



Photo by Sgt. Erin Sherwood, 25th Infantry Division Public Affairs
25th ID Soldiers hold their unit colors during the division review, Thursday.



Photo by Sgt. 1st Class Sean Riley, 25th Sustainment Brigade Public Affairs, 25th Infantry Division
25th ID veterans reunite, Thursday, on Schofield Barracks. This event marks the 75th anniversary of the division.



Photo by Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs
The Wahine Koa (female Soldier) is added to the United by Sacrifice Memorial, Thursday, on Schofield Barracks. The 25th ID unveiled the sculpture during its 75th anniversary celebration. See A-5 for more TLW photos.

Warriors gather to compete in Tropic Lightning Week

SPC. PETER WALSER
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers ran the roads early in the morning, Monday, to kick off Tropic Lightning Week, a time for 25th Infantry Division Soldier-athletes to show off their exemplary talents and skills.

“It’s a chance for all the Soldiers to get together and compete against other units to build morale,” said Staff Sgt. Ramiro Ortiz, 2nd Squadron, 14th Cavalry Regiment, 2nd Brigade Combat Team. “To get the chance to represent my unit means a lot to me.”

The 25th ID held a series of sports tournaments and physical competitions to foster esprit de corps amongst its motivated Soldier this week to celebrate the 75th anniversary of the division’s activa-



Photo by Sgt. 1st Class Sean Riley, 25th Sustainment Brigade Public Affairs
Soldiers compete in a flag football tournament, Monday.

tion on Oct. 1, 1941.

“To me, it’s a way for the unit to show appreciation and give us some downtime to have fun, have some friendly competi-

tion, play a couple sports, and meet other people throughout the whole division,” said Spc. Kevin Parker from Charlie Company, 1st Battalion, 27th Inf. Regt., 2nd BCT.

Tropic Lightning Week originated with the Makahiki season in the Hawaiian Islands, explained veteran Joey Garcia.

“It was a time when we all got together – me and the guys from the other units – and competed against each other, kind of catch up,” Garcia said. “Because of different schedules, we were always going in different directions, but it’s always great to catch up, exchange war stories and take a breather together.

“I still have friends on Schofield, and I run into them, and they tell me how things are going. They still ask me for advice from when I was in. Every time I walk

TLW

Monday consisted of an assault course, color guard ceremony, ultimate Frisbee, combatives, flag football, soccer, softball, basketball and volleyball.

Tuesday saw a color guard competition, and a motorcycle and truck rodeo in addition to the events of Monday.

The division held a capabilities exercise Wednesday and Thursday, and a division review Thursday to finish the week.

CSA says ‘changing nature of war won’t change our purpose’

GEN. MARK A. MILLEY
Chief of Staff of the Army

WASHINGTON — One year ago in these pages, I published my first article as Army Chief of Staff. In it, I outlined my three priorities: (1) Readiness, (2) Future Force, and (3) People.

My priorities have not changed over the past year: Readiness remains the No. 1 priority. The security challenges we face

have also not changed: Great power competition is returning to a world racked by irregular war and stressed by violent instability and rapid change.

Our Army’s fundamental purpose – to fight and win our nation’s wars – certainly has not changed.

(However,) our understanding of what must be done has changed. Over the past year, we have laid a promising, but in-

complete foundation for improving current readiness.

We have new insights into the char-

“Although the future is impossible to define with precision, we must act now. The U.S. Army will not fail the next generation of leaders and Soldiers, and most importantly we must not fail the nation.”

— Chief of Staff of the Army Gen. Mark A. Milley

Ready Today – Near Term Readiness through 2025

As you read this, more than 187,000 Soldiers are serving abroad in over 140 countries around the world. Here at home, Soldiers are helping our friends and neighbors recover from natural disasters. In Europe and Asia, we are reassuring allies while deterring powerful adversaries who practice aggression and militarized competition that increase the chance of miscalculation and war.

We are working with allies and partners to train, advise and assist Iraqi and Afghan forces as they fight ruthless enemies within their borders. We are engaging our partners in Africa and throughout the Americas.

At home, we partner with civil authorities to provide aid, protect our citizens and defend our Nation. In every circumstance and region of the world today, our Army stands ready to deter, to fight and to win.

We can and must remain capable of accomplishing any mission, anytime, anywhere. But the most demanding challenge we increasingly face is the ability to deter or defeat the threat posed by



Photo by Sgt. 1st Class Chuck Burden, Army Chief of Staff Public Affairs
Gen. Mark A. Milley, U.S. Army Chief of Staff during his Asia-Pacific tour.

acter of future conflict, and we have had glimpses of what our Army and its Soldiers must be ready to do in the coming decades.

Make no mistake: We have the best fighting force the world has ever seen, and the million men and women who make up the Total Army stand ready to execute the nation’s missions.



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Photo by C. Todd Lopez

NEW YORK — At the World Trade Center complex, here, this fountain and another one just like it, mark the footprints of the two towers that fell on Sept. 11, 2001, as a result of the terrorist attack that took place that day.

Empire Shield keeps watch to prevent attacks

Meet the Soldiers in this final part

ARMY NEWS SERVICE
News Release

NEW YORK — Spc. Andres Medina, originally from Harlem, now lives in the Bronx. He is a wheeled vehicle mechanic in the New York National Guard. He joined the Army in 2012, under advice from his barber, a personal friend.

“I thought it was a great thing, something I could do that would change my life, and it really pushed my life in a great direction,” he said.

He served an initial turn with the honor guard, and joined the task force just two years ago. A New Yorker, he remembers seeing Empire Shield Soldiers in the transit hubs long before he himself joined the Army.

“I never even knew about the task force until I talked to a sergeant in my unit. He was on the task force, and he told me ... ‘you meet great people. It’s great networking, it’s great pay, and it’s an awesome thing to do while you’re in the service.’”

Medina was 9 years old on 9/11/2001. He was in a school on 103rd Street in Manhattan. He and the other students were gathered in a gym to wait for their parents. His mom picked him up around lunchtime. At home, they watched the tragedy unfold on TV.

Initially, he thought it was exciting, because he didn’t fully understand what had happened.

“But my mom explained that people died,” he remembered. “I remember being a young kid, I was shocked. I didn’t know anything at that time about terrorism.”

Now that he is in uniform defending the city he has lived in his whole life, he feels a great sense of pride.

“The civilians love us,” he said. “They walk by us all the time and tell us thank you, that we look so ready, and so vigilant.”

Making a difference

Sgt. Marius Donadelle was born and raised in Queens and earned a political science degree at Adelphi University on Long Island.

He remembers being in class

on 9/11 when his professor received a page alerting him. Like many, they initially believed it was an accident. Students were disgusted by the incompetence of a pilot who would crash his plane into a building.

But in the hallways of his school, while he and his fellow students watched the news on television, they saw the second plane crash into the tower.

“Then we knew for sure it wasn’t an accident; it was deliberate,” he remembered.

Donadelle didn’t join the Army right away. He applied for a few jobs, in particular with the FBI and the U.S. Marshall Service, but found that they were all looking for a resume bullet he didn’t yet have.

“They asked me if I had military experience. I said no,” he said. “The interview kind of changed.”

When he lost his civilian job, he decided to finally join the military. He joined the task force two years ago.

“It’s one thing when you see a cop, a law enforcement officer,” he said. “It’s another thing when you see a man or woman in a

military uniform standing there with a weapon. We’re showing that we’re a presence, and that if you try something, you’re going to have a problem. That’s what we’re here for.”

Bright future

Sgt. Tiffany E. Roman loves being out in the city, her city, and keeping it safe. In the busiest locations like Grand Central Station, it’s not uncommon for a tourist to ask her for directions or for parents of small children to ask to take a picture.

“The parents will want pictures of us and their kids,” she said. “And the kids are scared. But some kids are like ‘mommy, wow!’ And if they are excited, you’re like, yeah, come take a picture.”

Roman was young at the time of 9/11. She grew up watching the city recover. The Army virtue of resilience, she said, is also a New Yorker characteristic.

“We’re very tough,” she said. “You see something happen here, we’ll bounce back. ... 9/11 is a perfect example. You took down our towers? We’re going to build a bigger tower.”

On post? You must file a claim for storm damage

STAFF JUDGE ADVOCATE CLAIMS OFFICE

25th Infantry Division

SCHOFIELD BARRACKS — Hurricane season is almost over, but there is still a greater possibility of spoiled food due to power outages and damaged property after a storm.

This article discusses the scenarios in which a claim may be paid, and how to file a claim against the government for reimbursement.

Army regulation provides that claims resulting from unusual occurrences are generally payable when they result from losses at on-post quarters. Claims are also generally payable when the damage to a vehicle or other property occurs while on post or while acting incident to your service.

The first requirement for food spoilage claims is that the incident must occur on post. No food spoilage claims can be paid for off-post incidents.

Also, if you are a Soldier residing in on-post housing, you should not contact Island Palm Communities about food spoilage or other damage caused



File photo

WHEELER ARMY AIRFIELD — Bldg. 107, currently the garrison headquarters building, is littered with debris after a storm in 2007.

by a tropical storm or hurricane. IPC only covers damage caused by its own negligence. Service members who experience food spoilage or property damage due to a tropical storm or hurricane may file a claim against the government. However, there are two important things to remember.

First, if you experience property damage caused by a tropical storm or hurricane and your property is insured by a private insurance company (not

the insurance provided by IPC), you must file a claim with your private insurance before filing a claim against the government for food spoilage and property damage.

Second, the service member has two years from the date of the incident causing the loss to file a claim.

When you file your government claim, be sure to include a list of items with the name of the food, quantity and dollar amount. Replacement

costs should be from the commissary. You may also submit information to support your claim, such as receipts, photos, statements and stickers off meat packages.

For any damaged property item, you will need to obtain a repair estimate to determine the amount of the damage.

Your claim should also include a statement from your private insurance company that the loss or damage is not covered, or if you don’t have private insurance, include your statement reflecting the same.

A claim for this type of loss does not include reimbursement for expenses related to eating out, inconvenience and time spent preparing the claim.

Claims

For questions related to damage incurred during a tropical storm or hurricane, the Schofield Barracks Area Claims Office is available to answer questions and provide guidance. It is located at 278 Aleshire St., Bldg. 2037. Call 655-9279.

Voices of Ohana

In remembrance of the Great Chicago Fire, National Fire Prevention Week begins Oct. 9.

We wondered, “What’s the best way to prevent fires?”

By Sgt. 1st Class Thomas Collins, 500th Military Intelligence Brigade Public Affairs



“You should always dispose of your flammable and hazardous materials properly.”

Spc. Tyler A. Bush
Analyst
HHD, 500th MI Bde.



“Always be mindful of your surroundings, and never leave a fire unattended.”

Spc. Sterling Duracher
Signals analyst
715th MI Bn.
500th MI Bde.



“Make sure you test your smoke alarm in your house once a month. It’s as easy as a push of a button just to check the battery that could save your family’s lives.”

Sgt. Kyle J. McNamara
Signals analyst
HHD, 500th MI Bde.



“The best way to prevent fires is to only smoke in designated areas.”

Spc. James Nystrom
Signals analyst
715th MI Bn.
500th MI Bde.



“If you don’t know how to use proper procedures when building fires, then don’t (build fires).”

Spc. Kenneth W. Terry
Signals analyst
715th MI Bn.
500th MI Bde.

Best Warrior Soldier/NCO of the Year announced

8th MPs specialist takes one of the titles

Story and photo by
DAVID VERGUN
Army News Service

WASHINGTON — The winners of the Best Warrior competition are Sgt. 1st Class Joshua Moeller, named NCO of the Year, and Spc. Robert Miller, named Soldier of the Year.

The winners were announced Monday, Oct. 3, during the Association of the United States Army Annual Meeting and Exposition.

Following the announcement, the two Soldiers commented on their wins and offered their thoughts on what it means to be a Soldier and a Best Warrior.

Moeller

According to Moeller, all 20 of the competitors – 10 NCOs and 10 Soldiers representing 10 major Army commands – immediately bonded during the competition.

Moeller, who is a reserve senior drill instructor, compared the bond between competitors to that of the drill sergeants’ “tight-knit community.”

Regarding the competition, he said, the most grueling test was the 12-mile road march, during which competitors tackled frequent changes in elevation, marching through the pitch-black night and pouring rain.

“I’m a scout and I’m used to road marches,” he said, “but this one was the

toughest.”

The second toughest, he said, was the day and night land navigation course, which took them through dense brush and swamps.

Moeller’s advice to all Soldiers was “put forth your best effort. Even if you think it’s not great, don’t ever stop striving for the best you can do. It won’t necessarily culminate in awards like this, but you’re going to be rewarded. If we’re chasing excellence every day, it’s going to benefit the Army and America as a whole.”

Moeller’s girlfriend, Lisa Cho, flew here from Southern California and was on hand to share in Moeller’s achievement. She called it an “unexpected [surprise].”

Miller

Best Warrior was “the healthiest competition I’ve been a part of,” said Miller. “Everyone was looking to their left and right. Never was there any hostility between competitors. That’s rare to find with a group of 20 tip-of-the-spear males. We all were right next to each other the whole time, rooting each other on. That was really cool for me.”

As soon as the competition was over, Miller took a call from his mom.

“She’s been one of my biggest cheerleaders,” he explained.

He said he received support from the rest of his family, as well as the Explosive Ordnance Disposal community, which he called a “close brotherhood.”

The specialist said his “phone has



Spc. Robert Miller prepares for a Best Warrior Competition event at Fort A.P. Hill, Va., Sept. 28.

been blowing up with people texting me like crazy and congratulating me and loving me. It’s been awesome.”

He has been enjoying his time in Washington, D.C., to compete in Best Warrior.

“Yesterday, I got to see the Declaration of Independence, Constitution and Bill of Rights,” he said. “You realize the sacrifice others have made.”

Miller’s advice to all Soldiers (and his unit in particular) was to “never settle for anything less than your best effort. Keep

pushing your boundaries. You’ll never regret it.”

Messages from leaders

Vice Chief of Staff Gen. Daniel Allyn and Sgt. Maj. of the Army Daniel A. Dailey spoke during the Best Warrior ceremony. Allyn said the competitors “represent what it means to be a trained and ready trusted professional.” According to Dailey, the competition is about readiness.

“The competitors were using skills needed to survive on the battlefield to fight and win our nation’s wars,” he explained, then added, “Maybe you can be a Best Warrior. You can’t, though, unless you try.”

More about the winners

Moeller is an Army Reserve cavalry scout now serving with the 108th Training Command in San Diego. He has served in the Army for 16 years and has deployed to Afghanistan and twice to Iraq.

He was born in Northridge, Calif., but calls nearby Riverside his hometown. He is looking to complete his bachelor’s degree in engineering management and then plans to earn a master’s degree in project management.

Miller is an EOD specialist with the 8th Military Police Brigade, 8th Theater Sustainment Command, Schofield Barracks. He’s served in the Army nearly four years and has deployed to Kuwait.

Miller was born in Clarksville, Tenn. He plans to complete a bachelor’s degree in criminal justice.

40th PAMS, co-hosted by USARPAC, concludes in Malaysia

STAFF SGT. BRANDON MCINTOSH
Army News Service

KUALA LUMPUR, Malaysia — Leaders from across the Indo-Asia Pacific Region gathered together one last time to formally close out the 40th Pacific Armies Management Seminar in Malaysia, Sept. 29.

“Nations need to understand the root causes of violent extremism, which exploit the fault lines that are created by religious, race and socioeconomic differences,” said Malaysian Minister of Defense, Datuk Seri Hishmuddin, in his remarks, Sept. 26, during the PAMS opening ceremony.

Co-hosted by U.S. Army-Pacific and the Malaysian Armed Forces, this year’s theme was “Unity of Effort: Building Civil-Military Partnerships to Counter Violent Extremism.”

Over the past four days, leaders from the U.S., Malaysian and 28 other armies from across the region conducted various events, including syndicate sessions, three large-scale plenary discussions, multinational engagements and cultural understanding events.

The forum not only furthers understanding of subjects studied, but is also an opportunity to establish and enhance a set of strong interpersonal relationships among the future leaders of regional armies and security forces.



USARPAC commander Gen. Robert B. Brown provides PAM Seminar XL closing remarks, Sept. 29, as Lt. Gen. Dato’ Sri Zulkiple, Field Commander-West, MAF, listens intently.

Leaders involved in the syndicate and plenary discussions kept Hishmuddin’s comments in mind as they approached each of their topics from a less traditional approach. Ultimately arriving at many of the same conclusions, the groups overwhelmingly concluded that through partnership with each other and effective communication and preparation, they can eventually eliminate violent extrem-

ism in the region.

“There is no question that this is the most successful PAMS ever,” said Gen. Robert B. Brown, commander, USARPAC and PAMS co-host. “Everyone is leaving here with an idea that this is a whole of society effort to get after defeating violent extremism.”

The USARPAC and Malaysian Armed Forces are committed to promoting in-

teroperability between the two armed forces. Events such as PAMS promote the long-term planning and preparedness, enhances the building of relationships, and promotes training between armies, allowing the U.S. to maintain regional peace through such engagements.

“We have fulfilled the objectives of the seminar and produced very relevant outcomes,” said Lt. Gen. Dato’ Sri Zulkiple, Field Commander-West, MAF and PAMS co-host. “I do hope that our effort will not end here as violent extremism keeps evolving, and its threats expose themselves to mankind everyday.”

The U.S. is dedicating significant diplomatic, public diplomacy, military and foreign assistance resources to the Asia-Pacific region to facilitate economic growth and development, energy cooperation, education linkages and security ties as part of its ongoing rebalance to the region.

PAMS

PAMS is the largest theater security and cooperation event co-hosted by USARPAC in terms of country participation. The role of co-host rotates to a different partner nation annually.

MEDCOM to assume oversight of substance abuse program’s clinical side

DAVID VERGUN
Army News Service

WASHINGTON — On Saturday, Oct. 1, the Army Medical Command took the lead for overseeing the clinical component of the Army Substance Abuse Program.

However, non-clinical aspects of ASAP will continue to fall under Army Installation Command, which currently also oversees the clinical component, according to Lt. Col. Christopher Ivany, Army director of Psychological Health and chief of the Behavioral Health Division, Office of the Army Surgeon General.

Non-clinical, he said, includes such things as drug testing and deterrence and prevention awareness programs. Clinical includes such things as treatment and various types of therapies.

“It’s a big transition for the Army and an opportunity to improve care for Soldiers and families,” Ivany said.

Why the change?

Last year, the Secretary of the Army made the decision to move the clinical component back to Army Medical Command, where it had previously resided six years ago, Ivany said.

The secretary’s intent was to integrate that substance use disorder care closer



Specimens are taken, March 21, during a unit urinalysis to test troops for illegal substance use.

with the behavioral health and medical care already being provided to Soldiers.

“That’s the general direction that the whole country has been moving, in terms of how to best take care of patients who have substance use disorders,” he said.

It’s widely recognized that many people who have substance use disorder also have a mental health condition, he continued. And, “unless the treatment of those two things is integrated and coordinated, then you have less of a chance of being successful in the treatment outcome of helping the person improve their

mental health condition as well as their substance use disorder.”

In recent years, a growing understanding of the biological basis of substance use disorders has informed different new treatment methods that are showing promise, he said.

For instance, medication-assisted therapies are the choice for people with certain substance-use disorders. These medicines help the patients reduce their urges or cravings.

It is within the primary care setting that substance use disorders first show up in the form of physical issues caused by the substance, Ivany said. So it’s important that primary care providers are trained to screen for those kinds of conditions and know what to do when they encounter patients with those conditions.

Within the mental treatment world, which the Army calls “behavioral health,” there is a role for treatment with medication as well as a role focused on psychotherapy, he said.

“So all those elements of care can be integrated more easily when they’re under (Army) Medical Command,” he concluded.

Treatment closer to Soldiers

With the changes taking place across

the Army, those seeking help will have more avenues of care and greater access to care.

Behavioral health providers are currently embedded in small clinics in areas on post where the combat brigade Soldiers are located. Over the last several years that the embedding of providers has occurred, the number of Soldiers seeking help with mental health issues has roughly doubled.

Ivany credited that increase with a greater availability of behavioral health providers closer to where Soldiers are on post and not centralized in the big hospitals. Now, substance use counselors will be among those behavioral health providers at those small clinics.

“The hope is that there will be even greater utilization of those clinical providers, so treatments can be offered earlier in the course of the illness of the substance disorder before it gets to the point that the Soldier has a DUI or comes up hot on a urine drug test administered to a unit,” he said.

Ivany encouraged Soldiers to seek help. “The earlier we can offer the treatment, the better off it is for a Soldier for his career.”

(Editor’s note: Read about pilot programs at www.hawaiiarmyweekly.com.)

Future: Milley looks to 2025

CONTINUED FROM A-1

nation-states. This is our benchmark for measuring Army readiness; it requires our greatest focus and effort.

We are making real progress improv-

ing the Army’s current readiness, but much remains to be done. In training, we have increased throughput at our world-class Combat Training Centers by over 25 percent – an increase from 15 to 19 brigade combat team rotations a year.

These rotations now include brigade and battalion-level combined arms live fires, a key skill and a demonstration of power that gives our greatest adversaries pause. And we are training as we will fight: We are establishing an Associated

Units program to build habitual relationships amongst our Active, Reserve and National Guard units. We have also increased participation of joint and special operations forces in our CTC rotations to sustain our conventional and unconventional synergy that we developed over the last 15 years of war.

Our readiness focus remains on our Soldiers and our standards. We are introducing new combat-based fitness standards, and this year we will build our first

fully gender-integrated combat units.

War is a very unforgiving environment, and these units, like all our units, will be based solely on combat standards and effectiveness.

We have also refined administrative and medical personnel policies to allow commanders to more effectively manage their Soldiers and improve unit readiness.

(Editor’s note: Read more from CSA Milley at www.hawaiiarmyweekly.com.)

2nd BCT has realistic, combat-like experience

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

SCHOFIELD BARRACKS — As Soldiers assaulted in teams to clear their objectives, artillery rounds rippled through the air before exploding on targets, causing the ground to shake and rattle underneath the Soldiers boots as the 2nd Brigade Combat Team, 25th Infantry Division, participated in Warrior Fury III, here, Sept. 13-30.

“This exercise validates our maneuver company and troop commanders’ ability to synchronize multiple maneuver, fire support and attack aviation assets in order to decisively fight and win in any environment,” said Col. Anthony Lugo, commander, 2nd BCT. “This training is vital in making us a combat-ready and equipped infantry brigade combat team for the Pacific command area of responsibility.”

According to Lugo, Warrior Fury III is a brigade-level exercise that will improve warfighting capabilities across the brigade.

“This exercise allows the maneuver command to gain an accuracy assessment of all mission command systems through every level,” said Capt. Lacie Long, fire direction officer, Headquarters and Headquarters Battery, 25th Division Artillery, 25th ID. “We are also using this training to keep momentum of our recent



Warrior Brigade Soldiers assigned to 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, climb a steep hill as they move to their objective, Sept. 19, on Schofield Barracks.

certification training of our sections, and it allows us to be trained and ready to deploy in support of operations in the Pacific’s area of responsibility while building unity, camaraderie and confidence between the battalions within the whole

brigade.”

According to 1st Lt. Anthony Presnell, 1st Battalion, 27th Inf. Regiment, 2nd BCT, the training provides a good first time experience for a lot of the brigade’s Soldiers.

“This is the first time companies will be operating together on a live fire range, from heavy weapons and engineers to mortars teams and assault teams. This is the first time for infantry Soldiers to unitize different munitions, such as AT4s and bangalores,” Presnell said. “This allows us to build and gain confidence in one another as we have our Soldiers firing live rounds to the left and right as assault and clear objectives.”

By conducting realistic training, Soldiers receive the realism of combat, Presnell said.

“This is the closest a lot of Soldiers will actually get to combat, because we are firing real bullets and it provides Soldiers a little bit of realism in our training,” he explained.

Throughout the training, senior leaders provided junior noncommissioned officers and platoon leader with advice and feedback.

“It’s good to see all of our leadership out here supporting us through this training,” said Presnell. “They are not only walking with us, but they are also providing feedback on how we can do things differently or ways we can improve as a maneuver element.”

As Warrior Fury III concluded, a foundation was formed for the Warrior Brigade to build upon during Lightning Forge 17 and prepare it for its upcoming rotation to Fort Polk, La., at the Joint Readiness Training Center.

‘Family Day’ gives DIVARTY spouses inside look at training

1ST LT. JAMES DYER
25th Division Artillery
25th Infantry Division Public Affairs Office

SCHOFIELD BARRACKS — The 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team’s Family Day started off with the families meeting up at the Leadership Reaction Course for physical training bright and early at 6:30 a.m.

The spouses worked together to overcome multiple obstacles and develop their problem-solving skills as they negotiated the various obstacles presented to them.

Later that morning, after a break for breakfast, the families met up at their quad where they split up into two groups. The first group stayed at the quad and did weapons familiarization and a fire direction center (FDC) lane.

The weapons they familiarized themselves with were the M119A3 and M777A2 cannons. They learned how the cannons are loaded as well as how to aim the cannons.

After witnessing the crew drills and learning what each Soldier on the gun does, the families were invited to participate in hands-on drills. At the FDC lane, they learned how fire missions are processed and sent to the guns.

The second group donned their spouse’s helmets and loaded up into LMTVs to visit the call for fire simulator. They got hands-on training on how to use the



Cannoneers and spouses of the 2-11th FAR gather for a family photo with an M777 howitzer in Quad D, Sept. 29.

laser range finders and identify targets. They also got to practice calling in fire missions on targets they identified on the simulator screen using maps, protractors and binoculars.

Much like a more-in-depth video game, the spouses identified targets on the screen, estimated the distance and

where the target was located on their maps, and called in a fire mission. They got to see the rounds impact on the screen and adjust fire as required to destroy the target.

Melinda Ipp, the wife of Staff Sgt. Jason Ipp (a forward observer for 2-11th Headquarters and Headquarters Battalion),

said the event gives the spouses a different perspective of what their husbands do.

“This has been one of the best events I have been to thus far in the Army,” she said.

The families came back together for a cookout for lunch before preparing to move out to South Range. At the range, families got to experience the excitement of firing a 249 machine gun, an M4 rifle and M9 pistol. They also were able to witness the cannons fire.

There were some sore shoulders and backs from wearing helmets and body armor; however, all spouses had a smile on their faces from receiving the opportunity to shoot the weapons and see the artillery pieces in action.

“It’s really cool that they are letting the spouses come out and do this,” said Spc. Joshua Stucker, an Alpha Company, 2-11th FAR cannoneer. “It’s a once-in-a-lifetime opportunity. I personally saw a look of pure joy on my wife’s face today as she came off the SAW.”

After the live firing of the weapons, the families got back into LMTVs and moved back to 2-11th quad and concluded their day by receiving their certificates for all that they had accomplished during Family Day. They became honoree members of the “On Time Pride” FAR.

(Editor’s Note: Dyer is the DIVARTY unit public affairs representative.)

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

Today
DMPO — As of Oct. 1, the Schofield Barracks and Fort Shafter Defense Military Pay Offices have consolidated their services. The DMPO will provide finance support across the Pacific region, 9 a.m.-4 p.m., weekdays (except Thursdays). Call 655-6332.



Cyber Awareness — Data breaches result in the compromise of personally identifiable information of thousands of Americans. National Cyber Security Awareness Month (October) is perhaps the most appropriate time to reflect on the universe of cyber threats and on doing your part to secure your own devices, networks and data. Visit www.hawaiiarmyweekly.com

com for the FBI’s links about the more prolific cyber threats we’re currently facing.



Changing — On Dec. 1, Walgreens pharmacy locations will join the TRICARE beneficiaries network. CVS pharmacies, including those in Target stores, will leave the network on the same day. The new network will have more than 57,000 locations nationwide and ensures TRICARE beneficiaries have timely access to retail pharmacies in their community. Visit www.tricare.mil/PharmacyNetworkChange.

Homeless Veterans — The VA announced the award of \$3.4 million in grant funding to 16 community agencies that provide enhanced services for homeless veterans with special needs. More information about VA’s homeless programs is available at www.va.gov/homeless. Community organizations seeking details and/or more information may visit VA’s National Grant and Per Diem Program website at

www.va.gov/homeless/GPD.ASP.

18 / Tuesday
Registration Deadline Today — Save the dates! The next Hiring Our Heroes Transition Summit at Schofield Barracks happens Oct. 18-19. Note, this event is **mandatory** for Soldiers with less than nine months before their separation date.

Go to <http://HiringOurHeroes.org> to register and upload your resume by COB today, and watch this space for more details in the coming weeks.

USCG — The Coast Guard offers mariners guidance on what to do if a hurricane approaches. Information on how to prepare your boat or trailer for a hurricane can be found at its Storm Center webpage. Visit www.uscg.mil/news/stormcenter/.



31 / Monday
Halloween — Trick-or-treat (and trunk-or-treat) hours will be 5:30-9 p.m. Watch this space for additional information from the garrison.

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
H-2 and H20 — A previously scheduled two-lane closure on the northbound H-2 between Ka Uka and Kipapa Bridge was rescheduled from today until Oct. 9. Message boards will be placed in the area in advance of the weekend closure to alert drivers of the work. All roadwork is weather permitting. Visit <http://hidot.hawaii.gov/highways/roadwork/>.



Town Traffic — Heavy construction on Date Street is underway this week, while preliminary work continues on Ward Avenue, two of the busiest thoroughfares in urban Honolulu. Drivers should anticipate delays due to detours, lane and/or road closures, and to allow extra travel time while driving through the work areas.

Noise Advisories — Want to know what’s going on this month when you hear those sounds of freedom? Visit www.garrison.hawaii.army.mil/pao/mediareleases.htm to find out.

10 / Monday
Schofield Road Closure — There will be a road closure, 8:15 a.m.-2:30 p.m., at Waianae Ave (South Corridor) between Generals Loop and Jecelin Street to resurface road and landscape work related to the Quad B barracks renovation.

Waianae (North) between Generals Loop and Jecelin Street will be designated for two-way traffic during this road closure. This first phase of construction work should conclude Nov. 10. The existing traffic flow will be restored to the original configuration during non-working hours.

Wisser — There will be road closures, weekdays, 8:30 a.m.-5:30 p.m. until Nov. 18, at Shafter’s Wisser Road between 7th Street and Arsenal Road for construction. The adjacent parking lot will be accessible by means of the driveway entrance next to Bldg. 525.

Westbound traffic from Simpson Street and Patch Gate headed toward Funston Road will be detoured through Arsenal Road.

Eastbound traffic from Funston Road and 7th Street headed toward the Post Exchange and Patch Gate will be detoured through Pierce Street and Arsenal Road.

15 / Saturday
Schofield Outage #1 — The west side of Schofield Barracks will be without power, 7 a.m.-3:30 p.m. Units/directorates/others affected by the outage should be prepared for an



extended outage in this event.

WAAF Outage — The Wiliwili Housing Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

17 / Monday
“Fore!” — Leilehua Golf Course will see a scheduled power outage, 7:30 a.m.-3 p.m., for tree trimming.

25 / Tuesday
Invitation — Join the 921st Contracting Battalion as it restations on Wheeler Army Airfield and uncases its colors, 9 a.m., at 150 Denny Road, Bldg. 1052. A reception will follow. Call 656-1064/1026.



Photo by Sgt. Ian Ives, 25th Infantry Division Public Affairs

The Tropic Lightning Division marches in a division review, Thursday, to commemorate the 75th anniversary of the division’s activation on Oct. 1, 1941.



Photo by Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs

Maj. Gen. Christopher Cavoli (front rank, left), commander, 25th ID, and the division staff lead the formation in an esprit de corps run, Monday, to begin the annual Tropic Lightning Week celebration.



Photo by Sgt. 1st Class Sean Riley, 25th Sustainment Brigade Public Affairs, 25th Infantry Division

From left, Col. Mario Diaz, deputy commander-Support, 25th ID; Maj. Gen. Christopher Cavoli, commander, 25th ID; Allen Hoe, Department of the Army Liaison for Hawaii; and Adm. Harry Harris, commander, U.S Pacific Command, inspect the troops, Thursday, on Weyand Field, Schofield Barracks as part of Tropic Lightning Week, which celebrates the 75th anniversary of the division.



Handmade T-shirts crafted with slogans against domestic violence decorate a clothesline set up for the Domestic Violence Awareness Month Proclamation Signing at the Nehelani, Sept. 30.

USARHAW stands against domestic violence

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — About 71,828.

That's how many people sought help against domestic violence during a one-day nationwide census of shelters and services, according to the 2015 National Network to End Domestic Violence report.

Hawaii Army officials are working to raise awareness and lower the number of abused with several events throughout Domestic Violence Awareness Month in October.

Soldiers and civilians gathered for the first of these events, the official proclamation signing ceremony, at the Nehelani, Sept. 30.

Maj. Gen. Christopher Cavoli, senior commander, U.S. Army Hawaii, and commanding general, 25th Infantry Division, signed the awareness proclamation and spoke about the importance of preventing domestic violence. He said the issue is especially important to him since he grew up in an Italian-American household where family was the reason for everything.

"You depend on family," he said, "and your family depends on you. Domestic violence violates all that. In that sense, it's a betrayal of all relationships. A unit is only as strong as its relationships. A community is only as strong as our relationships."

Artwork depicting the brutal nature of domestic violence was on display for attendees during the signing. Dinner place settings were decorated with photos and stories of victims who died at the hands of their abusers. Some victims were Soldiers stationed at Schofield Barracks or spouses in the community.

"The voices of some victims are not able to be here today," said Cindy Morita, Family Advocacy Program manager, Army Community Service Hawaii. "We need to continue to speak up to be a part of the solution."

For those who have survived abuse, their voices were represented at the event as well. Survivors who are in the S.A.F.E.R. Support Group for women crafted masks expressing how they felt they had led double lives as their abuse was hidden from the public. A clothesline was set up outside the conference room featuring handmade T-shirts decorated in purple to honor the month.

Lisa Allen, who is a survivor of domestic violence, recited a poem originally written by Paulette Kelly in 1992. The poem, entitled "I Got Flowers Today," describes the escalation of violence and how victims can feel powerless in a deadly situation.

"Make-up and long sleeves didn't hide the cuts and bruises this time," Allen recited. "I couldn't go to work today because I didn't want anyone to know, but I know he's sorry because he sent me flowers today."

The sufferers of domestic violence were the focal point of each part of the program. Volunteers sitting in the audience read out loud staggering statistics about how many people suffer from domestic violence every day.

Retired Lt. Col. Makalena Shibata chanted a Hawaiian oli, or chant, imploring everyone to act justly as if they were being watched by their commander at all times.

Each of the battered was represented with a loud chime during the ceremony. One woman is beaten every nine seconds, according to previous



Maj. Gen. Christopher G. Cavoli, senior commander, USARHAW, and commanding general for 25th ID, signs the Domestic Violence Awareness Month Proclamation at the Nehelani, Sept. 30. Cavoli also spoke at the end of the ceremony about the importance of maintaining healthy relationships.

reports from the Georgia Department of Human Resources and the American Medical Association.

Cavoli ended the ceremony imploring attendees to be decisive, to stand up against domestic violence and to work to reduce the number of chimes sounded.

"Think about these things," Cavoli said. "Think about our role in prevention of domestic violence, because it's our role in the cultivation of strong relationships across our units and brigades."

Although domestic violence can happen anywhere, coordinators reminded attendees there are real people going through abuse right now.

A total of 3,267 temporary restraining orders were filed in Hawaii to protect against harassment during fiscal year 2014, according to the most recent Hawaii Judiciary Annual Report Statistical Supplement.



Lisa Allen, a survivor of domestic violence, recites the poem "I Got Flowers Today" during the signing, Sept. 30.



Resources

Contact the following locations if you have questions or issues with domestic violence:

- Hawaii Army Victim Advocacy Program. Call 624-7223.
- Domestic Violence Action Center Hawaii Free Legal Helpline. Call 531-3771.

Upcoming Events

22nd Annual Men's March Against Violence

Oct. 13, noon
Men and other supporters are invited to rally against domestic violence. The march begins at noon around the State Capitol Rotunda. A rally against domestic violence is scheduled to start at 12:20 p.m. at nearby Skygate Park. For details, see www.stoptheviolence.org or call 447-3534.

4th Annual 5K Run/Walk for Domestic Violence Awareness Month

Oct. 21, 6 a.m., Hamilton Field
Free to all community members; no registration required. Sponsored by the Sergeant Audie Murphy Club for noncommissioned officers.

Classes at Bldg. 2091 Army Community Service Schofield Barracks

To build up life skills and resiliency against domestic violence, ACS has several classes available for couples and families. For more information, call 655-4227 or visit www.himwr.com/acs.

S.A.F.E.R Support Group:

Wednesdays, 9-10:15 a.m.
The women-only group discusses self-care, self-esteem, safety planning and understanding abuse for domestic violence survivors. For more information, call 624-7233.

Scream-Free Parenting

Thursdays, noon to 12:30 p.m.
This class is a four-week program for parents of children who are 5-15 years old. Look at your current parenting practices and identify ways to strengthen your skills and create healthier family relationships.

Parenting 101

Friday, Oct. 14, noon to 1 p.m.
Take your parenting to the next level. Learn tips and tools to assist you in reaching your parenting goals.

Couples Communication

Friday, Oct. 28, 11:30 a.m.-1:30 p.m.
Learn how to listen, understand and effectively communicate with your partner.

Left — A place setting for Spc. Felicia LaDuke, a Schofield Barracks Soldier and Iraq War veteran, sits among several displays during the Sept. 30 signing. LaDuke was also a victim of domestic violence.

Briefs

7 / Friday

Friday with Friends — This support group meeting is a peer-support gathering for surviving family members, offered every 1st Friday of the month from 9 a.m.-1p.m. Currently, yoga is being offered during the “Friday with Friends” group support. Call 655-4227.

Command Scramble — Check in between 10-11:30 a.m. at Leilehua Golf Course. Cost is \$50/person and includes 18-hole green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans. Shotgun start at noon with event day registration available, unless sold out. To register, call 655-4653.

Steak Lunch — Go to the FS Hale Ikena at Bldg. 711, Morton Drive from 11 a.m.-2 p.m. for lunch featuring a fresh grilled steak and potato bar with various toppings. Call 438-1974 or 438-6712.

Lei Making — Learn to make a beautiful lei for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

Halloween Make-up Workshop — Learn how to use make-up to enhance your Halloween costume at the SB Arts & Crafts Center from 4-6:30 p.m. Participants will learn how to create prosthetics with liquid latex, fake blood and specialty costume make up. Cost is \$25/person, 14 years or older. Price include supplies. To register, call 655-4202.

Magic the Gathering — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.

Dungeons & Dragons Meet-up — An open-ended role-playing game at SB Tropics every Saturday at 6 p.m. Call 655-5698.

8 / Saturday

Intro to Surfing 101 — Learn to surf like a local with Outdoor Recreation for \$59 on the south shores of Oahu from 8:30 a.m.-12:30 p.m. This is a great beginner location for all ages. Transportation, equipment and instruction provided. Bring water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. To sign-up, call 655-0143.

Bull Ride at Tropics Recreation Center — Take a ride every Saturday in

LEARNING TO LOVE TENNIS

SCHOFIELD BARRACKS — Jackson Smith, 9, practices serving during tennis lessons at the Martinez Tennis Courts, Sept. 21. Tennis is a new addition to the SKIES Unlimited menu of FMWR youth activities.

Katrina Hert, 6, practices volleying during tennis lessons at the Martinez Tennis Courts, Sept. 21.

Mark Beede, the current SKIES Unlimited tennis instructor, has worked with the U.S. Tennis Association, Hawaii Pacific Tennis Foundation, and taught at a tennis academy in Turkey.

The SKIES Unlimited tennis program, restarted in May, offers tennis lessons to children ages 4 to 18 years old. The year-round tennis classes are \$55 for four sessions a month, each one an hour long.

Classes are held at Tripler Army Medical Center and Schofield Barracks. For more information, call 655-9818 or visit himwr.com/skies.

October at 8 p.m. Call 655-5698.

9 / Sunday

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.

Teen Read Week — Make a Comic Contest is Oct. 9-15 at both Fort Shafter and SB Sgt. Yano libraries to celebrate Teen Read Week with a comic contest on Instagram. Entries will compete in two categories. Visit Hawaii.armymwr.com for contest rules and guidelines. Winners will receive a \$25 gift card to Target. Call 655-4202.

10 / Monday

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.

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.

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

11 / Tuesday

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. Call 655-4202, as registration is required.

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. Call 655-4466.

12 / Wednesday

SAFER Group — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse at SB ACS from 9 a.m.-10:15 a.m. Call 655-4227 to register.

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.

Domino’s at Tropics — Join SB Tropics every Wednesday in October for a Halloween Domino’s Tournament at 11 a.m. Call 655-5698.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

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

13 / Thursday

Mom & Tots — Attend at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Wing Night at Mulligan’s — Every Thursday at FS, from 3:30-8 p.m., get 10 wings for \$3, 20 wings for \$5. Call 438-1974.

Texas Hold’em Poker — Sign up Thursdays at SB Tropics by 6 p.m. for a night of cards, drinks and food. Cost is \$10. Win Exchange gift cards of \$75 for first place, \$50 for second place and \$25 for third place. Newly renovated Tropics is located at Foote Avenue, Bldg. 589. Call 655-5698.

9 Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9 ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Book Talk at the Tropics — See if you can convince others to read your favorite reads or be convinced by others to read something new, 6-7:30 p.m. Snacks will be provided; bring a friend. This is a free event at the SB Tropics. A \$15 Walmart gift card will be given away each month. If you don’t have a book, you’ll be able to pick out a book from a selection provided by SB Sgt. Yano Library. Must be 18 years or older to participate at the Tropics. Call 655-5698.

Ongoing

Youth Sports and Fitness — Home-school PE classes are underway for the new school year. Youth Sports provides homeschool fitness activities such as basketball, croquette and flag football. FMWR also provides activities such as 4-H, Health Rocks and hiking. These programs are free to military homeschool community. Children must be registered with CYS Services. Call 655-6465.

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

7 / Friday

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.

Daniel K. Inouye Elementary — The school will be repaving its parking lot through today, so the asphalt parking lot will be closed. Please expect traffic delays near the school due to limited drop off/pick up areas and parking spaces. Also, when possible, avoid McNair Gate in the morning and afternoon. Pedestrians should use crosswalks and sidewalks to walk to school safely.

First Friday — Chinatown is the place to join the hip crowds

at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

8 / Saturday

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

11 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

13 / Thursday

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach

Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

14 / Friday

Air Supply — This 70s soft rock duo celebrates 40 years of music making with a 7:30 p.m. concert at the Blaisdell Arena. Tickets are \$35-\$125. Visit tickmaster.com or call (866) 448-7849.

Hawaii Opera Theatre — “La Boheme,” one of the most romantic love stories ever to grace the operatic stage, and arguably Puccini’s most popular work, will be performed at the Blaisdell Concert Hall, 8 p.m., Friday, with additional performances Sunday and Tuesday, Oct. 18. Call the Blaisdell Box Office info line at 768-5252.

15 / Saturday

Hawaii vs. UNLV College Football — The Warriors take the Aloha Stadium field with a 6 p.m. kickoff in a 2016 Mountain West Conference clash against the Rebels. Tickets available at the Aloha Stadium box office and online at www.hawaiiathletics.com/.

18 / Tuesday

Facebook Town Hall — Gar-

Hands of Stone (R)

Fri., Oct. 7, 7 p.m.

When the Bough Breaks (PG-13)

Sat., Oct. 8, 4 p.m.

Pete’s Dragon (PG-13)

Sat., Oct. 7, 7 p.m.

Sully (PG-13)

Sun., Oct. 8, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	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,	Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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Preventing DV strengthens our communities

MILITARY ONESOURCE
News Release

Measles, mumps and rubella are serious public health issues that are preventable.

Every October, Domestic Violence Awareness Month is observed because it, too, is a serious public health issue that is preventable with the help of all members of the community.

Domestic violence goes against all relationship and military core values and standards of conduct. No one deserves abuse, and anyone can be a victim.

Abuse can be verbal, physical, emotional or sexual. Some of the most hurtful and long-lasting forms of abuse never leave a bruise. At the end of the day, abuse is never justified or acceptable.

Everyone can strengthen their family and their community by following three steps:

1) Live by core values. Core values provide the foundation for how we live our lives and interact with others. Just as each branch of the military has a set of core values, so should every relationship.

Core values of successful, lasting relationships include these:

- Respect* — treating people well be-



cause every life has value;

- Trust* — believing a person is reliable and honest;
- Commitment* — promising to be loyal or keeping your word;
- Integrity* — being honest and fair; and
- Selflessness* — putting the needs of others before your own.

2) Strengthen your family. Check out “Understanding Teenage Dating Violence” to help start that conversation with your teens. Healthy relationships don’t just happen; they take time and effort.

Every couple experiences relationship challenges. No matter how tough times get, couples will benefit from these:

- Commit to living by the core values*

and working through problems in a healthy way;

- Avoid letting individual or family stress escalate* into domestic abuse; and
- Find resources to develop positive relationships* and handle common relationship challenges at every stage of life through the Family Advocacy Program.
- Core values.* Exposure to domestic violence can cause long-term harm to children’s health, behavior and learning abilities. Children imitate what they see and hear, which influences how they behave today and how they parent their own children in the future.

Parents can strengthen family bonds and provide good examples for their kids:

- Model safe, respectful communication* and conflict resolution with your spouse or partner;
- Teach your children early about relationship core values*; and
- Contact Military OneSource or the FAP for resources* to help in times of relationship and family stress.

3) Find help. Know how to help. Everyone plays a role in upholding core values that support safe, healthy relationships for all community members.

If you want to help, use the following:

- Call 911* if you or someone you know is being abused. Domestic violence can be fatal.
- Call a Military OneSource consultant* at 800-342-9647, the National Domestic Violence Hotline at 800-799-7233 or the FAP at 655-4227 for information and support around the clock.
- Listen to the “Impact on Children” podcast* at Military OneSource: www.militaryonesource.mil/?p=333;SEARCH:0::NO::P10_SEARCH:podcast%20impact%20on%20children.
- Review “If You See Domestic Abuse Speak Up,”* at www.militaryonesource.mil/social/podcasts?content_id=274626.

School Liaison Office provides assistance to Army families

SCHOOL LIAISON OFFICE
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Do you have a question about your child’s school or educational needs? Are you new to the island and need help identifying which school your child should attend?

Look no further than the School Liaison Office; School Support Services; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

School Liaison officers are a team of professionals who strive to ensure a smooth transition, as well as academic success, for all Army-connected students.

Assistance. Whether you are new to Hawaii, or you have been here for a year or two, if you have questions or concerns about your school-aged child’s educa-



tion, the SLO can help.

An SLO will provide you with information on how to register for school, facilitate meetings between parents and school administration, and provide resources and referrals to empower parents to be their child’s best advocate.

The SLO represents, informs and assists command and serves as the primary point of contact on all school-related issues. The Army has at least one SLO at every installation to assist families with

their child’s education-related needs and forges partnerships between the military and local schools to enhance communication and ultimately work together to resolve issues.

In Hawaii, there are several local forums and organizations that were created to build and maintain strong partnerships between the military and education communities.

The Joint Venture Education Forum is a cooperative venture between U.S. Pacific Command and the Hawaii Department of Education.

Through this forum, the military community and state educators discuss issues of importance and work together to provide positive learning environments and high-quality educational opportunities for Hawaii’s children.

Furthermore, the SLO meets regularly

with local school leaders to share information and resolve issues that occur at nearby Army-impacted public schools.

The SLO facilitates this meeting, known as the Army School Planning Committee, and various garrison and HI DOE representatives attend and engage in productive conversations that result in positive action.

SLO

Let’s work together to help ensure our youth receive the support they need to achieve academic success.

Whether your child is experiencing academic or behavioral issues, or other issues that impact his or her learning, please contact the Army School Liaison Office at 655-8326.

We’re here to help!

Smoke alarm expiration dates are a need to know – use them!

ANGELA YAMANE
Hawaii Federal Fire Department

The Federal Fire Department urges all residents to know how old their smoke alarms are, and to replace them every 10 years

Does your home have a smoke alarm?

According to the National Fire Protection Association, the answer is likely yes. NFPA research shows that most American homes have at least one. But do you know how old your smoke alarms are? If you’re like most people, you’re probably not so sure.

A recent survey conducted by NFPA revealed that only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced. That lack of awareness is a concern for FFD and NFPA, along with fire departments throughout the country, because smoke alarms don’t last forever.

“Time and again, I’ve seen the life-saving impact smoke alarms can have in a home fire, but I’ve also seen the tragedy that can result when smoke alarms aren’t working properly,” says Jeffrey Fernaays, fire prevention chief, FFD. “That’s why we’re making a concerted effort to educate military residents about the overall importance of smoke alarms, and

that they do have a life limit.”

NFPA 72, National Fire Alarm Code, requires smoke alarms be replaced at least every 10 years, but because the public is generally unaware of this requirement, many homes have smoke alarms past their expiration date.

“Don’t wait!”

Along with firefighters and safety advocates nationwide, FFD is joining forces with NFPA during Fire Prevention Week, Oct. 9-15, in promoting this year’s Fire Prevention Week campaign, “Don’t Wait - Check the Date! Replace Smoke Alarms Every 10 Years” – to better educate the public about the critical importance of knowing how old their smoke alarms are and replacing them once they’re 10 years old.

To find out how old your smoke alarm is and its expiration date, simply look on the back of the alarm where the date of manufacture is marked. The smoke alarm should be replaced 10 years from that date (not the date of purchase).

FFD also says smoke alarms should be tested monthly, and that batteries should be replaced every six months.

(Editor’s note: Yamane is a fire inspector at Hawaii FFD.)



Graphic courtesy of Federal Fire Department

Online


For more information on smoke alarms and this year’s Fire Prevention Week campaign, “Don’t Wait: Check the Date! Replace Smoke Alarms Every 10 Years,” visit www.firepreventionweek.org.

We must learn to seek assistance in times of personal crisis

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

Oh how sweet life would be without trouble, without interpersonal, personal issues and problems. And, yet, that is a dream not in sync with the real world! A wise man must notice trouble coming from afar and prepare himself to deal rightly and strategically with the issues. A lot of people begin to look for help when a crisis or a problem is already looming or is knocking at their door.

Seeking help
Certainly there are endless ways in which people seek and solicit help. There are both productive ways and there are destructive ways to acquire help. Productive ways could include seeking guidance from a pastor or mentor, prayer, spiritual reading/reflection, listening to peaceful music or music that does not have a message or theme that contradicts



Fryer

sound ethical reasoning. It could be something that just clears your mind like going for a run or hiking a beautiful mountain trail in Hawaii. However, many destructive ways exist and require discernment, such as drinking or drugs, a video game obsession, throwing yourself into a relationship or random sexual encounter. Many people form addictions to self-medicate other areas that they are seeking help in. Some examples include, for instance, post-traumatic stress disorder, depression and anxiety. One neuroscientist, Dr. Mark Lewis, in an article on self-medicating states, “According to the self-medication model, addictive behaviors ‘medicate’ depression, anxiety and related feelings.” In other words, people can form addictions which themselves attempt to mask deeper issues



they are evading. Many with PTSD, for example, are self-medicating, which often has tragic results. Just as Lewis again comments, “Self-medication is a common behavior among people with PTSD ... yet, has potentially hazardous consequences.” To attempt to resolve such troubles, some mental health leaders are now advocating “dual diagnosis” treatment programs. The thinking behind this is that the addiction, the method of self-medication that is preventing the individual from healing or dealing with the larger issue, is first diagnosed. The secondary diagnosis is to pinpoint

the deeper issue the person is dealing with that has become a life dominating sin or enslaving behavior. The aforementioned site states, “While some people use drugs as a replacement for mental health care, there are others who lean on drugs due to symptoms they’re quite aware of and hope to heal under their own powers.” Crying out to the Creator-God in many ways is a natural response to the adversity of life. The ancient king of Israel, David, resolved in Psalm 121:1-2, “I will lift my eyes to the hills - from whence come my help? My help comes from the Lord, who made heaven and earth.” King David determined that the source of his help in the times of life’s needs was the Lord; he has seen the Lord faithfully move to rescue him from harm’s way in the past and to solve the dilemmas that he had encountered. It led him also to write and sing in Psalm 46:1, “God is our refuge and strength, a very present help in trouble.”



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

- Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
- Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
 - Tuesday, 7 p.m. at AMR
 - Wednesday 11:45 and 5 p.m. at MPC
 - Thursday, 9 a.m. at AMR
 - Saturday, 5 p.m. at WAAF
 - Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
- Gospel Worship**
- Sunday, noon. at MPC


- Sunday, 12:30 p.m. at AMR
 - Jewish Shabbat (Sabbath)
 - Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m. at FD
 - 10 a.m. at HMR and WAAF
 - 10:30 a.m. at AMR
 - 11 a.m. at WAAF (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9:27 a.m. at SC

Comparing military spouses is really like apples and oranges

I know what you all are secretly wondering about me, so why don’t I address it right off the bat: Yep, your suspicions are correct. I do weigh over 150 pounds. I’ve worn double-digit-sized pants since the eighth grade. I have a brick of Velveeta in my fridge, I can’t remember my times tables when put on the spot, I never dust the ceiling fan blades, and I’ll admit it, I even let the dog lick me right on the mouth. There. Now you know. I’m not perfect. Isn’t it strange that humans instinctually size each other up, as if we’re all part of some Darwinian survival of the fittest scenario? What’s even more interesting is that competitive instinct affects military spouses differently than our civilian counterparts. Often, civilians compete on a material level: Who has the most expensive handbag, the best lawn, the best-dressed kids, the fastest car, the biggest house, the highest paying job or the coolest vacations?

Military standards

But in the military, uniforms broadcast rank and pay grade. Many of us live in identical base quarters. We take our trash to communal dumpsters,



wearing the same lounge pants we all bought from the same PX clearance racks for \$9.99, and our trash contains the same K-cups and chicken bones we all picked up at the same commissaries. Since our spouses’ incomes and benefits are a matter of public record, the playing field for military spouses is entirely different than it is for civilians. We don’t compare material possessions. Instead, we want to know, who has moved the most? Who has lived in the worst base housing? Who has suffered the most deployments? Who has lived overseas the longest time? Instead of tit-for-tats over who has the best Pottery Barn curtains, we military spouses wrangle over whose life is, strangely enough, harder. But the matchup over military hardships breaks down, when you consider that military spouses’ lives are really too diverse to compare. According to the 2014 Military One Source Demographics Report, there are 665,619 active duty military spouses, and 381,773 selected reserve

military spouses. There are also at least 326,000 surviving military spouses and a whopping 15 million more spouses of U.S. military veterans, according to the 2010 National Survey of Veterans. We may all be known as “milsouples,” but our differences are greater than our similarities. Military spouses hail from every branch of the U.S. armed forces. They grew up in big cities and small towns in every state. They are of varying ethnicities. Some are shy, others outgoing. Some have traditional careers, while others work at home. Some are young, and others, like me, are ... young-ish. Also, like apples and oranges, our life experiences cannot adequately be compared due to variations in military communities. There are chaplains, aviators, culinary specialists, missile technicians, engineers, cryptologists, aircrew, submariners, infantry, artillery, tankers and special forces, to name a few. Each community has its own sub-culture, deployment tempo, platform requirements, work schedules and social traditions. As a young Navy spouse, I felt inadequate when compared to friends in other military communities who were enduring more deployments. When my

husband deployed for a year in 2007, I thought it was my chance to earn some “street cred.” After the first six months alone with three kids, a huge dog and endless home maintenance, I realized how silly I was for wishing hardship upon myself just so I would stack up to my friends. Now, after 23 years as a military spouse, I appreciate the diversity of our individual journeys. It’s not who moved the most, who lived in the worst base housing or whose spouse had the longest deployment. Each of us has our own distinctive experience based on our military community’s subculture, our family make up and our diverse backgrounds. Rather than competing, let’s focus on what military spouses have in common. We are hardworking, dedicated and resourceful. We are strong in the face of hardship. We provide a constant presence at home. We share our active duty spouse’s sense of duty, honor and patriotism. Most importantly, every military spouse loves a U.S. service member, and like apples and oranges, they make all of our lives very sweet indeed. (For more of Molinari’s musings, visit www.themeatandpotatoesoflife.com.)

Emergency Nurses Week highlights those who save lives

MAJ. DEANNA R.C. SETTELMAYER
Tripler Army Medical Center

HONOLULU — Emergency Nurses Week is Oct. 9-15 this year, and it celebrates the dedication and often thankless job these special nurses provide to critical care patients on a daily basis.

The Emergency Department is a dynamic area of medicine where nurses must be ready at a moment’s notice to provide emergency medical care and treatment for a wide range of medical concerns.

Unlike what is portrayed on television, numerous life threatening events rarely occur simultaneously. They are also certainly never wrapped up in a neat one-hour time frame.

The nursing contribution to patient care delivery is much more significant than the made-for-TV script.

Teamwork. Emergency medicine is very much a team approach. The ED is an unpredictable, dramatic and challenging work environment that requires a team approach to patient care delivery.



Photo courtesy of Tripler Army Medical Center

TAMC Emergency Department nurses (left to right) Liz Zimmerman, Susan Ander and Alisha Brenckle discuss patient care in one of Tripler’s busiest departments.

Emergency nurses must have in-depth knowledge about a wide variety of topics to provide safe and timely care to patients and their families.

“Emergency nurses are leaders in emotional intelligence with impeccable skills to identify, triage and manage any critical or emergent situation,” said Nika Long, the clinical nurse officer in charge of the ED at Tripler Army Medical Center.

In the world of nursing, the ED is an area of nursing that is frequently misunderstood – even by its nursing colleagues – because of the frequent re-prioritiza-

tion of patient care needs.

Everyone needs to be seen and treated in a timely manner while managing the most critical patients first.

ED nurses understand no one plans to visit the Emergency Department. Nurses understand your visit may be associated with the worst day of your life.


In the ED, nurses are challenged by the enormity of taking on the task of caring for everyone’s needs in the most time-efficient manner while providing lifesaving interventions.

TAMC. The hospital is the premier medical treatment facility for the Pacific basin, servicing nearly 260,000 beneficiaries and their families.


On an average day the TAMC ED provides medical care and treatment for approximately 150 people and over 50,000 patients annually.

Take the opportunity to thank an ED nurse for his/her commitment to hard work and saving lives.

(Maj. Settelmeyer is a clinical nurse specialist in the Emergency Department.)



Substance Abuse



Family members over the age of 18 and retirees who are coping with drug or alcohol problems can now reach out for help by calling Tripler Army Medical Center’s Addiction Medicine Intensive Outpatient Treatment Program at (808) 433-6098.

Please call today to discuss how you can take care of you.

Child obesity a serious concern for parents

CAPT. WILLIAM KONKRIGHT
Tripler Army Medical Center

HONOLULU — The health of many American children is suffering.

Since the 1980s, childhood obesity rates have tripled, and this statistic not only affects our children’s quality of life, but our national security, as well.

One out of four young adults aged 17-24 are turned away from military service due to being too heavy. Their weight management issues typically begin in early childhood.

Childhood factors. The significant increase in childhood obesity rates are due to a number of reasons. First, access to highly processed packaged foods is widespread. These same processed foods tend to be relatively dense in calories (i.e., a high amount of calories in a small volume of food) and have very few key nutrients, which bodies need to grow and use energy effectively.

These trends lead to a state where our children are overfed (too many calories), yet, simultaneously undernourished (not enough nutrients). Additionally, processed foods are often engineered to have the perfect combination of flavors that drive us to eat more.

Food manufacturing companies call this

“the bliss point,” and it is the reason why Lay’s potato chips challenges consumers by putting on their labels “I bet you can’t eat just one.”

Another contributing factor to childhood obesity is that children get less physical activity today compared to previous decades. Children spend most of their day in a seated position, whether it is at school or after school watching television or playing video games.

American children spend an average of five to seven hours in front of a screen (e.g., TV, computer, etc.). As an added bonus, many of the media outlets viewed by kids advertise unhealthy foods. Additionally, gym classes have been taken out of many schools, and playtime has been replaced with academic classes aimed at scoring well on standardized tests.

Solutions. A solution to the rising rates of childhood obesity will not be simple and will require a comprehensive change in lifestyle and dietary factors.

Changes in lifestyle factors include encouraging and allowing adequate time for activity during the school day and after school (i.e., at least 90 minutes of activity per day), limiting screen time to two hours or less per day, and getting adequate sleep.

Dietary changes include eating at least

two servings of fruits and vegetables per meal (many children get less than one serving per day), having a source of high quality protein at most meals, and consuming nutrient rich, minimally processed foods.

More tips. Replace processed and packaged foods with less processed, whole foods (e.g., substitute animal crackers with banana and peanut butter)

- Replace sedentary forms of entertainment, such as watching TV, with active forms, such as hiking, throwing a baseball or frisbee.
- Include kids in the process of planning and preparing meals to expose them to new foods and teach them basic cooking skills.
- Spend time outdoors as a family.

(Editor’s note: Conklin is TAMC’s chief, Nutrition Outpatient Clinic.)

Podcasts

Listen to this week’s TRICARE podcasts on specialty care referrals, childhood obesity and more.

Contact the Nutrition Outpatient Clinic at (808) 433-4950.

Visit the TRICARE Media Center at www.tricare.mil/podcast.