in charge and responsible for

the success of the mission as well as the appropriate paperwork."

The course consists of two days of classroom work learning various weights and holding capacities of aircrafts. The following days of the weeklong course entail learning to inspect and rig sling loads. On the fourth day of training, the Soldiers are tested on the new skills they have acquired with a written test and a hands-on portion where they inspect multiple rigged loads while filling out the requisite forms.

"Once the testing is complete — if the unit we are teaching has coordinated it — we take the Soldiers through a live mission," said Scott. "We like to do this so that they can see what is like to actually be underneath the aircraft during a sling load operation. Some Soldiers have never been around an aircraft before, so this gives them a chance to go out there and get a hands on feel for it."

Following the completion of the

course, the Soldiers who graduate become experts on sling load operations and the steps it takes for successful mission.

"Now I have a wealth of knowledge that I can pass on to future Soldiers who want to go to Air Assault or SLICC," said Sgt. Eduardo Gonzalez, a quartermaster chemical equipment repair NCO with the 40th Composite Supply Company, 524th Combat Sustainment Support Battalion, 25th Sust. Bde. "I can also help my unit's mission readiness by giving classes at the battalion or brigade level on how to perform sling load operations. This is a course I will encourage my Soldiers to attend in the future, because the skills you learn in SLICC are invaluable."

This iteration of the course has produced 41 new certified sling load inspectors that will return to their respective units with new knowledge that increases for their units mission readiness and the mission readiness of the entire 25th ID.



A group of Soldiers prepare a humvee for a sling load mission, June 10, for the SLICC at East Range. The 25th Sust. Bde. hosted the SLICC, June 6-10, for the Soldiers of the Tropic Lightning Division to become certified sling load inspectors.



Sgt. Eduardo Gonzalez, a quartermaster chemical equipment repair NCO with the 40th Composite Supply Co., 524th CSSB, 25th Sust. Bde., 25th ID, inspects an A-22 cargo net rig, June 8, as part of the SLICC at Schofield Barracks.



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Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154

Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
News Editor
John Reese 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writers and Photo Editors
Christine Cabalo 656-3150
reporter@hawaiiarmyweekly.com
Layout
Kristen Wong
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
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Contributing Commands

U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MAJ Shea Asis
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1LT Grace L. Vandertuin
438-1600 ext. 3114

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Tripler Army Medical Center
James Guzier 433-2809

U.S. Army Corps of Engineers-Honolulu District
Joe Bonfiglio 835-4002
500th Military Intelligence Brigade
SSG Thomas Collins
437-6819

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Donna Klapakis 656-6420
USAG-Pohakuloa
Dennis Drake 656-3154

Police Call

Driving suspensions on post rising

DANIEL J. BRUSH, PH.D.
Deputy Director, Emergency Services
U.S. Army Garrison-Hawaii

The Directorate of Emergency Services, Law Enforcement Division is continuing its efforts to provide professional law enforcement to the U.S. Army-Hawaii communities.

Please be advised that operating a privately owned vehicle on USARHAW installations is a privilege granted by the senior commander. Individuals who accept this privilege must comply with paragraph 2-1 of USARHAW Regulation 190-5.

The DES Community Compliance Office (CCO) reported suspending 1,199 individuals of their on-post driving privileges during calendar year 2015. As of June 9, CCO reported 566 on-post driving suspensions thus far for calendar year 2016. This number is too high, and DES needs your help in raising awareness to



reduce common violations of USARHAW Regulation 190-5. U.S. Army Garrison-Hawaii will surpass the number of on-post driving suspensions for 2015 if this trend continues.

Listed below are common violations of USARHAW Regulation 190-5 that results in suspension of on-post driving privileges:

- Operating a vehicle under the influence of an intoxicate

- (one-year suspension)
- Driving while suspended (90-day suspension)
- Fail to obey (five-year suspension)
- Excessive speed (six-month suspension)
- Reckless driving (six-month suspension)
- Expired/no driver's license (90-day suspension)
- Expired/no registration (90-day suspension)

- Expired/no insurance (90-day suspension)
- Failure to use seatbelt/child restraint (30-day suspension)
- Operating a vehicle while using a mobile device (30-day suspension)
- No motorcycle personal protective equipment (30-day suspension)

In addition to the above-mentioned offenses, the accumulation of points on your driving record may also result in the suspension of your on-post driving privileges.

A driver who accumulates 12 points within 12 consecutive months or 18 points in 24 consecutive months are also subject to suspension of on-post driving privileges.

While the penalties listed above might seem a bit extreme to some, they are intended to ensure that we maintain the safety and wellbeing of all Soldiers, civilians and family members on our installations.

New SecArmy addresses troops

ERIC FANNING
Secretary of the Army
It took a little longer than expected, but it's great to be back.

When I was growing up in Michigan, I did not envision a career in defense and national security policy. But, with a family that includes two West Point graduates and an Army Ranger, it is no surprise to them that I found my way to the Pentagon. After serving in the Air Force, Navy, OSD, and both ends of Pennsylvania Avenue, holiday conversations were getting a little uncomfortable. I saved the best for last.

If my Pentagon experience has taught me anything, it is that time outside the building is much more informative than time inside. More than any other part of this job, I look forward to visiting Army Soldiers and civilians where you live and work. I know that unless I can see the impact of my decisions through your eyes, they are unlikely to be very informed decisions.

Last week I celebrated the 241st birthday of the



Fanning

U.S. Army in Poland to meet the Soldiers supporting Operation Anakonda, the largest military exercise since the end of the Cold War. This was a Total Army effort, with 20 Army Reserve and National Guard units from 14 different states joining our forces in Europe. Together, over 31,000 Soldiers, partners, and allies came together to demonstrate the strength of NATO as well as set the world record for the longest amphibious vehicle bridge.

Later that week, I joined our teammates at Fort Hood to remember our nine warriors recently lost in a

tragic accident as a result of torrential flooding in Texas. It was a stark reminder of the stakes our Soldiers face each day, whether engaging ISIS in the Middle East or preparing to support disaster relief in Middle America. The Army is a dangerous business. We must remain vigilant.

To help you understand how I intend to shape the Army during our time together, I am including below my priorities as your new Secretary (you can also find them at www.army.mil/sa). I intend to focus on taking care of people, developing capabilities that prioritize emerging threats, and providing both the warfighter and the taxpayer with the equipment and value they demand.

As we begin the Army's 242nd year, I look forward to meeting many of you and hearing your stories. Be sure to reach out and engage with me, and my team, on social media. Together, we will make our Army stronger ... and this year, I assure you, we will finally beat Navy!

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.

25th ID SJA posts Courts-martial results

On June 16, at a general court-martial convened at Wheeler Army Airfield, a Soldier assigned to Company C, 225th Brigade Support Battalion, 2nd Bde. Combat Team, 25th Infantry Division, was convicted by a military judge, contrary to his pleas, of two specifications of attempting to view pornography involving a minor and four specifications of attempting to commit an indecent act with a minor, in violation of Article 80, UCMJ.

The judge sentenced the accused to be reduced to the grade of E-1, to be confined for 26 months, and to be discharged from the service with a dishonorable discharge.

Chapel holds dual-hatted 'change of stole' ceremony

CHAPLAIN (MAJ.) JOHN GRAUER
Plans and Operations
U.S. Army Garrison-Hawaii

Change of command and responsibility ceremonies are predictable events in the Army. However, on Wednesday, the 25th Infantry Division recognized a change of leadership with a not-so-common ceremony.

Soldiers in the division said farewell to their spiritual leader in a change of stole ceremony. The change of stole is a representation that the responsibility for spiritual leadership has passed from one chaplain to another. The historical basis of this ceremony draws its tradition from the Bible. Second Kings, Chapter two records, how the prophet Elijah transferred that spiritual leadership and authority to Elisha thereby identifying a new prophetic voice.

Elijah said to Elisha, "What can I do for you before I'm taken from you? Ask anything."

Elisha said "I want to be a holy

man just like you."

"That's a hard one!" said Elijah. "But if you're watching when I'm taken from you, you'll get what you've asked for. But only if you're watching."

They were walking along and talking when suddenly a chariot and horses of fire came between them and Elijah went up in a whirlwind to heaven.

In this role, the chaplain, as a spiritual leader, is passed to another. The outgoing chaplain relinquishes his leadership as the senior chaplain for the division. The stole ceremony symbolizes the responsibility to lead and facilitate the ministry of the Unit Ministry Teams and to perform and provide religious support to Soldiers at home and deployed.

Maj. Gen. Charles Flynn, commander, 25th ID, removed the white stole from Ch. (Lt. Col.) Chul Kim and placed it on the shoulders of the U.S. Army Garrison-Hawaii Ch. (Col.) John S. Peck, entrusting him with dual responsibilities as the new in-



Photo by Christine Cabalo, Oahu Publications
Col. John "Steve" Peck wears the Tropic Lighting stole during the change of stole ceremony held at the Main Post Chapel, Wednesday. Peck takes on a new, dual role as 25th ID and USAG-HI chaplain.

coming 25th ID chaplain.

Peck becomes one of four chaplains in the Army to become a leader of two organizations as part of new initiatives, the 25th ID and the garrison to ensure that religious support is about "building strong ministry leaders," which is about living the

call, and to "build a strong religious community," meaning we need to be our best at taking care of the Army family. In receiving the stole, Peck reiterated his call to servanthood by sharing in, the motto of the Chaplain Corps: "Pro Deo et Patria" (For God and Country).

Voices of O'hana

Summer officially started June 20, so we wondered, "What is your favorite summer blockbuster movie and why?"
By Spc. Jaime Ruiz, 8th Theater Sustainment Command Public Affairs



"Captain America: Civil War.' Lots of action, explosions, story progression."

Spc. Alan Bird
Human Intell Collector
C. CO 205th MI BN
500th MI Bde.



"'Transformers,' the first one. It brought me back to my childhood. They brought back the original voice of Optimus Prime. To me it was just so realistic."
Sgt. 1st Class Ben Bowe
SGS NCOIC
8th TSC



"'The Conjuring 2.' It had a few moments that really scared me and the demon was terrible."
Pfc. Brittney Harmon
Information Tech Specialist
8th TSC



"'All About the Benjamins.' It gave a preview into a diamond heist."
Spc. Daryl Mckinnon
HR Specialist
8th HRSC



"'The Equalizer.' It had all of the action. Denzel Washington is a good actor."
Sgt. Omar Reeves
Protocol NCO
8th TSC

SB Health clinic holds CoC

Story and photo by
BRITTANY JACCAUD
U.S. Army Health Clinic-Schofield Barracks
SCHOFIELD BARRACKS — The U.S. Army Health Clinic-Schofield Barracks welcomed Col. Deydre S. Teyhen as its new commander as it said goodbye to outgoing commander Col. Pete Eberhardt during a change of command ceremony, here, Thursday.

Teyhen is a physical therapist and was recently assigned as the assistant chief of staff for public health at the Army’s Office of the Surgeon General.

“I’m looking forward to working with the Soldiers and civilians of the clinic as they continue to champion excellent health and medical readiness,” Teyhen said.

During the ceremony, Maj. Gen. Patrick D. Sargent, commander, U.S. Army Regional Health Command-Pacific, highlighted the major accomplishments of Eberhardt during his time as clinic commander.

Eberhardt is retiring after his 24-year career. He previously commanded the medevac company of the 25th Combat Aviation Brigade, and the 2nd Battalion, 4th Avn. Regiment at Fort Hood, Texas. He deployed in support of Operation Iraqi Freedom and with Task Force Mustang to northern Afghanistan in support of Operation Enduring Freedom during his time with the 25th CAB.

“Having the privilege to work in this command, with these Soldiers and civilians, has been an extremely rewarding experience,” Eberhardt said. “I have learned the true meaning of ‘concerned care’ from the dedicated professionals. Every day they push through the daily grind to ensure our Soldiers are ready and their families are taken care of. I couldn’t be prouder.

“Additionally, I’ve been extremely lucky (to be) part of the awesome U.S. Army-Hawaii team the past two years. The community and teamwork across the commands went way beyond any expectation,” he said.



Col. Pete Eberhardt receives the colors from Sgt. Maj. Michael Bivins during the USAHC-SB change of command ceremony, Thursday. Eberhardt retires from the Army after 24 years of service.

As health clinic commander, Eberhardt led the expansion of the Behavioral Health Department to five embedded behavioral health teams; a child and family behavioral health team; a multi-disciplinary team; a family advocacy program and the reintegration of the Army substance abuse program. He also led the expansion of a fifth Soldier-centered medical home to support 25th Fires and Sustainment, the Army Wellness Center and multiple other projects to maintain one of the largest free-standing ambulatory care facilities in the Department of Defense with a staff of almost 500 military and civilian personnel.

As their leader, the staff of the health clinic appreciated Eberhardt.

“You could actually tell he cared. He was involved,” said Staff Sgt. Daniel Bowles Jr. “I have never seen a commander who was so engaged with the Soldiers and staff.”

ALOHA LIGHTNING 9



Photo by Sgt. Ian Morales, 25th Infantry Division Public Affairs
SCHOFIELD BARRACKS — **Brig. Gen. Patrick E. Matlock, deputy commanding general–Support for the 25th Infantry Division, says farewell to the Tropic Lighting ohana during a Flying V ceremony, June 16. Matlock lead development of training and readiness operations since June 2015. During the past year, the 25th ID accomplished much, including Pacific Pathways and restructuring a Stryker brigade into an infantry brigade, all while supporting training and partnership operations worldwide. He had the experience to meet the challenges after previously serving as the deputy director for operations at the National Joint Operations Intelligence Center. “The best part about serving in the Pacific is the extraordinarily capable leadership teams within all the general officer commands,” Matlock said.**

Medically underserved communities get Tropic Care

Story and photo by
SGT. JESSICA DUVERNAY
305th Mobile Public Affairs Detachment

The Ocean View Estates community lives up to its name. The breath-taking community with views of the Pacific Ocean from lava-rock encrusted hills is one community in need of help. The community center is the town’s main hub, where residents go to find out about different services and events in the area. It’s also the site of Tropic Care 2016.

“Ocean View Estates was chosen because it is one of the most medically underserved areas. There are a lot of health needs out here,” explained Martha Yamada, public health nursing supervisor for Hawaii. Ocean View Community Association put forth a lot of effort to help overcome the transportation issues, one of the major health care barriers.

Forty-five minutes away is the town of Ka’u, where Ka’u High School hosts another Tropic Care clinic. A quiet location, with a tight-knit community also makes for beneficial location to hold a health fair.

“We’re here because of what we believe the commu-



Maj. Brainard Ordonez, pharmacist, 1984th U.S. Army Hospital Pacific, Detachment 2, Fort Shafter Flats, counsels Ka’u resident-patient Francisca Calumpit about the medication she was prescribed after her visit to Tropic Care 2016, June 3.

nity needs,” said Jessie Marques, executive director and program coordinator for Ka’u Rural Health Association. “We are a rural underserved community and we are

economically distressed, many of our residents are at poverty level and below.”

“There is a small number of local physicians and specialty providers, there is also a high percentage of adults who are uninsured,” said Kenneth Gonzales, public health nurse, State of Hawaii Department of Health.

For some, Tropic Care 2016 will be the only medical care that they’ve received in a long time, making all partnerships and efforts put forward highly impactful.

Tropic Care

Tropic Care 2016 is a U.S. Army Reserve and State of Hawaii Department of Health led, joint services, innovative readiness training program, conducted off military installations in the civilian community, assisting local efforts, providing quality healthcare to the underserved rural communities of Kea’au and Puna districts of the island of Hawaii from May 30-June 11.

Army Reserve, medical pros bring big help to Big Island

Story and photos by
SGT. RACHEL GROTHE
305th Mobile Public Affairs Detachment

KA’U, Hawaii — Military medical personnel from as far away as the U.K. and Germany gathered their wide range of expertise in the middle of Earth’s largest ocean during Tropic Care 2016 to help people in the rural areas of the Big Island get the healthcare they need.

“It’s great to help people in need, especially when you make a connection and they come back a second time because they had a good experience the first time,” said Pfc. Mark A. Jansz, dental assistant, 185th Dental Company Area Support, Garden Grove, Calif.

“I came here last time they had a clinic here,” said Edwina Akana, Ka’u resident, before receiving treatment for a bad toothache. “They helped me a lot. When I saw they were coming back, I walked down from my house.”

“We did two fillings and extracted a broken tooth root in her gum,” said Capt. Jay E. Toth, 1984th U.S. Army Hospital Pacific, Detachment 2, Fort Shafter Flats.

“She was really happy with her first Tropic Care experience two years ago, and looked really happy when she left,” said Jansz.

“It feels good, providing a service that really helps improve quality of life without taking away from their food budget or other family necessities,” said Toth.

These services are good for the community while also providing hands-on experience for the service members performing them. The support services incidentally serve as required training for the service members involved, keeping their skills intact.

“It’s a good learning experience. I don’t do this full time. I work two civilian jobs and I’m going to school full

time, working toward becoming a civilian dental hygienist. Capt. Toth was really patient, explaining everything as we went. I learned a lot,” explained Jansz.



Capt. Jay E. Toth, dentist, 1984th U.S. Army Hospital Pacific, 9th Mission Support Command, Fort Shafter Flats, Hawaii, fills a cavity for Ka’u resident, Edwina Akana, during Tropic Care 2016, May 31.



Capt. Jay Toth (left) and dental assistant Pfc. Mark A. Jansz work on a patient during a cavity filling during Tropic Care 2016, May 31, Ka’u, Hawaii.

USACE, partners top-off new CAB barracks

Story and photo by
JOSEPH BONFIGLIO

U.S. Army Corps of Engineers
Honolulu District Public Affairs

WHEELER ARMY AIRFIELD — A little over a year since a groundbreaking and site blessing, Wheeler Army Airfield’s newest barracks were celebrated with a top-ping-off ceremony, June 17, after their roofs had been set in place.

The U.S. Army Corps of Engineers, Honolulu District, partnered with contractor Nan-Samsung, the U.S. Army Garrison-Hawaii, and the 25th Infantry Division’s Combat Aviation Brigade to celebrate the mid point in constructing the two 6-story buildings, which are located south of the Wheeler airstrip and part of the overall CAB complex.

“This is a significant construction milestone and these barracks are a great addition for the future Soldier population on Wheeler,” said Honolulu District commander Lt. Col. Chris Crary. “These barracks are being built to the highest standard. Our construction partners have done an outstanding job in building this quality product, ahead of schedule.”

The barracks are scheduled to begin housing Soldiers in July 2017.



Work continues on the new 25th CAB barracks project, June 17. The two six-story buildings are south of the WAAF runway. They’re expected to be ready for occupancy in July 2017.

The partnering effort between the Corps of Engineers and Nan-Samsung workers has kept the project progressing with no lost time accidents reported to date, according to Stan Sagum of Nan-Samsung.



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

Today

Broncos CoC — Col. Robert M. Ryan assumes command of the 3rd Brigade Combat Team, 25th ID, from Col. Scott W. Kelly, 10 a.m., on Schofield’s Weyand Field.

29 / Wednesday

CIE — Soldiers, family members and civilians are invited to attend the Community Information Exchange meeting at the Nehelani, Schofield Barracks, from 9-10:30 a.m. to learn about what’s happening in the next 90 days. Also, ask subject matter experts your ques-

tions about services and programs.

30 / Thursday

IRS Deadline — Taxpayers who have one or more bank or financial accounts located outside the United States, or signature authority over such accounts may need to file a Form 114, Report of Foreign Bank and Financial Accounts (FBAR) by today.

By law, many U.S. taxpayers with foreign accounts exceeding certain thresholds must file the FBAR. In general, the filing requirement applies to anyone who had an interest in, or signature or other authority over foreign financial accounts whose aggregate value exceeded \$10,000 at any time during 2015. Because of this threshold, the IRS encourages taxpayers with foreign assets, even relatively small ones, to check if this fil-

ing requirement applies to them. The form is only available through the BSA E-Filing System website. Visit the International Taxpayers page on IRS.gov.

July

11 / Monday

Engineers CoC — Outgoing commander Lt. Col. Christopher W. Crary, Army Corps of Engineers-Honolulu District, will be relieved by Lt. Col. James D. Hoyman at a change of command ceremony, 2 p.m., at Palm Circle, Fort Shafter. Call 835-4000.

14 / Thursday

500th MI — Col. William “Doug” Conner assumes command of the 500th Military Intelligence Brigade from Col. Patrick J. Wempe at 10 a.m. on Weyand Field, Schofield Barracks.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

Today

Town Traffic — Two southbound lanes will be closed on Liliha Street between N. School Street and N. King Street beginning at 9 a.m., ending at 6 p.m. on Sunday.

During the closure, traffic will be contraflowed in the northbound lanes, providing motorists one travel lane in either direction through the project area. Left turns from Liliha Street to N. School Street, Vineyard Boulevard and N. King Street will be restricted during this time. Motorists are advised to use Aala Street or Palama

The new barracks will house unaccompanied enlisted Soldiers, two per shared unit, with two separate bedrooms, a shared bath and kitchen.

Primary facilities include a central plant, antiterrorism measures, an energy monitoring control system connection and sustainability/energy measures. Supporting facilities will include site development, utilities and connections, lighting, paving, parking, walks, curbs and gutters, storm drainage, information systems, landscaping and signage. A central plant will provide air conditioning.

The project is targeted for Leadership in Energy & Environmental Design (LEED) Silver certification from the Green Building Certification Institute. LEED is a green building certification program that recognizes best-in-class building strategies and practices. The Army uses LEED as a system to rate the green standards in construction.

The Honolulu District is committed to building and managing the construction of high quality projects that improve the quality of life for service members and their families, and provide jobs and money which stimulate the local economy.

The topping-off ceremony was also a thank-you celebration for the construction workers, the Honolulu District, the garrison and the 25th CAB.

Street as possible alternate routes.

Visit <http://hidot.hawaii.gov/highways/roadwork/>.

25 / Saturday

Alternate Way to K-Bay — The H-3 freeway will be closed in the Kaneohe-bound direction between the Halawa interchange and the Likelike Highway underpass, 7 p.m., until 7 a.m., Sunday morning.

Plan extra travel time and use alternate routes such as the Likelike Highway or Pali Highway.

27 / Monday

Montgomery and Ben-net — There will be a full road closure at Shafter’s Pierce Street, between Montgomery and Ben-net Drives, to repair and repave the road. The road closure should conclude July 6.

28 / Tuesday

Flagler — There will be

a partial road closure at Schofield’s Flagler Road, between Foote Avenue and Waianae Avenue.

The closure will take place, 9-10 a.m., in order to facilitate the 2-35th Infantry Regiment’s commemoration ceremony celebrating the unit’s storied history.

The traffic circle at the end of Macomb Road will not be obstructed at any time.

July

9 / Saturday

Shafter/WAAF Power Outages — Power outages will affect Shafter buildings 502, 505, 515, and the armory, 8 a.m.-3:30 p.m.

Wheeler also has a scheduled outage, 7 a.m.-3 p.m., that will affect housing units 502, 508, 512, 514, 516, 518, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, and 527.

Three ways to celebrate Internet Safety Month

DEPARTMENT OF HOMELAND SECURITY
News Release

June is Internet Safety Month. As we all know, kids are spending more and more time online as well as on their mobile devices. Though this increased connectivity has improved our lives in many ways, it also brings increased risks. For children and teenagers these risks include cyberbullying, online predators and other online threats.

Just like we teach our children not to talk to strangers and to look both ways before crossing the street, it is critical we teach them about online safety and how to behave properly online.

The “Stop.Think.Connect.” campaign, the Department of Homeland Security’s national cybersecurity awareness campaign, encourages parents to talk with their children and those in their community about the importance of online safety. Here are three ways to celebrate Internet Safety Month with your family and community:

•**Initiate the conversation.** Kids look to their parents to guide them. Start conversations with your children early and regularly about practicing online safety. Find materials to help you start the discussion with your kids or students in the “Stop.Think.Connect.” toolkit.

•**Create an open and honest environment.** Be supportive and positive when talking to children about online safety. Create an environment with kids where they can feel comfortable coming to you, or a trusted adult, if they see something online that makes them feel uncomfortable.

•**Get your school involved.** Reach out to your child’s school to see if they incorporate online safety into their curriculum. As we all spend more



and more time connected to the Internet, it is important to think about how practicing safer online habits is a year-round effort, not something to work on solely in June.

Online Resources

Visit the “Stop.Think.Connect.” campaign at dhs.gov/stopthinkconnect for more online safety resources, tips, and information on how to get involved with the campaign.

FOSI

The Family Online Safety Institute, a “Stop.Think.Connect.” campaign national network partner, provides advice, tips and tools that empower parents to confidently navigate the online world with your kids.

- Three Teachable Moments tool
- 7 Steps to Good Digital Parenting tool
- Parenting in the Digital Age research report
- GDP: Setting Ground Rules video

Visit www.FOSI.org for more information on resources available to you.

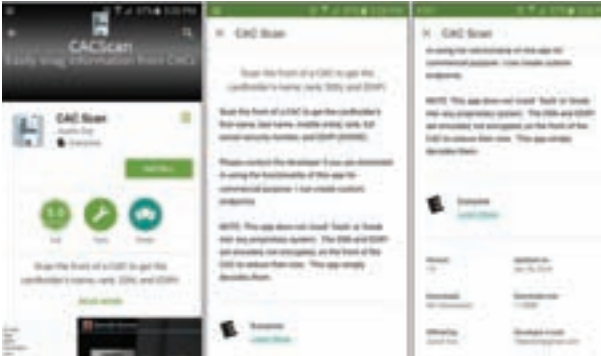
Keep your PII safe, don’t download any CAC apps

COMPUTER CRIME INVESTIGATIVE UNIT
U.S. Army Criminal Investigation Command

CAC Scan, a free application for Android devices, was recently released on Google Play. With it, users could scan the barcode on the front of Common Access Cards, which contain some personally identifiable information (PII) such as the name, social security number, rank, and Department of Defense ID number of the CAC cardholder.

Do not download or use any application designed to read the barcode, magnetic strip, or integrated circuit chip on your CAC. The application could be sending your PII to people you don’t want to send your PII to!

Neither CAC Scan nor any other CAC reader application available for download via an app store are sponsored or endorsed by the Department of the Army.



Courtesy graphic

General Tips about Mobile Apps:

•Before downloading, installing or using any application, take a moment to review the “About the Developer” section. This gives you information about

other apps the developer has published. If available, visit the developer’s website and assess its content for things like history, professional appearance, etc.

•Apps that purport to allow access to military or government sites should only be installed if they are official apps and downloaded through official channels.

•Checking user ratings and reviews gives you a sense of the veracity of the application’s claims. Inarguably, no app is completely perfect for all users, but complaints about security concerns should quickly stand out from other relatively benign issues.

•If you’re unsure and inadvertently download an app, inspect your device’s application permissions screen to determine what other applications or information will be accessed by the app. A video game, for example, is unlikely to have a legitimate need to access your contacts.



DAUGHTRY

TO APPEAR AT SCHOFIELD BARRACKS

Get ready for Kelsea Ballerini

Courtesy photos

CHRISTINE CABALO
Staff Writer

Ready to rock out, the band Daughtry is performing July 4 at Schofield Barracks with front man Chris Daughtry at the mike. Their concert in Hawaii comes in between touring and working on their next album. The former “American Idol” contestant answered a few questions in an exclusive Hawaii Army Weekly interview:

HAW: What are you most looking forward to enjoying while in Hawaii?

Daughtry: “We love being in Hawaii. We’ve been in Hawaii before, I wish we could do a whole tour playing here.”

HAW: What’s the best part about performing live?

Daughtry: “Nothing compares to it. You’re singing, maybe you’ve sung something multiple times, and with a crowd singing with you it never gets old. Songs that are 10 years old get a new life to it by playing them live.”

HAW: Will fans hear any of the new songs you and the band are working on?

Daughtry: “With our writing process we’re trying to get something out and not rushing it. We want it to be right, so we’re not rushing. It will definitely be an album.”

HAW: Do you have any personal connections to service members?

Daughtry: “I have a lot of family members who have served in the military. My brother is in the National Guard. We love supporting (the military community) and bringing a smile to their faces as they escape from the daily grind.”

HAW: What did you do in Hawaii before?

Daughtry: “The last time we were here I had a few days, so I got in some surfing lessons. I love to surf and enjoy the beach.”

HAW: Do you have anything you want “Hawaii Army Weekly” readers to know?

Daughtry: “We can’t wait to see you! We’ll be doing new songs off our greatest hits album, our popular songs and we’re going to put out the best show.”

CHRISTINE CABALO
Staff Writer

Kelsea Ballerini will be busting out her guitar to play her top hits to hundreds of Department of Defense ID cardholders anticipated to attend the free Fourth of July Spectacular at Weyand Field. The country-pop songwriter is scheduled to take the stage at Schofield Barracks, July 3. Her album, “The First Time” is available by digital download, CD and on vinyl. Her professional career launched when she was signed to Black River Entertainment when she was only 19 years old. Her latest single this year, “Peter Pan,” reached 77,000 sales in May. Ballerini’s performance at Schofield Barracks isn’t the first time she’s played to military audiences. In 2015, she was one of several opening acts for the “Six String Salute to the Champs” held at Fort Benning, Ga. She has also performed at several prestigious country music venues, including the Grand Ole Opry. She has also been on tour with several pop and country acts, including Lady Antebellum, Hunter Hayes, Sam Hunt and Rascal Flatts. In March 2016 Ballerini won the Academy of Country Music Award for new female vocalist. Previous winners of the award include Carrie Underwood and Miranda Lambert.

National Guard, local students perform in fellowship concert

Story and photos by
SPC. PAUL BERZINAS
Hawaii Army National Guard

PEARL CITY — Hawaii Army National Guard Soldiers and local students joined together to perform at a music fellowship concert at the Pearl City Cultural Center, June 12. The event was the result of an outreach effort made by the 111th Army Band. The concert, performed in front of family and friends, was the culmination of a weekend-long outreach mission conducted by the band in order to mentor local students. “This mission is about community outreach,” said Sgt. 1st Class Patrick Okubo, a team leader in the 111th Army Band. “We’re reaching out to the high school and college students and giving them the opportunity to be a professional musician for a weekend.” According to Okubo, professional musicians generally have less time to prepare for a concert than students in band classes do. This is a valuable experience for any student pursuing music as a career, Okubo said. “In general, we’re teaching them how to be professional musicians and put together a concert and adjust to changing conditions,” Okubo said. “That’s something that most of them aren’t used to.” The students are also given the

chance to perform in smaller musical ensembles consisting of only a handful of musicians, the team leader said. Performing in these small teams allows the students to gain experience as soloists. “Rather than being hidden in a band of 70 people or so, they’re one of five voices,” Okubo said. “So it really gives them a chance to be heard.” The experience of working with the band was not what Wryen Waniya, a trumpet player and a junior at Punahou School, expected it to be. “The Soldiers are so welcoming,” said Wryen. “You hear about the military and you expect them to be really strict, but the Soldiers here are really relaxed.” While the band spent much of the weekend mentoring the students, the band members also learned new things from working with the students, Okubo said. “I’m learning from a clarinet player who is a college graduate in music,” he



Staff Sgt. Nathan Lee performs alongside Switcelle Rubonal at the Pearl City Cultural Center in Pearl City, June 12. This is the first year the 111th Army Band has held such an event.

said. “She’s a better player than I am, so I’m learning from her, while at the same time we’re teaching the younger kids about music techniques.” According to Okubo, this is the first year the 111th Army Band has held this event. “Now that we’ve done the first event, I’m hoping that we’ll be able to do it

annually,” he said. Wryen is looking forward to playing in the next fellowship concert. “It was such a good experience working with the Soldiers, they perform at a professional level, so we really learned a lot,” Wryen said. “If this event happened again next year I’d be willing to come.”



Sgt. 1st Class Patrick Okubo rehearses on an acoustic guitar alongside Raistlin Ramos, who keeps the beat with a cajon drum beat box. The students also had the opportunity to play in smaller musical ensembles during the event.



The HIANG 111th Army Band performs in a music fellowship concert with Pearl City students. The concert was the culmination of an outreach effort made by the Soldiers of the 111th Army Band in an exchange of knowledge between students and National Guard musicians.



Briefs

Today

Networking & Interviewing — Networking is vital when you are searching for a new job. Find out about networking, using social media and develop your LinkedIn profile during this two-hour professional seminar.

Successfully work a job fair in person and virtually. Practice with mock job interviews. The class is scheduled from 10 a.m.-noon in Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

Right Arm Night — Celebrate the Army’s 241th Birthday at Right Arm Night! Enjoy pupus and live music from the 25th ID Band “One Nation.” This event is open to all ranks, Department of Defense civilians, and spouses. 5-7 p.m. Nehelani, 1249 Kolekole Rd., Schofield Barracks. For more information, please call 655-4466.

Paint and Sip — Anyone can be an artist! Get ready to be inspired to create your own masterpiece while enjoying our signature drinks and food. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies will be provided. \$30 per person (beverage included). Event is from 7-9 p.m. Preregistration is required. For more information, call 655-5698 or visit: Tropics, Foote Avenue, Bldg. 589.

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. Parenting 101 is scheduled every second and fourth Friday from noon-1 p.m. The class is held in the Schofield Barracks ACS Bldg. 2091. Please call 655-4ACS for more information or to register.

HAVE AN OUTDOOR ADVENTURE



OUTDOOR RECREATION
COME PLAY OUT SIDE

MONTHLY PROGRAMS

- 7th:** Mountain Biking
21st: Surf
28th: Mountain Biking Level 2
- 4th:** Adventure Stand-Up Paddle Boarding 101
18th: Surf
- Check out Island Divers**
located at OOR for all your scuba needs
808-423-6222
www.IslandChartersHawaii.com

CUSTOMIZED PROGRAMS

Adventure and Organizational Day Activities:
7 days a week, 4 hour sessions, minimum 5 participants, prices vary

PT Programs: Mon-Fri, 2 hrs between 8am & 5pm, minimum 10 participants, \$10/person *

*Active Duty Soldiers Only

EDGE AND HOME SCHOOL YOUTH PROGRAMS
The Adventure Project and Home School Program provide after school and weekend opportunities for 5-12 year old children and youth to experience outdoor, group and individual activities, learning, and fun. Activities include: mountain biking, stand-up paddle boarding, and more.

HAWAII PET EXCHANGE
Adopt a pet from a local owner. Find a pet for your family. Pet exchange is a great way to find a pet for your family. Pet exchange is a great way to find a pet for your family. Pet exchange is a great way to find a pet for your family.

EQUIPMENT CENTER RENTALS

- Water sports - kayaks, lounge boards, surfboards, SUPs, John Boat, etc.
- Sports Equipment - surfboard, flag football, bag of wets, horse shoes, bikes, various balls, etc.
- Camping - coolers (caches with ice), water pump, tent, (4 & 6 person), stove, lantern
- Party Equipment - Canopies, chairs, tables, party games, BBQ grill (Char), Machines, cotton candy, shave ice, popcorn, gas blenders, etc.
- Others - 10-12 Trailers, Bicycles, including water and center, drinking shoes and shade

425 Ukiah Way, Bldg 2710, Schofield Barracks
808-655-0143 | HMWR.com

25 / Saturday
Texas Hold'em Poker — Come show us your best poker face! Sign-in 6-7 p.m., games start at 7 p.m. Service fee \$10 per person, minimum 20 people to play. First place poker winners receive \$75, second place winners receive \$50 and third place winners receive a \$25 Exchange gift card.

For more information, please head down to Tropics, Foote Avenue, Bldg. 589. For more information, call 655-5698.

26 / Sunday
PS4 Tournament: PS4 Madden 16 — Do you have game? Come out to Tropics and prove it. Join us every Sunday and play Madden 16. Sign-up begins at 11 a.m., games begin at 11:30 a.m. There is no fee to play in this tournament.

First place video game winners receive \$25, second place winners receive \$15 and third place winners receive a \$10 Exchange gift card. For more information, please call 655-5698 or visit: Tropics, Foote Avenue, Bldg. 589.

27 / Monday
Stress Solutions — In this

basic workshop, we identify the causes of stress as well as how stress affects our lives. We share techniques such as positive self-talk and how to not take things personally.

We also introduce a variety of relaxation techniques. On the second and fourth Monday of every month. Schofield Barracks ACS Bldg. 2091. Call 655-4ACS for more information or to register.

28 / Tuesday
Pre-School Story Times — Pre-School Story Times at Fort Shafter is available for children 3-5 years old listen to stories and sing and dance. The “Fairy Grandmother” will be a special guest. The event is scheduled from 10 a.m.-10:45 a.m. at 181 Chapple Road, Bldg. 650, Fort Shafter. For more information, please call 438-9521.

29 / Wednesday
Pre-School Story Times — Children at Schofield Barracks can listen to stories every Wednesday during the summer. The “Fairy Grandmother” will be the special guest Wednesday. Storytime runs from 10-10:45 a.m. at 1565 Kolekole Avenue, Bldg 560, Schofield Barracks. For more information, 655-8002.

30 / Thursday
Pre-sale tickets — This is the last day for rides and games pre-sale tickets for the Fourth of July Spectacular. Get a discount on your ride and game tickets. Buy 20 tickets for \$15 (\$20 value). Tickets can be purchased at Outdoor Recreation, Leisure Travel Services and Bowling Centers. For more information, please call 655-0002.

10-Miler Qualifier — Register today for only \$25 by 4 p.m. at any USAG-Hawaii MWR Physical Fitness Center. For more information, call 655-0856.

1 / Friday
Grill your Own Steak Night — Join us for Grill your Own Steak Night at the Hale Ikena, Bldg. 711, Morton Dr., Fort Shafter. For more information, please call 438-1974.

4 / Monday
Independence Day food trucks — Try something different at one of the many trucks providing food to crowds for July 4. Food will be served from 11 a.m. to 8 p.m. near Weyand Field. Vendors will include Donnie’s BBQ, Tasty Jamaica and Serg’s Mexican Kitchen.

Also, notary services and powers of attorney are available. Visit SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm. 110C, 438-2627.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check GoAkamai.org before leaving work or home.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m., providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel, and more. Call 433-2271.

Naval Air Museum — This nonprofit museum, located in Bldg. 1792, Midway Road, Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7, adults, and \$5, keiki, under 18. Visit www.nambp.org or call 682-3982.

Online Academic Support — Tutor.com is a Department of Defense-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.



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

Today
Bon Dance — Wahiawa Hongwanji Mission is hosting its annual bon dance, 6-10 p.m., June 24-25. There will be food, entertainment, a silent auction and game booths. The public is welcome to practice dancing at the temple on Thursdays from 7-9 p.m. and Sundays from 2-4 p.m. with experienced instructors. Admission is free. Food will be available for purchase. Visit wahiawashin buddhists.org or call 622-4320.

50th State Fair — The 50th State Fair wraps up its summer at Aloha Stadium this weekend, June 24-26. The 50th State Fair is one of the largest annual events in the state and provides affordable entertainment for Hawaii’s families. Bringing thrills and excitement to its midway with rides, games, food and fun.

- Fridays: 6 p.m.-midnight
- Saturdays: 4 p.m.-midnight
- Sundays: noon-midnight

For more information call 682-5767 or visit <http://ekfernandezshows.com>.

25 / Saturday
Sports Physicals and Immunizations — Back-to-school walk-in check-ups at the TAMC Family Medicine Clinic are available, 8 a.m.-noon, June 25

and July 9 & 23. Bring military IDs and immunization records. Open to all TAMC Medicine Clinic enrollees ages 4-18. Call for a scheduled appointment at 433-2778.

26 / Sunday
Adolescent Summer School/Sports Physicals — Sunday appointments available for ages 4-11 on June 26, July 10 & 24 and Aug. 7 & 21 at TAMC Pediatrics. For adolescents, ages 12-plus, appointments are available on June 26, July 10 & 24 and Aug. 14 & 21. Schedule at Central Appointments at 433-6697.

Sustainable Summer Day Festival — University of Hawaii-Manoa hosts a free festival with environmental learning and conservation-related fun, 11 a.m.-3 p.m. Also check out their Kids First film fest, 12:30-6:15 p.m., at the campus center courtyard. Parking is free on Sundays. Visit www.summer.hawaii.edu or call 956-9246.

Culture Club — Boy George brings the original gang to the Blaisdell Arena, 8 p.m., for a night of 80’s music and camp. Tickets begin at \$69.50. Tickets available online through Bamp-project.com/ticketmaster.com. or phone 1-800-745-3000.

29 / Wednesday
Community Information Exchange — The U.S. Army Garrison-Hawaii Senior Commander hosts this forum for community briefs and feedback, 9 a.m., SB Nehelani.

Tropical Wednesdays — On June 29, the Honolulu Zoo will be hosting a performance by Hoku Zuttermeister. Come down to the Honolulu Zoo Wednesday afternoons in June, July and August for Tropical Wednesdays. The event includes live local music, keiki activities and prizes. There will also be plate lunches and snacks available. Closing night is Aug. 10 and will feature a surprise performer. The participation fee is \$3 per person over age 2. Gates open at 4:35 p.m. Music starts at 6 p.m. No alcohol or high-back chairs are allowed. For more information, call 926-3191.

Ongoing
Red Cross — Three volunteers are being sought to help the Red Cross response to the devastating damage from the recent Texas floods and tornadoes. Visit redcross.org, call 1-800-RedCross, or text the word TXFLOODS to 90999 to make a \$10 donation. Donations will be used to prepare for, respond to and help people recover from these disasters.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel. The offices provide assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs and more.

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks
SKIES: Schools of Knowledge,

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

worship Services

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

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

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH

Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 10 a.m. at WAAF



Neighbors 2: Sorority Rising (R)
Fri., June 24, 7 p.m.

Ratchet & Clank (PG)
Sat., June 25, 4 p.m.



Family Night: Zootopia (PG)
Sat., June 25, 7 p.m.

Ratchet & Clank (PG)

Sun., June 26, 5 p.m.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare

SPC. TYNISHA DANIEL
319th Mobile Public Affairs Detachment
Many service members have difficulty transitioning from a life in uniform to a life without one. Whether it's returning home from war or a lengthy deployment, the challenge of adjusting to civilian life can be both mentally and physically trying.

Army veteran (Sgt. 1st. Class) Fred Lewis, a member of the U.S. Special Operations Command team at this year's Warrior Games, can attest to that.

On Aug. 8, 2008, Lewis was wounded on the battlefield resulting in a series of injuries including hearing loss, seizures, migraines, tendonitis and post traumatic stress disorder. Shortly after receiving these injuries, he was discharged from active military service.

"I needed to find my purpose again," said Lewis. "One day the Army was my entire life and the next I was out."

His transition from military to civilian life was difficult, Lewis continued.

"When first discharged I turned into a hermit and basically went into hiding," he said. "I just wanted to be away from everything."

In effort to ease into civilian life, Lewis worked as a government-contracted instructor teaching at the U.S. Special Operations Combat Medic Course at Fort Bragg, N.C.

"I loved the job but being around that environment was not conducive to my healing," said Lewis.

Taking on the role of instructing Soldiers in his previous occupation in the military so soon after his injury and being in a military environment was stressful explained Lewis. After three years of teaching, he and his family picked up and moved to Hawaii and it was there that he found that purpose.

"I put myself in the best environment I could and tried to make sure I was healthy and happy by not being around negative energy and stress," said Lewis.

Although medication or adaptive sports like Warrior Games can play a big part in healing, there are other ways for personal healing and growth, according to Lewis.

"I enjoy hiking, stand-up paddleboarding, running and I grow my own food," said Lewis. "I once



Photo at left by Spc. Michel'le Stokes, 55th Combat Camera

Pfc. Tianna Wilson, 55th Combat Camera

1- Army veteran (Sgt.) Blake Johnson, of Honolulu reaches for a shot during a Warrior Games wheelchair basketball match, June 18. 2- Johnson participates in swimming training, June 11. Both events took place at Arvin Gym, West Point.

had a garden the size of a football field."

He considers all of these activities as ways of coping with his transition. To raise awareness for wounded veterans and assist in their healing, Lewis and a team of seven other veterans established Vetscape in December 2015. Vetscape educates and trains veterans on ways to combat PTSD and disabilities through challenging mental and physical activities in a supportive environment. The nonprofit organization aims to teach veterans how to take care of themselves and reintegrate into their communities.

"It's all about helping to establish a purpose in life again, and teaching vets how to feel good about themselves," said Lewis.

To learn more about USSOCOM's Care Coalition transition programs, visit <http://www.socom.mil/Care%20Coalition/Transition.aspx>.



Photos by Spc. Tynisha Daniel, 319th Mobile Public Affairs Detachment

3- Army veteran (Sgt. 1st. Class) Fred Lewis of Lahaina conducts conditioning drills in preparation for the 2016 Department of Defense Warrior Games, June 12. 4- Lewis is advised in his conditioning drills by coach Connie Moore.

Does size really matter (in marriage?)

I’m still a little sore from dancing like a madwoman at my cousin’s wedding last weekend. She, a doctor, married a lawyer, and they spared no expense for the nuptial events — the finest country clubs, gourmet foods, open bars, and a 12-person band that brought everyone to the packed dance floor until midnight. And now my cousin and her husband are lounging on a white beach on a French-speaking Caribbean island.

Now, that’s the way it’s done ... right? Any wedding magazine would tell you, “You deserve only the best for your big day! It’s a once-in-a-lifetime thing, so don’t waste this opportunity to treat yourself! A humongous ring, a gazillion roses, pure silk, fine china, cut crystal, surf and turf, spa treatments, and of course, a honeymoon that’s simply to die for. Paris, Bora Bora, the Bahamas, Tuscany -- that’s what you deserve! You don’t want your entire marriage to get off to a mediocre start, do you?”

My engagement ring, a modest-sized gold solitaire, seems to have gotten smaller over the years, which might be due to the fact that it’s always gunked up with something or another. My plain quarter inch wedding band has been dulled by constant wear. For over two decades, both rings have been permanent fixtures on my left hand (especially since I jammed my fingers catching a football at the beach a few years ago), which is



now dappled with the beginnings of liver spots and crisscrossed with tiny wrinkles.

Back in the spring of 1993, my then-fiancé, Francis, was in his second tour of duty in the Navy, so he bought the best ring his nonexistent budget and low-limit credit card could buy. With the ring in his pocket, Francis knelt down between two tables at our favorite Italian restaurant in Pittsburgh one night, and asked me to be his wife.

I tried to cut wedding costs wherever I could – making my own veil and center-pieces, decorating the church, baking cookies for the reception, hiring an amateur DJ instead of a band. Everything went off without a hitch.

Afterward, we spent a night at the Pittsburgh Airport Best Western, complete with “honeymoon package” – a metal ice bucket with sparkling cider and two plastic glasses – before flying to Bermuda for our honeymoon. We had rented a tiny pink cottage named “Halfway to Heaven” with outdated furnishings and a few resident Palmetto bugs hiding in the kitchenette. The weather was not as warm and sunny as we had hoped, but



Photo courtesy of Lisa Smith Molinari
The author of “Meat and Potatoes of Life” thinks back to the beginnings of her own marriage and engagement.

we got the cottage cheap because it was the middle of hurricane season.

Twenty-three years later, do I wish Francis had spent a little extra to get me a bigger diamond? Do I wish we had splurged on roses and limos for our wedding? Do I wish we had just shelled out a few more bucks to honeymoon somewhere that wasn’t in the midst of a tropical depression?

Here’s the thing:
Back when we were scrounging for the money (or available credit) to spend on our wedding and honeymoon, we were so goofy, cheesy, silly, corny, stupid in love, that we were clueless. Mention that time in our relationship to any of our relatives, and they will roll their eyes and huff, “Oh brother, you guys were so annoying.”
We were in that ridiculous stage when you can’t keep our hands off each other. When you look into each other’s eyes a lot and giggle. When you talk incessantly about how much you love each other’s freckles, hair, eyes, lips and toenails. When you think that everything that happens is serendipity.

To us, our honeymoon could not have been more romantic – everything from the stormy skies to the Palmetto bugs had some kind of romantic meaning. Blinded by love, “Halfway to Heaven” seemed like Pure Heaven to us.

So now, when I look down at my plain gunked-up solitaire ring, I don’t want a bigger one. My ring symbolizes that lump-in-the-throat feeling of being utterly in love, regardless of financial or practical limitations. My ring reminds me that, as long as we splurge on love, size really doesn’t matter.

(Editor’s Note: Lisa Smith Molinari’s blog can be found at www.themeatandpotatoesoflife.com.)

Choosing the Exchange pays off

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS — Last year, local Army & Air Force Exchange Service patrons generated \$953,290 last year for Army and \$2,322,329 for Air Force quality-of-life programs, making Hawaii Exchange a better place to work while promoting readiness and resiliency.

In 2015, the Exchange contributed \$237 million to military quality-of-life programs around the world, up \$13 million, nearly 5.5 percent from the previous year. In the past 10 years, the Exchange has generated more than \$2.4 billion in dividends to youth services, family counseling, physical fitness programs and other activities that improve life for military members and their families. At Hawaii Exchange, these programs include Mamala Bay Golf Course and Hickam Harbor Marina. One hundred percent of Exchange earnings support military members and their families.

“Roughly two-thirds of Exchange earnings are paid to military quality-of-life programs,” said Hawaii Exchange General Manager Robert Rice. “The remaining third is used to build new stores or improve Exchange facilities to improve customers’ shopping experiences.”

Exchange benefits mean more than finding a good price on merchandise. The Exchange’s mission is to provide quality goods and services at competitively low prices while generating earnings to support quality-of-life efforts. Shoppers who take advantage of their benefits at the Hawaii Exchange or online at www.shopmyexchange.com are working to improve their communities.

“When customers shop and dine at the Exchange, they are investing in their own community, making it a better place to live and work,” Rice said.

The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and services provided.



WILLIAM SALLETT
Tripler Army Medical Center
Public Affairs Office

Tobacco use is the leading preventable cause of death in this country, with 443,000 deaths annually. Those subjected to secondhand smoke exposure have a higher risk of heart attacks and cancers. The U.S. Surgeon General has emphasized that there is no safe level of secondhand smoke. Of particular concern to the Department of Defense is widespread smokeless tobacco use. Studies have shown smokeless tobacco causes oral health problems and cancer. Every day, Tripler Army Medical Center personnel are treating the adverse and costly health

Quit Tobacco

effects of tobacco use among our health care beneficiaries. Health care organizations have a mission to improve the health of individuals and communities they serve. All service members and beneficiaries can discuss quitting with their health care providers and enlist their friends and family as support. We encourage service members and other TRICARE beneficiaries who use tobacco to review resources at DoD’s tobacco cessation website, www.ucan-quit2.org, which is specifically oriented to DoD service members, veterans and families.

For details on Smoking Cessation classes and programs, contact your Primary Care Manager at 808-433-2778.