



Photos by Spc. Patrick Kirby, 3rd Brigade Combat Team, 25th Infantry Division
Mortar teams with Headquarters Company, 2nd Battalion, 27th Inf. Regiment, 3rd BCT, 25th ID, fire a 120 mm mortar at Aibano Training Area, Japan, Sept. 13, as part of Orient Shield 2016.

Orient Shield 2016 is a military, cultural exchange

STAFF SGT. MARGARET TAYLOR
29th Mobile Public Affairs Detachment
Maryland National Guard

AIBANO TRAINING AREA, Japan — “Broncos” from the 3rd Brigade Combat Team, 25th Infantry Division, and soldiers from the Japan Ground Self-Defense Force, stood shoulder-to-shoulder, Saturday, to kickoff Orient Shield 2016.

While much of the exercise revolves around trading military best practices and tactical planning and coordination, the overarching theme of the mission is cultural exchange.

“Mutual understanding is the most important and basic factor when conducting bilateral operations and this bilateral exercise,” said Lt. Gen. Ryoji Sunami, commander, 3rd Division, Middle Army, JGSDF.

To facilitate that understanding, evening activities in the Friendship Hall on Aibano introduced U.S. Soldiers to various local customs and activities – from origami folding to group games – while allowing Japanese and Americans to mingle. Also, trips to the surrounding towns and cities let the U.S. service members experience their hosts’ culture firsthand.

The understanding generated by the cultural exchange strengthens the relationship between the two countries.

“The world continues to be a complex and chaotic place,” said Maj. Gen. James F. Pasqualette, commander, U.S. Army-Japan. “The fact that Orient Shield is taking place right now in Japan highlights the importance of the U.S.-Japan alliance in the security of this region.”

Orient Shield first took place in 1985. It is an annual, bilateral, tactical field training exercise co-hosted by the JGSDF and the U.S. Army Pacific Command.

Orient Shield 16 is the 31st iteration of



the Japan-based exercise series.

The Orient Shield venue rotates among the five JGSDF regional armies; this year, the exercise is hosted by 3rd Division, Middle Army.

The primary American unit participating is the 3rd BCT. Approximately 1,600 U.S. and JGSDF personnel are taking part this year.

“This exercise is a tangible sign of the strength of the security alliance between the governments of Japan and the United States,” Pasqualette said.

Left—Spc. Eric Villigan, a medic with Headquarters Company, 2-27th Inf. Regiment, practices the art of calligraphy to reproduce the symbol for beauty at Aibano Training Area, Japan, Sept. 8.

During Orient Shield 2016, Soldiers get a chance to interact with their Japanese counterparts in cultural activities, such as calligraphy.



Right—Soldiers with the U.S. 25th and 2nd IDs and members of the JGSDF gather together for the Orient Shield 2016 welcoming party, Sept. 9.

The annual exercise strengthens the bonds of the security alliance between Japan and the U.S.

Virtual town hall open to address community concerns

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, Sept. 20, 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 an hour and a half 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.

Posting Tips
Follow these tips for best interactions:

- Be proactive.** Post your installation-wide concern in the days and hours prior to the live event – before the page gets extremely active.
- Be specific.** Include as much detail as possible, including items like the neighborhood, street and intersection, if applicable.
- Be patient.** Reposting your question doesn’t get it answered faster. All original comments posted before or during the town hall will be answered in a couple days.

Virtual Participation
Anyone wishing to participate should visit www.facebook.com/usaghawaii and click on the “Events” tab to get to the Sept. 20 event.



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North Korean nuclear test condemned

CHERYL PELLERIN
DoD News
Defense Media Activity

WASHINGTON — President Barack Obama and Defense Secretary Ash Carter condemned North Korea’s latest nuclear test in the strongest possible terms, and both leaders reaffirmed to regional allies America’s unwavering commitment in the face of Pyongyang’s aggression, Sept. 9.

Obama issued a statement the same day about the Sept. 9 North Korean nuclear test, and Carter discussed the test at the start of a press conference Sept. 9 with Norway’s Defense Minister Ine Marie Eriksen Soreide at the Gardermoen Air Station near Oslo.

The nuclear test produced a blast that, according to the U.S. Geological Survey, registered magnitude-5.3 on the seismic scale and was located 19 kilometers east northeast of Sungjibae-gam, North Korea.

It was North Korea’s second nuclear test this year and its fifth nuclear test in total.

Consequences for North Korea

“Last night I returned from the G-20 and East Asia Summit meetings in Asia where my counterparts and I were united in our call for North Korea to return to the path of denuclearization,” Obama said in his statement.

“Upon hearing the news of the test, I had the opportunity to consult separately via phone with Republic of Korea President Park Geun-Hye and Japanese Prime Minister Shinzo Abe,” he added. “We agreed to work with the U.N. Security Council, our other Six-Party partners and the international community to vigorously implement existing measures imposed in previous resolutions.”

They also agreed, he said, to take other significant steps, including new sanctions, to demonstrate to North Korea that there are consequences to its



Photo by Missile Defense Agency

The Missile Defense Agency’s flight test ground-based interceptor launches from Vandenberg Air Force Base, Calif., June 22, 2014.

unlawful and dangerous actions.

Obama said he restated to Park and Abe, “the unshakable U.S. commitment to take necessary steps to defend our allies in the region, including through our deployment of a terminal high-altitude area defense, or THAAD, battery to the ROK, and the commitment to provide extended deterrence guaranteed by the full spectrum of U.S. defense capabilities.”

The president said that the United States does not and never will accept North Korea as a nuclear state, adding that Pyongyang’s provocative and destabilizing actions have isolated and impoverished its people through its relentless pursuit of nuclear weapons and ballistic missile capabilities.

“Today’s nuclear test, a flagrant violation of multiple U.N. Security Council Resolutions, makes clear North Korea’s disregard for international norms and standards for behavior and demonstrates it has no interest in being a responsible member of the international community,” the president said.

Destabilizing Act

Before he began his press conference in Norway, Sept. 9,

Carter announced that he had just spoken to South Korea’s Minister of Defense Han Min-goo about North Korea’s latest nuclear test, an act the secretary said constitutes a direct challenge to the international community.

“I affirmed to Minister Han that we stand with our South Korean ally in strongly condemning this action, and I reaffirmed our ironclad commitment to the defense of South Korea and our other allies in the region,” Carter said.

“U.S. forces on the Korean Peninsula are always ready, and this is true every single day, to ‘fight tonight,’” the secretary added, noting that he assured Han that the United States and the Defense Department are standing with South Korea and standing guard 24/7 to deter and defend against the North Korean threat with all aspects of U.S. extended deterrent capabilities, including conventional capabilities, missile defense and the nuclear umbrella.

“We also agreed that the international community, the United Nations Security Council and especially the other Six Party Powers must hold North Korea accountable for this lat-

est act and heighten the pressure on North Korea, especially through tightening of sanctions commensurate with the gravity of this act,” Carter said.

The secretary said he would stay in close contact with Han and other U.S. allies and partners in the region, and with U.S. commanders as the department monitors the situation and assesses next steps.

Assessment tool

Little is known now about the strength and composition of the nuclear device that North Korea tested Sept. 9, but a specially configured Air Force plane called the WC-135 Constant Phoenix soon will be flying over the region to collect data that will help experts discern such details, Pentagon spokesman Navy Capt. Jeff Davis said.

“The WC-135 ... collects particulate and gaseous effluents and debris from accessible regions of the atmosphere, and I think you can expect to see that aircraft flying in the region soon as part of our efforts to assess what happened,” Davis said.

According to the Air Force, aircraft modifications are related to the on-board atmospheric collection suite that lets the mission crew detect radioactive clouds in real time. The aircraft is equipped with external flow-through devices to collect particulates on filter paper and a compressor system for whole-air samples collected in holding spheres.

The air-sampling mission supports the Limited Nuclear Test Ban Treaty of 1963, which prohibits any nation from above-ground nuclear weapons testing. WC-135s are the only aircraft in the inventory conducting air-sampling operations.

The cockpit crew is from the 45th Reconnaissance Squadron at Offutt Air Force Base, Neb., and special equipment operators are assigned to Det. 1, Air Force Technical Applications Center at Offutt AFB.

Teamwork key to preventing suicides, experts say

DAVID VERGUN
Army News Service

WASHINGTON — Staff Sgt. Miguel Sierra vividly recalls himself and his staff handling logistical matters in the aftermath of a Sailor committing suicide.

As a behavioral specialist and the noncommissioned officer in charge of the U.S. Army Health Clinic at Schofield Barracks, Sierra said this and other instances stress the importance of teamwork – Soldiers monitoring for signs of distress in fellow Soldiers.

Nine years ago, Sierra said he recalls “after the fact training,” meaning that units provided suicide education only after a suicide.

“When that happened enough times, people realized the issue was more serious than it was,” he said.

Now, commanders and NCOs are getting the word out about suicide prevention. They’re being more proactive.

Commanders are now more respectful of doctors’ advice, and there’s much less pushback from them toward behavioral health psychologists or psychiatrists and social workers, he said. These clinicians are trained to deal with symptoms of suicide as well as traumatic brain injury and post-traumatic stress



Staff Sgt. Taresha Hill, 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Soldiers from the 45th Special Troops Battalion (now 25th STB), 8th MP, dismount a Black Hawk during teamwork and leadership training, Dec. 1, 2014. Unit training should also include suicide prevention.

disorder, which can sometimes be possible precursors to suicide.

One aspect of Sierra’s current job is meeting with Soldiers who have just returned from a deployment. During this “reintegration program,” he sits down with them and briefs them on the challenges they will face in returning to a peacetime environment and what opportunities and services are available should they feel depressed.

However, he added, just because a Soldier didn’t deploy

doesn’t mean he or she is at less risk for a suicide.

There was a time when Soldiers felt too ashamed or embarrassed to seek help for suicide, depression, PTSD and other behavioral health issues, he said.

“It is still not easy for Soldiers to come and see us, but over the last five years, we’ve done a good job in telling them it’s not a sign of weakness to seek help,” he explained.

At one time, thinking about, attempting or committing suicide was considered a selfish

act, he said. That only further alienated the person, and besides, it just isn’t true.

Now, commanders and first sergeants are even telling Soldiers about their own struggles with depression or PTSD, he said.

“Their testimony is even more effective than what I do. The message is, it’s okay to seek help,” he said.

Suicide ideation symptoms

Some symptoms of suicide, Sierra said, are Soldiers not interacting with their children, spouses or co-workers and behaving in unusual ways.

Lt. Gen. Nadja Y. West, surgeon general of the U.S. Army and commander, U.S. Army Medical Command, spoke Aug. 18, at a Defense Writers Group. She added to Sierra’s comments on symptoms.

Soldiers are the frontline people who can detect problems early, West said.

“Who knows what a person is like better than the person you’re with every day. That person can sense a demeanor change,” she explained.

She said that the first time a behavioral health specialist meets someone, he or she doesn’t know if that person is

See SUICIDE A-7

Voices of Ohana

Hispanic Heritage Month is celebrated Sept. 15–Oct. 15.
We wondered,
“Who is your favorite Hispanic hero?”
by 311th Signal Command (Theater) Public Affairs



“Paulo Coelho. He’s the author of one of my favorite books, ‘The Alchemist.’”

1st Lt. Emily Klinkenborg
Executive Officer
396th Sig. Co.
30th Sig. Bn.
516th Sig. Bde.
311th SC(T)



“Sofia Vergara. I think she’s hilarious with her over-the-top accent and whatnot. And everyone knows laughter is the best medicine.”

Spc. Nikko-Angelo Matos
Multimedia illustrator
311th SC(T)



“Roberto E. Clemente Walker from my hometown Carolina, Puerto Rico–National Baseball (1973) and Marine Corps (2003) Hall of Fame inductee, World Series Champion with the Pittsburgh Pirates (#21) who overcame not only color, but ethnicity discrimination and died (1972) in a plane crash in route to Nicaragua to assist with earthquake relief.”

Luis Nieves-Concepcion
Admin assistant
Operations
311th SC(T)



“Ellen Ochoa, the first Latina-American in space. When I was younger, not only did I do a school project on Ellen, but she got me interested in becoming an astronaut.”

Pfc. Kahlil N. Payne
SJA paralegal
311th SC(T)



“Mine would be Cesar Chavez. He was one of the individuals that helped pave the way for Latin-American civil rights in America.”

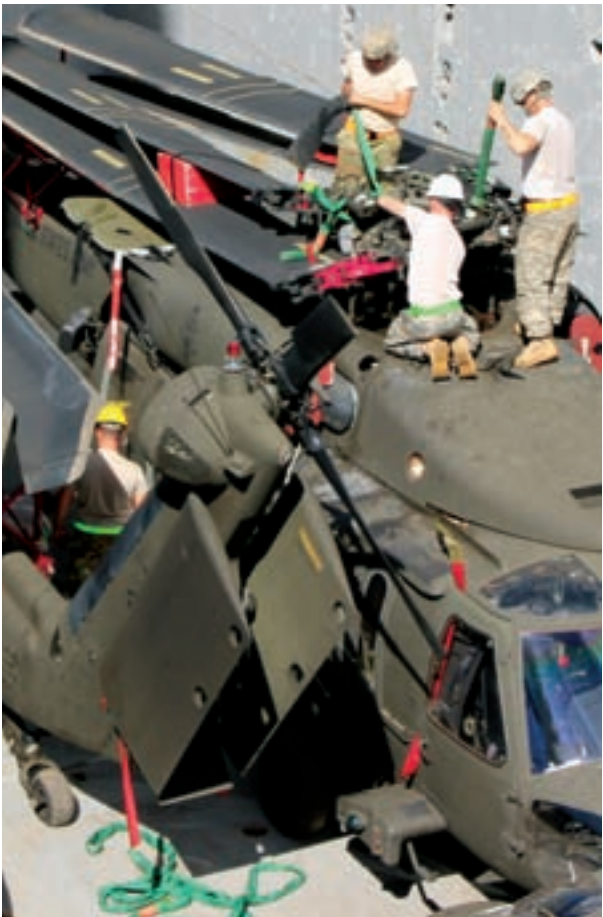
Spc. Mingha Tsai
Human resources specialist
Personnel
311th SC(T)

599th Trans. completes Pacific Pathways 16-2

Story and photos by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade partnered with Fleet Logistics Center Pearl Harbor to discharge 25th Infantry Division cargo and



25th CAB aviators prepare their helicopters for offload on the MV Ocean Glory’s ‘tween deck, Sept. 8, at FLC-PH.

equipment from the MV Ocean Glory, here, Sept. 7-9, in the last operation at Pearl Harbor for Pacific Pathways 16-2.

Christopher Hill, captain of the Ocean Glory since 2011, said two things that distinguished Pacific Pathways’ moves from others were the crew knew where they were going in advance of the next moves, and this was their first chance to work with the military.

“This is our eighth of nine ports for Pacific Pathways 16-2,” Hill said. “It has been one of the best voyages of my entire career. The professionalism on display by the U.S. Army and how they helped our crew has been amazing.

“As Americans, we are proud to do our part anyway, but this has been a pure pleasure,” Hill added. “I wish I could do this every day for the rest of my career. Working with the military hand-in-hand was a positive and unique experience.”

Frank Viray, 599th Transportation Brigade traffic management specialist, led the move for the 599th.

“We were slower than we wanted to be on Wednesday because the cargo we had to offload at West Loch was too heavy to be lifted off with their crane at the port,” Viray said. “They had to use the ship’s crane to lift it. That made us a couple of hours late to FLC-Pearl Harbor, so it slowed up the whole move.”

Capt. Kim Ellenburg, 836th Trans. Battalion operations officer, was the deployment and distribution management team leader for the offload.

“Everything is going good, just slow and steady,” Ellenburg said. “We got a slow start on Wednesday, but everything is going fine.

“We tailor the composition of the DDMT (deployment and distribution management team) to the piece count and whether the operation is a discharge or an upload,” Ellenburg said. “A full DDMT is eight people, but because this is a relatively small move, we only needed five personnel.”

This was the first port operation at Pearl Harbor for Sgt. 1st Class Blair Pierce, 836th Trans. Battalion operations noncommissioned officer.

“Most things are the same at Yokohama North Dock,



The MV Ocean Glory awaits cargo discharge after arriving at FLC-PH, Sept. 7.

as here, but the way the stevedores for FLC rig and lift are different.

“I was very impressed by the way the Army, Navy and civilians come together at Pearl Harbor to facilitate the discharge,” Pierce added. “I thought it was awesome.”

Greg Pangelinan, Guam Detachment traffic management assistant, worked cargo documentation. He said the move went without a hitch.

“We worked from 6 a.m. to 7 p.m. last night, and got everything off then, except for 24 pieces. Those came off first thing this morning,” Pangelinan said, Sept. 9. “All the cargo is accounted for, and the discharge of the cargo is all documented.”

In addition to members of the DDMT, Roy Miller transportation management specialist, Pacific Northwest Detachment of the 842nd Trans. Bn., was on hand to check the disposition of cargo that would remain onboard the ship to offload in Washington state.

“Miller’s presence in Hawaii clearly demonstrates SDDC’s (Military Surface Deployment and Distribution Command) efforts to synchronize operations between its brigades,” said Col. James Smith, 599th commander.

Viray said the first piece came off the ship at 2 p.m., Sept. 7, the last piece came off Sept. 9 before noon, and the Ocean Glory sailed at 2 p.m.

1-14th Inf. commemorates heritage w/road march around Oahu

STAFF SGT. CARLOS DAVIS
2nd Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Infantry Brigade Combat Team, 25th Infantry Division, is completing a road march, today, around Oahu’s shores, to commemorate the battalion’s heritage and casing of its colors.

The Golden Dragons have a noble and honorable history, having received numerous awards for bravery over the years.

The 1-14th Inf. will case its colors as part of the Army’s recent force structure and realignment, converting the former Stryker brigade to an infantry brigade.

Soldiers of the battalion will have walked more than 70 miles over a period of five days.

On Sept. 12, the road march began at Nanakuli Beach Park, and Soldiers were instructed to walk on the sidewalk and not in streets or traffic.

Scheduled stops along the route every hour and a half provided Soldiers breaks for food, to change their boots or socks, and to give them a chance to see a medic, if needed.

Stopping points on the Waianae Coast included Pokai Bay and Makaha Beach.

Throughout the march, no military vehicles were used on civilian roads.

Soldiers were bused back to Schofield Barracks at the end of each night after completing the required distance for the day. However, an overnight stay took place at Mokuleia Camp, Thursday evening.

The Golden Dragons spent two days walking along the North Shore, one day walking down the Windward Coast and one day walking from Schofield Barracks to Haleiwa Beach Park.

The Golden Ruck concludes on Schofield Barracks, today, where 1-14 Inf. Bn. will pay a final tribute to the battalion’s legacy.

Golden Dragons of the 1st Bn., 14th Inf. Regt. make their way along the Waianae coast during the Golden Ruck. The long march ends today.



Photo courtesy of retired Col. Don “Rock” Arakaki, Waianae Military Civilian Advisory Council

NYNG stands watch to prevent another 9/11

Part One of a three-part series on Empire Shield

ARMY NEWS SERVICE
News Release

NEW YORK — About 20 Soldiers from the New York National Guard attended the opening of a new shopping mall, here, Aug. 16, at the World Trade Center site in lower Manhattan, but they weren't there for the show, and they weren't there to shop, either.

Since 9/11, Soldiers with the NYNG have signed on as part of Joint Task Force Empire Shield, which places a military presence throughout New York City at transit hubs like Grand Central Station, Penn Station, LaGuardia Airport, and various bridges and tunnels.

Headquartered at Fort Hamilton, an active duty Army installation in Brooklyn, the task force is a response to the terrorist attacks of 9/11.

"Our mission is to deter and detect terrorism," said task force commander Lt. Col. Peter P. Riley. "We're not law enforcement. We're there to support law enforcement. We're not there to arrest people for minor crimes. We're there to deter terrorism and notice any type of inappropriate activity."

A native New Yorker, Riley was working at a financial institution across the Hudson River in New Jersey, just a short ride to the World Trade Center towers, when 9/11 happened. He had an appointment at the World Trade Center scheduled for the afternoon of Sept. 11, 2001, but he never made it.

"They got hit at 8:46 a.m. I called my wife and said the plane struck the World Trade Center," he recalled. "We didn't know about the second one, so we didn't think it was a terrorist attack at first. I could actually see it from our offices."

When the second plane hit the building, he evacuated.

The attack changed everything for Riley, he said. A young captain in the National Guard at the time, he was called up for duty with the Guard immediately after. He still remembers the support New Yorkers gave and showed for men and women in uniform.

"People clapping for the military, people cheering for the military, right after Sept. 11 happened – that was unique in NYC," he said. "Prior to that, you didn't



Photos by C. Todd Lopez

Sgt. Tiffany Roman and Spc. Omar M. Alkasimi, both part of Joint Task Force Empire Shield, stand in formation, Aug. 17, at Fort Hamilton, N.Y. Afterward, they will spend the day standing guard in one of several transit hubs around New York City, with the goal of detecting and deterring terrorism.

really have much appreciation or knowledge about what the military does here in the city."

Now, 15 years later, that's all changed. About 500 service members of all ranks from within the New York National Guard serve on the task force that Riley leads. Many of them are Soldiers, but Airmen and members of the New York Naval Militia serve as well.

Embedded in city's culture

Joint Task Force Empire Shield is made up of three companies – Alpha, Bravo and Charlie – that are tasked to cover different locations in the city. Some companies work an early morning shift, and some work a later shift. Soldiers are constantly rotated around the city.

"It keeps it new; it keeps it exciting," Riley said. "Nobody is going to get bored if they are at a different location each week, at a different spot. ... But it also keeps the bad guys on their toes."

New Yorkers see those service members at mass transit hubs around the city: armed American service members, typically in pairs, in uniform, wearing body armor and working in partnership with other agencies to keep the city safe.

The task force is a small part of a larger



Spc. Andres Medina Jr., with Joint Task Force Empire Shield, stands guard in Penn Station, in New York City, Aug. 17. His mission is to detect and deter terrorism.

counterterrorism effort within the city involving a variety of agencies, from the New York State Police to the Department of Homeland Security and the Federal Bureau of Investigation.

Service members who want to serve on the task force must already be members of New York National Guard. But the task force is a specialized unit and highly

selective.

"You have to get a letter of good standing from your unit, pass a physical training test, do weapons qualification and have a clean record," Riley said. "Then we conduct panel interviews."

(Editor's note: In Part 2, next week, get perspectives from a command sergeant major and company commander.)

Healing retreats may reduce PTSD symptoms

Story and photo by
DAVID VERGUN
Army News Service

WASHINGTON — Preliminary results indicate that therapeutic retreats can reduce post-traumatic stress symptoms in veterans and improve relationships for both veterans and their caregivers.

The results come from four-day healing retreats studied by the Institute for the Health and Security of Military Families.

During the retreats, participants were presented with a variety of activities, including PTSD education, acupuncture, yoga and art therapy, according to Dr. Briana S. Nelson Goff, director of the institute.

A varied approach

What works for one person might not work for another, Goff said. So the participants – veterans and their spouses, parents and battle buddies – were exposed to a variety of different experiences. In addition to traditional therapeutic activities, participants engaged in group recreational activities like kayaking, hiking and dance lessons.

The beneficial effects of the activities can be cumulative, Goff said, rather than relying on one intervention alone to reduce PTSD symptoms.

“We are here to supplement or assist with their treatment, not replace their treatment,” Goff said, adding that not all



Preliminary results indicate that therapeutic retreats can reduce post-traumatic stress symptoms in veterans and improve relationships for both veterans and their caregivers.

of the veterans who attended the retreats were receiving formal treatment.

The retreat model, known as “Bridging the Gap,” first began in 2011 with Soldiers from Fort Riley, Kan., and veterans from Kansas City and Wichita. Over time, the model has expanded to Chicago, Florida, Georgia, and Washington, D.C., according to Goff. To date, 12 retreats have taken place, and more than 200 veterans and their caregivers have attended.

The group at each retreat is quite small, and each service member or veteran who

participates must attend with a caregiver – a spouse, parent, sibling – anyone who will be there to support the person. The only financial cost to the attendees, Goff said, is transportation to the retreat. Bridging the Gap is branching farther out, so veterans won’t need to travel as far.

Since 2015, funding for the retreats has been provided through a grant from the Walter Reed Society, a nonprofit group that aims to benefit Walter Reed Army Medical Center and its educational, patient, treatment and research activities.

PTSD research

At the retreats studied by Goff, data were collected using standardized questionnaires, and each day, participants were administered non-invasive salivary cortisol testing. Cortisol is the stress hormone in the body. Higher levels of the hormone in the saliva indicate higher levels of stress, she explained.

Goff said data from the salivary cortisol testing is currently being analyzed and results could be available as early as this month. This additional data will provide unique information about whether the retreats are having a positive impact on the participants’ physical health.

“Our data indicates that they are experiencing lower PTSD symptoms by the end of the retreat,” she said. “This (cortisol testing) will allow us to learn whether there are any biological and physiological changes over the four days.”

About PTSD

PTSD isn’t always combat-related, said Goff. Domestic violence, sexual assault or child abuse can also trigger the condition.

Having worked in PTSD treatment and research for 25 years, Goff is convinced that the condition is a chronic illness, rather than an acute one. Just like diabetes, the condition can be managed with treatments like therapy and medication.

(Editor’s note: Read the rest of this story at www.HawaiiArmyWeekly.com.)

Cemetery announces enhanced visitor security measures

ARLINGTON NATIONAL CEMETERY
News Release

ARLINGTON — Arlington National Cemetery is phasing in enhanced security measures for those who visit the cemetery, officials have announced.

In addition to random ID checks and other security measures already in place, officials said, the cemetery will require visitors to go through additional screening.

“Arlington is taking advanced security precautions to protect visitors, family members and staff,” said Patrick K. Hallinan, Arlington National Cemetery executive director. “These security measures will be similar to the ones at museums in the national capital region.”

The new security measures will en-



Photo by Petty Officer 1st Class Chad J. McNeeley
Family members visit the gravesite of a loved one during Memorial Day.

hance current efforts and improve visitor safety while minimizing inconvenience, officials said. All vehicle access will re-

quire presenting valid, government-issued photo identification, such as a driver’s license or passport, when entering the cemetery. Vehicles will be subject to random inspections.

Family members with permanent gravesite vehicle passes may continue to drive to their loved ones’ grave with a valid driver’s license.

Visitor screening

Starting in November, Arlington National Cemetery will begin to implement visitor screening. All pedestrian traffic will be required to enter the cemetery at set access points: the main entrance on Memorial Avenue, the Ord and Weitzel Gate, and the Joint Base Myer-Henderson Hall Old Post Chapel Gate.

Before entering the cemetery from the main entrance, all pedestrians will be screened through the Welcome Center, with express screening lines for visitors who do not have bags. People with disabilities also will have an express line for screening, officials said.

Arlington officials urge people to allow additional time to go through security screening when visiting the cemetery.

“These processes may result in a delay entering Arlington, but it is vitally important that we protect the safety of all the visitors, family members and staff that enter these hallowed grounds,” Hallinan said. “This is our nation’s premier national cemetery, and we want to be sure that when people visit this site, they can feel safe and secure.”



Artist’s conception by Park Place

SCHOFIELD BARRACKS — U.S. Army Health Clinic-Schofield Barracks, in conjunction with U.S. Army Garrison-Hawaii, is working to improve healthcare for its beneficiaries.

A new parking garage to help alleviate the parking challenges, here, is to be located on the west side, near McCornack Road. Construction is set to begin around Nov. 1.

Once construction begins, there will be an impact to the current parking lot and nearby road network. In order to ensure that clinic patients are granted parking during the construction phase, the unaffected areas directly surrounding the clinic will become patient only parking.

Currently, a plan is being developed to mitigate issues with parking and circulation. Watch the *Hawaii Army Weekly* for updates.



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

Today Signal Ball — Tonight is the night! Attend the 2016 Pacific Signal Regimental Ball at the Hilton Hawaiian Village in Waikiki, 6 p.m. For info, call 653-5791 or visit www.eventbrite.com/e/2016-pacific-signal-regimental-ball-tickets-25499036304.

Combined Federal Campaign — The Hawaii-Pacific Area Combined Federal Campaign encourages you to donate to the CFC. Pledges made by service members and other federal employees during the campaign season – Sept. 1 through Dec. 15 – support eligible nonprofit organizations that provide health and human service benefits throughout the world. Visit www.cfc-hawaii.org.

Fingerprinting — Digital fingerprinting services are now available, weekdays, at the locations and times following.

•**Schofield Barracks:** Installation Security Office, Bldg. 580, Rm. 130, 9 a.m.-noon and 1-3 p.m. Service is for military, civilians and contractors for clearances. Call 655-8879/1493/9438.

•**Fort Shafter:** Provost Marshal Office, Bldg. T118, 8:30-11 a.m. and 1-2:30 p.m. (Tuesdays and Thursdays). Service is for military, civilian and contractor clearances, NAF and volunteers.

Call 438-8001/1092.

•**Wheeler Army Airfield:** Child-Related Services, Bldg. 682, Rm. 104, 9 a.m.-noon and 1-3 p.m. Service is for child-related actions, volunteers and NAF actions. Call 656-1335/1320/1332.

FEGLI Open Season — For the first time in 12 years, Federal Employees Group Life Insurance is having an Open Season to allow eligible employees to enroll in FEGLI or increase their coverage up to the program maximum. You don’t have to have a qualifying life event, answer any medical questions or have a physical exam. Open Season ends Sept. 30th. Visit www.opm.gov/FEGLIopenseason.

17 / Saturday Revised Youth Center Closures — A Boys and Girls Club Day for Kids event will be held on Schofield Barracks’ Weyand Field instead of Sills Field. The Youth Centers at Schofield, Fort Shafter and Aliamanu Military Reservation will be closed, reopening Sept. 19. Call 656-0093.

21 / Wednesday Separation History Physical Exam — TRICARE is hosting a webinar for service members transitioning from active duty service, 6-7 a.m. HST, to learn about the separation history physical exam. TRICARE’s panel of experts will take your questions. Sign-up at <https://attendee.gotowebinar.com/register/450929886499732226>. For audio, dial 1-866-724-3083, access code 1085851. Registration is on a first-come, first-

served basis, and please don’t share any personal health information when asking your questions. Visit www.tricare.mil/CoveredServices/BenefitUpdates/Archives/09_13_16_SHPE.

25 / Sunday Gold Star — The community is invited to join Hawaii’s Gold Star Mothers and Families of the fallen special remembrance and lei presentation, 2:30 p.m., at the National Memorial Cemetery of the Pacific, or Punchbowl. Come honor Gold Star Mothers and Families who have lost a son or daughter in service to the nation. Visit www.army.mil/goldstar/ and <http://goldstarmoms.com>.

27 / Tuesday Hispanic Heritage Month — This event is observed Sept. 15-Oct. 15, and Tripler Army Medical Center will host a Hispanic Heritage Month Observance ceremony from noon till 1 p.m., Tuesday, Sept. 27, at Kyser Auditorium. Visit www.hispanicheritagemonth.org.

29 / Thursday Mayoral Debate — The Chamber of Commerce Hawaii is hosting a debate between mayoral candidates at The Plaza Club, Honolulu. Lunch is included with the paid admission. Call 545-4300.

Open House — U.S. Army Health Clinic-Schofield Barracks hosts a Behavioral Health Open House, 1-3:30 p.m. Attend to become more aware of how to prevent suicide and other behavioral health issues at Bldg. 691, on the first floor.



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

19 / Monday Modified Kolekole — There will be partial lane closures at Schofield’s Kolekole Avenue from Cadet Sheridan to Humphreys Road for repaving. The road closures will be in effect 7:30 a.m.-4 p.m., weekdays, until Sept. 26.

Alternate routes will be through Cadet, Sheridan and Humphreys. Flagmen will assist with detouring and directing traffic. Lanes will only be closed when contractors are working in that area. Local traffic access to parking areas for buildings 563, 563A, 1625 and 1663 will be allowed, as well as access to Fournier and Kaiona avenues.

24 / Saturday Flats Outage — There will be a scheduled power outage, 8 a.m.-3 p.m., affecting Fort Shafter Flats buildings 1535, 1575, 1585, and 1587, for electrical work.

October 15 / Saturday WAAF Power Outage — The Wiliwili Housing

Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

Ongoing

Historic Road Closure — There will be a partial road closure at Fort Shafter’s “historic” Palm Circle Drive, near building T-112, for utility installation. The affected part of Palm Circle will be restricted to one lane access from today through Oct. 8.

During work hours, the contractor will have appropriate signs and barriers for closing each side of the roadway.

Wisser, Continued — Intermittent road closures continue at Fort Shafter’s Wisser Road and Bonney Loop for the installation of a new water main line, 8:30 a.m.-5:30 p.m. This project should be completed by Sept. 30.

The parking lot and Bonney Loop adjacent to Bldg. 520 will be restricted to local traffic only.

While the intersection of Bonney and Wisser is closed for construction, a flagger will be at the southern intersection of Bonney Loop and Pierce Street to facilitate access to Bldg. 520. A second flagger will be stationed farther up Bonney Loop to facilitate the movement of cars and

pedestrians adjacent to Bldg. 520.

The parallel parking stalls along the southern perimeter of the parking lot will be restricted to allow for two-way traffic movement. When no work is being done at the intersection of Wisser and Bonney, it will be reopened, and the road closure will be reduced.

Repaving — Schofield Barracks’ Lyman Road (between Hewitt and Carpenter) will have partial road closures on one lane until Sept. 22, weekdays, 7:30 a.m.-4 p.m., in order to repave the road. Partial closures will allow two-way traffic flow on the opposite lane. Alternate routes will be through Waianae Uka Avenue, Hewitt Street and Kolekole Avenue.

Pedestrian Detour — Customers at the Soldier Support Center, Bldg. 750, Schofield Barracks, must enter from the back of the building through the lanai walkway. Access will be constricted until the end of November.

All services remain available during normal duty hours.

Kolekole Detour — A partial road closure of Schofield’s Kolekole Avenue fronting the Schofield Inn for construction continues, weekdays, 8:30 a.m.-5 p.m.

Got ballot?

ANGIE DIZON
Installation Voting Assistance Office
Directorate of Human Resources

SCHOFIELD BARRACKS — Voting is our right and privilege as citizens, and help is available, 10 a.m.-1 p.m., Sept. 28, in the main lobby of the Exchange, here.

A garrison voting assistance officer will be on hand to distribute and assist voters with their Federal Write-In Absentee Ballot.

If you've registered for the upcoming general election, your local election officials will mail your absentee ballot within 45 days of Nov. 8.

Got your Absentee Ballot?

Let us Assist
Federal Write-In Absentee Ballots
Are available during
ABSENTEE VOTING WEEK
28 SEP 2016, 1000 -1300 at
the Main PX, Schofield Barracks

Installation Voting Assistance Officer: 655-5546

assistance officer will provide you with a Federal Write-In Absentee Ballot.

The ballot serves as a back-up or emergency form that can be used by service members, family members and civilians living outside the voting residence.

The Federal Write-In Absentee Ballot is acceptable to some states as both a registration form and as absentee ballot.

Let's vote, America!

Voting Assistance
Visit the IVAO in the Soldiers Support Center, Bldg. 750, Schofield Barracks, or call 655-5546.

If you weren't able to register at all, or if you have applied for a regular state ballot through the Federal Post Card Application and have not received the requested state ballot in time to vote by the election deadline, a voting

DoD's 'New Beginnings' to improve performance

ASSISTANT SECRETARY OF THE ARMY
Manpower and Reserve Affairs G-1
Public Affairs

WASHINGTON — The Department of Defense has worked with the Office of Personnel Management to develop the Defense Performance Management and Appraisal Program.

This DoD-wide performance management program links individual performance to DoD values and organizational mission.

It is a component of the DoD's "New Beginnings" initiative, an effort to foster a culture of high performance through greater employee and supervisor communication and accountability, increased employee engagement, transparent processes and improved capabilities in recruiting, developing and rewarding the DoD civilian workforce.



What has the Army done?

The Army began its phased implementation of the Defense Performance Management and Appraisal Program in April 2016. Approximately 3,100 civilian employees within the Civilian Human Resources Agency became the inaugural group to enter this new program, which ensures ongoing recognition and communication between employees and supervisors throughout the appraisal cycle.

Additionally, an automated appraisal



tool is available for administering and documenting performance management activities. A hard copy prescribed form will be used for supervisors or employees who do not have computer access.

What continued efforts are planned for the future?

The Army's phased implementation will be executed from April 2016 through June 2018. During this time, the Army will transition more than 200,000 Army civilian employees into the new program.

Army offices responsible for the imple-

mentation have developed training for civilian employees and their supervisors (military and civilian) to ensure they understand the new performance management expectations and how to use the system.

Why is this important to the Army?

People are their most important asset and critical to accomplishing the mission for the Department of the Army. Recruiting and retaining the best talent in the civilian workforce is a key element in the American military's ability to continue building upon the strengths of the civilian workforce.

More Online
Get more details and links at www.army.mil/standto/2016-09-08.

Suicide: Buddies can support each other

CONTINUED FROM A-2

normally buoyant or normally really quiet, so it's not known if that person is okay or not. On the other hand, a battle buddy or spouse can notice a change in someone who is usually quiet becoming boisterous and the other way around.

Buddy aide program

Sierra said that the Army has been encouraging the "buddy aide ACE" system for some time, with ACE standing for "ask, care, escort."

The buddy aide, a fellow Soldier, "asks" if the buddy is doing okay and is trained to "care," watching for outbursts, signs of depression, giving away possessions or talking about feelings of helplessness.

That buddy aide can then "escort," or get that person to the chaplain or behavioral health expert for care and treatment, he said.

Buddy aides are also trained in ways to engage that person, so they don't fear "what if I mess up when I approach them," he added.

West said the Army has seen a dramatic increase in behavioral health visits by Soldiers – from 900,000 patients two years ago to over 2 million within the past year. The increase doesn't mean the problem is getting worse. It means the word is getting out that seeking help is okay, she said.

Embedded behavioral health

West said another defense against suicides and other behavioral issues is the Army's embedded behavioral health program.

Behavioral health providers are embedded in units, so Soldiers don't have to leave work to go to the clinic or hospital. Now they're part of the team, so it's easier to speak with them, she said.

There are 62 teams supporting 176 operational units now, she said. The goal is 65 in 197 units. She added that she'd like to get even more, but there are funding and manning restrictions that must be taken into account.

Of embedded behavioral health team effectiveness, she said, "I've been out to various areas, and they were very well received. The line really appreciates it. We've found there's a decrease in hospitalization rates as well for behavioral health issues."

Previously, Soldiers got to the point where they were in such a dire position that they had to be hospitalized.

"That decreased by 40 percent," West said.

These behavioral health teams, she said, are composed of psychologists and psychiatrists and social workers trained in behavioral health. There are a total of 1,700 of these providers embedded and in military treatment facilities, a number that's doubled over the last several years.

If a unit doesn't have an embedded behavioral health team, there is a virtual health program, she said. A Soldier can go into a room in complete privacy and speak with a provider by phone. They like that.



Graphic courtesy of Military Health System



Pvt. Andrew Mercado polishes the rims of one of two of his entries in the 6th annual Drags and Drifts contest scheduled Saturday at Tropics Recreation Center.



Photo courtesy of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii



Left — Visitors look through the selection of showcased hot rods and other antique cars on display during the 2014 show. This year’s Drags and Drifts will feature motorcycles, trucks and cars, as well as live music.

RACE DOWN SATURDAY TO DRAGS & DRIFTS AT TROPICS

CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Get into gear for the 6th annual Drags and Drifts scheduled Saturday inside the parking lot at Tropics Recreation Center, here.

The returning contest features motorcycles, trucks, SUVs and cars at their best to win praise from fans and judges. Vintage and other exhibition vehicles will also be welcomed for display to the anticipated crowd.

Vehicles will be judged in the antique, motorcycle, car, truck/SUV and audio categories for prizes.

“It’s something the Soldiers want to do each year,” said Tiffany Thompson, recreation specialist at Tropics. “You can enter early or the day of the event. It’s great for Soldiers wanting to get out of their barracks, without going downtown or off the post.”

Dress for success

Last year, 36 participants competed in the hopes of taking the top prizes and the recognition as the coolest in their category.

Among this year’s participants is Pvt. Andrew Mercado, who is a cannon crewmember with 3rd Battalion, 7th Field Artillery Regiment, 25th Division Artillery, 25th Infantry Division. Mercado helped establish the car club Royal Society Hawaii and meets regularly with other car lovers Saturday mornings in Pearl City. He’ll be entering two vehicles in the contest and said his method to prepare for exhibitions is extensive planning and focusing.

“For show cars, you should have imagination and plan what you want to do,” he said. “Have a vision for what you want your car to look like and continue with it. Modify it, concentrating on one part at a time. If you’re going on visuals, work on that then move on to the next step.”

His advice for anyone getting into car contests is to make sure their entries are not only clean and in better-than-factory conditions, but also meet or exceed functioning standards. He said he enjoys how Hawaii has a lot of well-established car clubs and a wealth of resources for car lovers.

As a currently serving Soldier, Merca-

do said he’s utilized military installation auto skills centers and friends’ garages for his hobby. Mercado uses the Schofield Barracks Auto Skills Center whenever he is upgrading an engine because all the tools and personnel are in one place to help. However, when cleaning engines for show quality, he prefers doing the work personally for several days on home turf.

The contest

Judges for Drags and Drifts are looking out for the best in function and form, said Chasten Nakamura, who will be evaluating the Jeeps, trucks and SUVs. Nakamura said he will be looking for vehicles that meet the high performance standards that make larger vehicles desirable.

“What’s great about SUVs and Jeeps is that you can go off-roading with them,” he said. “There’s that feeling you have the capability to go anywhere you want to. There are no limitations to where you can and can’t go.”

The vehicles may be the stars of the show, but the event will also feature other fun activities like eating contests and

obstacle courses. Thompson said anyone who would like to assist Drags and Drifts coordinators still can volunteer.

“We need help for each of the stations,” she said. “There’s the build-a-boxcar, power wheel race and the remote-control car stations. We also need help for the breakdown of the stage and (public address) system.”

Coming to Tropics

Drags and Drifts is one of several events the center hosts throughout the year. Tropics will also be hosting a trunk decorating contest in October called Trunk or Treat.

Thompson said Tropics is an 18-and-over facility and always looking to check in with Soldiers about ways to best serve their changing population.

Mercado said he appreciates having that space and how Drags and Drifts, as well as other car events, are a way to express himself.

“It’s your own presentation,” Mercado said. “This car is a representation of you as a person. This is about individualism and says something about who you are.”



Photo by Tiffany Thompson, Tropics Recreation Center




Left — Custom-painted hot rods are on display during the 2014 Drags and Drifts show.

Visitors will see customized vehicles and can enjoy live entertainment, Saturday, too.

Photo courtesy of Family and Morale; Welfare and Recreation

Left — Trophies for winning participants in the motorcycle category are ready to go for this year’s Drags and Drifts event happening at Tropics Recreation Center, Saturday. Winners will also be chosen for several other categories including antiques, trucks and cars.



Briefs Today

Service Adjustments — FMWR offices will experience more adjustments. See the commanding general, Installation Management Command at <https://youtu.be/JyDtOgqdXEc>.

All White Party — Put on your all white outfit and join SB Tropics for a night of dancing, games and fun from 7-11:30 p.m. at Bldg. 560, 1565 Kolekole Ave. Call 655-8002.

Steak Night — Go to the FS Hale Ikena at Bldg. 711, Morton Drive, for Grill Your Own Steak Night and enjoy a steak made your way from 3-8 p.m. Call 438-1974 or 438-6712.

Resume Workshop — Create or update your resume for a private sector job. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and learn how to summarize your accomplishments at SB ACS from 10 a.m.-noon. Call 655-4227 to register.

17 / Saturday
Tea Party — Women of the world can get together and share a cup of tea in celebration of International Women Friend's Month at 12 noon at SB Sgt. Yano Library, Bldg. 560, 1565 Kolekole Ave. It doesn't matter where you're from; share differences over a cup of tea and light snacks. Also, bring your pictures to the craft table to design your own scrapbook page. Call 655-8002 to reserve seats.

Drags and Drifts — Attend the 6th Annual Drags and Drifts (cars, trucks and motorcycles show) at SB Tropics. (See detailed story on page B-1.)

Adventure Kayaking II — Get out of your comfort zone and come tour with SB Outdoor Recreation as it takes you on a long-range deep ocean adventure on the North Shore of Oahu. Travel from Laniakea Beach to Haleiwa Beach experiencing different swells and surf the ocean has to offer.

WANT THIS?



SCHOFIELD BARRACKS — Family and MWR Hawaii is hoping to gather information from patrons on their interests, specific offerings, market times and frequency if a Farmers Market is scheduled, here. Please complete this survey to offer your opinions: Go to <https://www.surveymonkey.com/r/SBfarmermarket>.

You must have attended the 101 program to participate in this activity. All transportation (up to 12 people), instruction and equipment is provided for \$59/person from 8:30 a.m.-12:30 p.m. ODR is at 435 Ulrich Way, Bldg. 2110, SB. Call 655-0143.

Ceramic Mold Pouring — One session costs \$25, including supplies, from 9 a.m.-12 noon, at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Day for Kids — Attend the Boys & Girls Clubs Day for Kids celebration in a galaxy far, far away. Come out to SB Weyand Field from 10 a.m.-2 p.m., before or after the Exchange Star Wars Jedi Training to continue your intergalactic adventure. Event features themed games and activities, food, shave ice, cotton candy, popcorn, door prizes, watermelon eating contest, space shuttle bouncer, Ropaphobia, rock wall, droid battle balls, costume contest, live DJ and photos with characters.

Daddy Boot Camp — Bringing first-time and expecting fathers with experienced dads in a discussion-based class that allows dads to ask questions and learn practical skills for taking care of mom and baby at SB ACS from 9 a.m.-12 p.m. Call 655-4227 to register.

18 / Sunday
Quilting and Sewing — Every Tuesday attend quilting and sewing from 5-8 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for a 10-week session at the Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202.

NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics Recreation Center, Bldg. 589, Foote Avenue, watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m. for \$24.95/person. Reservations encouraged. Call 438-1974.

19 / Monday
Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB KoleKole Bar & Grill, 1249 KoleKole Ave., from 5-8 p.m. Call 655-4466.

Make your Own Sundae Monday — The dessert station at the FS Hale Ikena's grand buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the grand buffet. Call 438-1974.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement

Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227.

Million Dollar Soldier Refresher Training — 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.

20 / Tuesday
Quilting and Sewing — Every Sunday is quilting and sewing from 11 a.m.-3 p.m. at SB Arts & Crafts Center. Cost is \$25 for the first class, \$6 for each additional class. Ages 17 & up are recommended; for younger patrons, call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time from 5-8 p.m. for \$100, once a week, for 10 weeks at the SB Arts & Crafts Center. Ages 17 and up are recommended; for younger patrons, call 655-4202.

Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m.


Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/person from 5-8 p.m.

Anime/ Manga Drawing Workshop — Learn how to draw a Hawaiian vacation girl in anime or manga style in just three sessions at the SB Arts & Crafts Center. Cost is \$45/person for ages 10 and up. Call 655-4202 for more details.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS helping participants identify their own personal anger clues and ways to de-escalate conflict situations. Call 655-4227 to register.

Toon Time Matinee — For caregivers and their children, ages 0-3 (older siblings are welcome, too). Enjoy the free movie

See FMWR B-3



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



This Week at the MOVIES


Sausage Party (R)

Fri., Sept. 16, 7 p.m.



Pete's Dragon (PG)

Sat., Sept. 17, 4 p.m.




War Dogs (R)

Sat., Sept. 17, 7 p.m.

Suicide Squad (PG-13)

Sun., Sept. 18, 5 p.m.

(Closed Monday through Thursday.)



Community Calendar

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

Today
Federal Survey Card — Attention, parents! Help generate funds for Hawaii's public schools. Federal survey cards were sent home with students Sept. 7. Please fill them out and return them, so you can help to generate \$40 to \$50 million in Impact Aid funds that will benefit all public school students statewide, including yours! For more info, contact the garrison's School Liaison Office at (808) 655-8326.

17 / Saturday
Youth Centers Closure — FS, AMR and SB Youth Centers are closed due to the Boys and Girls Club Day for Kids event on Saturday, Sept. 17. The event will be at SB Weyand Field. Call 656-0093.

Hiking — The Kolekole Trail (hiking and walking) is open this weekend, Saturday and Sunday.

Jedi at the Exchange — Disney-approved Jedi training –

similar to that offered at Disney theme parks – 11 a.m.-5 p.m. in front of the Exchange mall, between the Starbucks and Game Stop Entrance on Sept. 17 at Schofield and on Sept. 18 at Hickam.

Jedis-in-training (ages 4-12) will learn how to wield a lightsaber and be a Force; they'll receive an official completion certificate. Robes and lightsabers will be provided, or young Padawans may bring their own costumes. Registration is open till filled. Sign up at the Exchange.

Sea Life Park — Through Sept.18, visit the park with a grandparent and get a special admission rate of \$12.50 with tax. For more details about celebrating with grandparents, call 259-2500 or visit www.sealifeparkhawaii.com.

18 / Sunday
12th Annual Hunger Walk — A 1-mile walk will raise needed funds for Hawaii Foodbank member agencies from 8-11:30 a.m. Check in is at 8 a.m., the walk begins at 9 a.m., and entertainment goes from 9:30-11:30 a.m. on Frank F. Fasi Civic Center Grounds. Visit www.hawaiiifoodbank.org/annual-hunger-walk.

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 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,

"1776 - The Musical" — Tickets are available for Paliku Theatre's fall production of the Tony Award-winning Broadway musical, "1776," which ends Sept. 18 on the Windward Community College campus. For tickets, call (808) 235-7310 or visit www.Paliku.com.

Comic Jam Hawaii — Pearlridge shopping mall hosts a regular social event of local artists who create collaborative cartoons, illustrations and sketches while "talking story," 1-4 p.m. Approximately one dozen artists, professionals and hobbyists, will gather and create cooperative art. Keiki and their families are invited to participate or just watch these comic masters in action, Sundays, Sept. 18, Oct. 2 & 16 at the mall's Downtown Center Court.

20 / Tuesday
Facebook Town Hall — Garrison Commander Col. Stephen Dawson hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI's Facebook "Events" page – <https://www.facebook.com/usaghawaii>. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

21 / Wednesday

Chick Corea — The influential and legendary jazz pianist, owner of 22 Grammys, performs fusion to bebop to symphonic, 7:30 p.m., at the Blue Note Hawaii, Sept. 21-23. Tickets are \$45-65. Call 777-4890 or visit bluenotehawaii.com.

23 / Friday
"Hawaii-Five-0" — CBS will host a Sunset on the Beach premier celebrating Season 7 of the show at Queen's Surf Beach at Waikiki Beach. The red carpet begins at 6 p.m., the ceremony and free premier at 7 p.m., and the screening of a new CBS drama at 8 p.m.

24 / Saturday
7th Annual Rice Fest — Ward Village hosts, 11 a.m.-5 p.m, on Auahi Street, fronting Ward Centre, Nordstrom Rack and TJ Maxx celebrating the world's melting pot for the otherwise ordinary grain. Rice Fest will include live entertainment, celebrity & chef cooking competitions, and SPAM musubi and Poke Bowl eating contests. Visit www.ricefest.com.

VegFest Oahu — Attend this free, family friendly event at Honolulu Hale from 1-6:30 p.m. Taste delicious vegan food, hear inspiring speakers, enjoy conscious music and engage in plant-based cooking. Visit <http://vegfestoahu.com>.


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



This Week at the MOVIES


Sausage Party (R)

Fri., Sept. 16, 7 p.m.



Pete's Dragon (PG)

Sat., Sept. 17, 4 p.m.



War Dogs (R)

Sat., Sept. 17, 7 p.m.

Suicide Squad (PG-13)

Sun., Sept. 18, 5 p.m.

(Closed Monday through Thursday.)

FEEDING THE HUNGRY



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division
WAHIAWA — Volunteers from the local community, including senior spouses of 3rd Brigade Combat Team, 25th Infantry Division, distribute food to almost 200 local Oahu residents, here, as part of the nation’s “Feeding the Hungry” outreach, Sept. 7.

Magali Brownfiel (left) spouse of 1st Sgt. Michael Brownfiel, assigned to the 29th Bde. Engineer Battalion, 3rd BCT, 25th ID, contributes bread into a hold at the “Feeding the Hungry” food distribution location. A local resident (above, center) carries food received from the center.

Andrea Disque (above, right) hands boxes of dry goods to a local resident. Disque is married to Command Sgt. Maj. Brian Disque, senior enlisted adviser, 2nd Bn., 35th Inf. Regiment, 3rd BCT, 25th ID.

Community involvement could net students cash

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

DALLAS — Students who go above and beyond in making a difference in their community could reap a handsome reward for their service in the Army & Air Force Exchange Service’s Rewards of Caring Scholarship contest.

To enter, authorized students in grades 6-12 with a 2.5 or higher GPA can submit an essay in English of 500 words or less explaining their involvement in the community and why their community is important to them.

Four winners worldwide will each be awarded a \$5,000 scholarship, courtesy of Unilever.

“Giving back and serving the community is important at any age,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted



adviser. “This contest gives the Exchange the opportunity to recognize and reward those students that are truly making a difference.”

Entry forms can be obtained at the

Exchange or at www.OperationInTouch.com.

The essay and entry form must be postmarked by Sept. 29, 2016, and mailed to this address:

AAFES Rewards of Caring
Scholarship Contest
P.O. Box 7781
Melville, NY 11775-7871

The Exchange

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.

Exchange earnings provide dividends to support military morale, welfare and recreation programs.

The Exchange is part of the Department of Defense and is directed by a Board of Directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.



Follow us on Facebook at www.facebook.com/usaghi

CONTINUED FROM B-2

(“Paddington”), fun and social interaction at SB ACS from 10 a.m.-12 noon. Call 655-4227 to register.

Pajama Story Time
— Children of all ages are welcome to come to Sgt. Yano Library, Bldg. 560, 1565 Kolekole Ave., in their favorite jammies for this evening story time at 6 p.m. Readings include some classics and new stories about autumn. After the reading, enjoy crafts. No reservation required. Call 655-8002.

21 / Wednesday
Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Keiki Night — Every Wednesday is Keiki Night at the Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

Ceramic Mold Pouring
— One session is \$25, including supplies, for ages 17 and up, from 10 a.m.-12 noon at the SB Arts & Crafts Center. For younger patrons, call 655-4202.

Youngest child shares a tale for siblings ‘left behind’

Their eyes were locked on me, reading my every thought, prying at my secrets, peering uninvited into my soul.

The light over the table swayed, and it was uncomfortably bright. Beads of cold sweat sprouted along my hairline. I braced myself for the inevitable interrogation.



The Meat and Potatoes of Life

Lisa Smith Molinari

“How do you like the pork chops, Dumpling?” she asked, with a nonchalance that belied her intrusive stare.

“Delicious, Mom,” I sputtered, between cheekfuls of pork and potatoes, hoping that the compliment might end my ordeal.

“So, what happened at school today?” my father pressed, while pushing applesauce around his plate.

Wide-eyed and hunched in a self-protective posture at the opposite end of our kitchen table, I muttered the one word that had allowed me to avoid my parents’ attention for so many years: “Nothin.”

“Well, something must’ve happened at school today. Here, I’ll help you out. So, you stepped off the bus, and then?” he badgered, mercilessly.

My older brother, Tray, had recently gone off to the



Courtesy photo
Lisa Smith Molinari reminisces about life after her older brother leaves the nest.

Naval Academy, leaving me home alone with our parents. For so many years, I had flown completely under the radar, but now, my only sibling was gone.

As the first born, Tray had always carried the entire burden of my parents’ expectations for their offspring. I had merely been the unremarkable little sister of The Golden Boy, The Favorite, The Apple of their Eye.

Tray not only fulfilled, but exceeded their hopes. He was a popular top athlete with gifted math and science skills, who went on to become a Navy jet pilot. His obvious superiority left me free to drift contentedly through childhood, bouncing unnoticed between mediocre and above average.

Wearing ratty Converse Chucks, hand-me-down jean cut-offs, and a camp T-shirt, I’d ride my yellow Schwinn through our neighborhood, my Kool-Aid backpack packed with a cheese sandwich, a few Wacky Package collectors cards and a thermos of Tang.

On rainy days, I’d stay in my room, lost in elaborate pretend scenarios, or I’d play my mother’s old 45s on my Fisher Price record player.

As a child, I did not resent Tray for getting all of my parents’ attention.

Quite the contrary, I relished my quiet, comfortable, ignored existence and happily hid in the humongous shadow of the older brother that I, too, idolized.

But then, he left home, and suddenly, the gig was up.

It was as if my parents, Durwood and Diane, looked through the unexpected void left by my brother’s absence and noticed, “Oh yeah, who is that there? Is that the other one? The little dumpy one? What’s her name again? Oh yes, it’s Lisa!”

(See the rest of the story online at www.hawaiiarmyweekly.com.)

Find serenity by enjoying the here and now, says chaplain

CHAPLAIN (CAPT.) C. W. OLSON III
2nd Squadron, 6th Cavalry Regiment
25th Combat Aviation Brigade
25th Infantry Division

What are the greatest enemies we face today? Is it other countries, ISIS or financial uncertainty? Is it a political system, terrorism or the outbreak of Zika?

The greatest enemies we face today are the future worries of tomorrow and the past regrets of yesterday. These two things constantly pull us out of the moment and immobilize us with fear, anxiety or depression.

The past sometimes reminds us that we have failed, or should have, could have, ought to have done something different. We think over and over in our minds, “I should have said this, or if I only had done that I would not be here where I am now.”

How much pain and depression is caused each day by the unalterable past? What we need is always right where we are in the here and now.

If the past is not filling us with regret, it is reminding us of how good it once was.



Nostalgia, like a drug, can create a sense of euphoria mixed with a discontent for the present moment. The more we look to the past with rose-colored glasses, the more restless we become in the moment. Yet, what we are looking for is always right where we are in the here and now.

One of the most detrimental things to our daily peace and joy is blame and resentment. It has been said, “The past is past, and we have to get past it.” Beware today of how yesterday is trying to steal your joy and be fully present in the moment.

If we are not getting stuck in the past, we are being pulled into the uncertain future. In a recent article I read about anxiety and worry, it reported that people spend 2 hours and 15 minutes every day worrying. That is 6.5 years of nonstop agitation.



The topics people reported worrying about were money, health, the world and relationships. However, when we spend our day worrying about tomorrow, we are not really present in the moment.

It begins like a snowball, maybe a small worry here and there, and then it gets bigger and bigger, and before we know it, we are spending two or more hours every day worrying about something that may never come true. As a result, we lose our joy and peace in the moment.

We often think tomorrow may hold the answer to a better today – that if we could just go somewhere else and do something different, life would be so much better. After being deployed to a combat zone twice, I can resonate with this feeling. I know what it is like to desperately want to be in the future and not in the present moment, because the

present had me in Iraq or Afghanistan.

It was at this moment, when I wanted so desperately to be out of the moment, that I realized everything I was looking for was right in front of me in the here and now. Although I was walking through the darkest valley of my life, I found peace in the moment. I came to a new awareness of God’s presence in the present moment. I found that happiness happens today, joy is experienced today and peace comes alive today.

So where are you today? Are you fully living each moment in the present, or are you daily getting pulled into the past with regrets, nostalgia and resentment. Maybe it is the future that is attempting to destroy your day with worry, fear or a longing for something better?

If you find yourself getting pulled in yesterday or tomorrow, remember the words of Kun Fu Panda: “Yesterday is history, tomorrow is a mystery and today is a gift, and that is why it is called the present.”

(Editor’s note: Olson is the squadron chaplain of 2-6th Cav.)



Photo by Christine Cabalo, Oahu Publications
SCHOFIELD BARRACKS — Children dash in the potato sack race at PT in the Park held April 5, here. September is National Childhood Obesity Awareness Month promoting keiki diet and exercise.

Childhood obesity generates campaign

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE
News Release

JOINT BASE SAN ANTONIO — The U.S. military needs volunteers to be healthy enough to answer the nation’s call, but more than 12.7 million U.S. children and teenagers are classified as overweight or obese.

September is National Childhood Obesity Awareness Month to bring attention to the facts that childhood obesity is a health issue that puts children at risk for health problems such as type 2 diabetes, high blood pressure, heart disease and stroke, but it is preventable through lifestyle changes.

Earning focus

Army Lt. Col. (Dr.) John Oberlin, pediatric endocrinologist, Brooke Army Medical Center, Pediatric Subspecialty Clinic, stated that “we focus on childhood obesity to prevent what is referred to as premature adult diseases in children.”

According to the Centers for Disease Control and Prevention, the key to achieving and maintaining a healthy weight isn’t short-term dietary changes; it’s about a lifestyle that includes healthy eating and regular physical activity. Change your eating style by making small changes over time.

“I recommend that my patients follow the ‘5210 rule’ in regards to healthy weight control; eat 5 servings of vegetables or fruit, get 2 hours or less of screen time on electronic devices per day, 1 hour of physical activity and 0 sweetened beverages such as sodas or juice,” he said.

Oberlin explained that the “5210 rule” is fairly universal, but his clinic has added “9” to the rule to represent the nine hours of recommended sleep per night because when people are properly rested they make better decisions and tend to avoid unhealthy lifestyle choices.

Good habits

Healthy eating habits are a key factor for maintaining a healthy weight, and the ChooseMyPlate.gov website can assist you with finding nutritional information of foods, tracking your calorie intake, planning meals and finding healthy recipes.

Physical activity is important, and children learn behaviors from their parents, so be active, walk around the neighborhood, go on a bike ride or play basketball at the park. Demonstrate the behaviors you want your child to emulate, and establish your child’s healthy behaviors early.

Oberlin recommends that, despite the struggle to limit the time we all spend on electronic devices, parents should look for creative ways to manage the time or use apps and games to get kids outside.

“If your child wants more than the two hours of screen time, you can let your child earn the extra time by doing healthy activities such as outside play or eating more healthy foods,” said Oberlin. “It’s better if it’s a family activity with the parents involved.”

TAMC Healthy Lifestyle Program

The Tripler Army Medical Center Healthy Lifestyle Program is designed for individuals who have difficulty modifying unhealthy lifestyle behaviors after being identified as having a lifestyle-influenced medical condition or risk factors of the Metabolic Syndrome.

The Healthy Lifestyle Program is comprised of two distinct phases of treatment. To enter this program, you will need your primary care manager (PCM) to send a consult to Healthy Lifestyle Program. Patients are directed to call (808) 433-1498 for all appointment inquiries and changes.

More Online

For healthy eating options and strategies, visit ChooseMyPlate.gov.

