



Staff Sgt. Andreas Bond, representing the U.S. National Guard, pulls himself through the obstacle during the U.S. Army's Best Medic Competition at Camp Bullis, Texas, Oct. 27.

Medics push limits in the mind, body with ‘punishing tasks’

18th MEDCOM captain only female competitor

SEAN KIMMONS
Army News Service

CAMP BULLIS, Texas — In a strenuous three-day contest to crown the Army's best medics, Sgt. 1st Class Hubert Severin couldn't have cared less if some of his competitors were half his age.

After all, the 46-year-old Vermont National Guard member is an endurance runner who teaches mountaineering skills to Soldiers.

The Army's Best Medic Competition, a full assortment of demanding tasks designed to test the limits of bodies and minds, would just be another notch in his belt.

"I don't think of myself as 46," he said before the competition, which culminated with an Oct. 28 awards ceremony. "Hopefully, I don't realize it for a couple more years."

Along with more than 30 other two-person teams, Severin and his teammate, Staff Sgt. Andreas Bond, battled through punishing tasks that included dozens of miles of road marches and stressful medical drills under mock gunfire, which called upon them to traverse thick brush and rappel with a 180-pound dummy patient – all with little rest.

Although his compatriot is 18 years his senior, Bond had full faith that Severin would finish with him.

"He's still an animal," Bond said on the first day of the contest, held here at Camp Bullis. "He runs marathons every year and does all sorts of training."

As instructors at the Army Mountain Warfare School in Jericho, Vt., both Guardsmen have grown accustomed to trekking over rough terrain. Even so, just like the other medics out there, the difficult contest really tested their mettle.



Capt. McKinsey Harb, representing the 18th MEDCOM(DS), climbs over the side of a cliff during the U.S. Army's Best Medic Competition at Camp Bullis, Texas, Oct. 25.

After completing the lanes in this year's event, Oct. 27, Severin recalled that the land navigation portion, which they tackled at night, was the worst part of it.

"Honestly, the land nav was a suck fest. The vegetation was unforgiving," he said, showing multiple scrapes on his hands he had suffered from the prickly brush.

Bond chimed in, calling that lane "extremely humbling."

Without any pain, though, there's nothing to gain, they agreed.

"It's definitely good for your soul to suffer once in a while," Severin said. "It's a gut check."

They weren't alone. Sweat, blood and frustration, with some foul language here and there, were all present throughout the lanes as medics pushed through exhausting tasks in the Texas heat.

Some competitors, like Sgts. Matthew Evans and Jarrod Sheets of the 10th Mountain Division, had been through the punishment before. They were coming back for another serving.

Last year, the pair of medics said, they learned how much their bodies could take, along with acquiring new medical skills. They also learned that these contests come with an added benefit – a stronger friendship.

"Being out there with someone else under that suck factor makes you feel a lot closer," said Evans, 24. "Sometimes you want to slap him around a bit, but he's still my best bud. I'd do anything for him."

This was the first competition for 27-year-old Capt. McKinsey Harb, who made the trip all the way from Hawaii, where she serves as a medical service

officer with the 18th Medical Command (Deployment Support). She saw the challenge as a break from her normal administrative duties.

"I feel like opportunities like this remind us that being a warrior is more than just going to our job and doing our 9 to 5," she said. "This is the kind of stuff that brings out that warrior spirit."

Harb's teammate, Sgt. 1st Class Antonio Mason, 37, entered the contest to set an example for other Soldiers.

"If I can get out and lead from the front, hopefully, I can train someone else to compete next year," he said.

His pride for the combat medic field, the second-largest military occupational specialty only behind the infantry, was also part of his decision.

"Going through something this challenging will definitely make you feel proud to be in the medical field," he said.

That sort of motivation is essential when facing task after task in demanding contests like Best Medic, which at one point had a roughly 30-hour nonstop stretch chockfull of required lanes.

Like their fellow competitors, the 18th MEDCOM team struggled at times, but they stuck it out to the finish line.

"The fear of failure isn't really a good excuse to not do something," Harb said. "I think it's important if someone offers you an opportunity, no matter the challenge, to take it on and go for it."

As the only female competing this year, Harb felt some added pressure to finish.

"It's always a little daunting, and I never quite get used to it even though I've been the only female in a lot of situations," she said. "But it also makes me proud because it's really important for female leaders to get out there and lead the way and break some of those glass ceilings for other women."

In the end, the Army Special Operations Command team won the contest.

25th CAB's 2-6th Cavalry conducts Keiki Spur Ride

1ST LT. JOHN ZEIDLER

2nd Squadron, 6th Cavalry Regiment
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — Cavalry troops of 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, met early on a Saturday morning to prepare for the Keiki Spur Ride, an event attended by over 80 of the squadron's children.

Leadership prepared for weeks to create an engaging event that left the keiki muddy with smiles on their faces.

The 2-6th Cav., in close coordination with civilian volunteers, occupied the Gulch, here, Oct. 18.

The squadron commander, Lt. Col. Aaron Martin, kicked off the event with a quick welcome. He then passed the reigns to Sgt. Maj. Gerardo Gonzalez, the squadron's senior enlisted adviser, who called the "mini squadron" to attention before giving them their mission brief.

"You must find the 'Dastardly Devils,'" encouraged Gonzalez. "Before they can steal all of our fun!"

Activities during this spur ride ranged from a water balloon assault course to rides on horses brought by friends of the squadron. For approximately four hours, the air was filled with laughter and flying water balloons as the children searched with their teams for the "Dastardly



Photos by Lt. Col Elizabeth Martin

Lisa Hardbarger, an event volunteer from the Wheeler Stables, guides a small trooper on horseback.

Devils."

Caught in the middle of the swinging foam swords and water gun battles was Chief Warrant Officer 2 Renzo Rivas, an AH-64 pilot, with his 4-year-old son Axel.

"All of the children seemed to have a blast," Rivas said. "The incredible effort by the squadron for the children, especially the single Soldiers giving up part of their weekend, really speaks volumes about its commitment to our family units."



Children get very muddy while negotiating a wire obstacle.

He said as a parent, it was special to see his unit spend so much energy into building friendships and teamwork among the children and families.

One of the most highly praised lanes during the event was the horse rides, organized by 1st Lt. Dillon Svoboda.

"I have to give a huge thank you to the Wheeler Stable Saddle Club," Svoboda said. "These volunteers graciously shared their weekend and horses with the squadron, providing a safe and memorable experience for many children across the age spectrum. It just couldn't

be a cavalry event without the horses."

While the children were awarded certificates for completing the six individual lanes, the whole squadron benefited from the event.

"The Army is more than Soldiers conducting operations," said Maj. Ian Benson, executive officer. "The Army is a family, and organizations must demonstrate the importance of that pillar to create the climate that truly builds teams. This event reflects the squadron's commitment to that ideal and served as great fun shared by the entire (family)."



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Field commanders leverage social media potential

Leaders review Facebook & cyber

Story and photo by
SEAN KIMMONS
Army News Service

ARLINGTON, Va. — Young, social media-savvy Soldiers may be the lynchpin in commanders’ efforts to use cyber networks to throw virtual effects at enemies in future battlefields, according to Army leaders.

“I think there is a better comfort level with our young folks that understand the complexity of the environment in which we are operating,” said Col. Jerry Turner, commander of the 2nd Stryker Brigade Combat Team, at a Nov. 3 discussion on cyber operations, hosted by the Association of the U.S. Army.

“They think in a very network kind of way because that’s how they operate in their daily lives,” he continued. “I really think we have to figure out how to take advantage of it.”

During his 2nd Infantry Division unit’s rotation at Fort Irwin, Calif., earlier this year, the unit’s use of cyber effects in simulated battle underwent study as part of the Cyber Support to Corps and Below pilot.

Now, with five rotations completed under the pilot, cyber officials are reviewing the research, which has the potential to shape doctrine in how maneuver commanders use cyber in battle.

“A network is a warfighting platform, and we need to treat it as such,” Brig. Gen. Patricia Frost, director of cyber for the



Brig. Gen. Patricia Frost, director of cyber for the Army’s Office of the Deputy Chief of Staff, G-3/5/7, speaks about the Cyber Support to Corps and Below pilot program, at the Association of the U.S. Army Conference and Event Center in Arlington, Va., Nov. 3.

Army’s Office of the Deputy Chief of Staff, G-3/5/7, said at the discussion. “It is not an (information technology) service.”

According to Frost, the pilot studies have shown that a team of no more than 15 Soldiers, consisting of various ranks and expertise, worked best to advise a brigade commander on offensive and defensive cyber tactics, electronic warfare and information operations against mock enemies.

The expeditionary cyber teams embed and learn the ins and outs of their respective brigade to offer a distinct set of cyber tactics that fit into the commander’s battle plans.

“They’re the ones who understand the battle rhythm, systems and processes of that brigade,” Frost said. “They’re the ones who will take those capabilities and integrate them.” With cyber assets on hand,

Turner said, he was able to make his unit more adaptable and agile in the pilot’s training scenarios.

They also helped his unit influence enemy movements and neutralize the connective tissue between the enemy’s main force and local forces.

“These networks give us options,” he said. “You can’t attack everything I got.”

The brigade commander relied on cyber assets so much that he voiced concern on how to protect them from enemy attacks when they’re let loose on the real battlefield.

“If it was me, one of the Army’s No. 1 priorities would be to protect these networks,” he said. “It’s what makes us, with the current force structure, capable of doing what we’re asked to do.”

In the pilot program, leaders had to sift through a flood of information coming from

several cyber assets when quick military decisions were needed.

“I look at the network as very diverse,” Turner said. “We need to figure out how we fuse all this, because it’s a lot.”

As a whole, the evolving cyber domain has also been difficult for Army strategists to keep up with.

“That’s where we’re struggling,” Frost said. “We are overwhelmed by the volume of data and how it has continued to grow exponentially every year.”

One possible solution is building up the force of cyber operators. In fiscal year 2016, about 130 Army cyber operators were trained. This year, more than 560 operators are expected to graduate from the Army Cyber School at Fort Gordon, Ga., according to Col. Kenneth Rector, the school’s commandant.

At the school, lessons will focus heavily on cyber theory and emphasize the need for Soldiers to adapt and embrace new and ever-evolving technologies.

“They have to be invested in lifelong learning,” he said of cyber operators. “Technology that we’re teaching today very likely has a shelf life.”

The unique school setting also gives young Soldiers entering the budding career field a chance to learn from each other and, perhaps, even teach the entire class themselves.

“When they come to the classroom, they might be the expert,” Rector said. “We allow them to have an adaptive environment where there’s some crosstalk in the classroom, and maybe the instructor isn’t (always) the expert.”

SHARING INFORMATION



Photo by Emily Yeh, Regional Health Command-Pacific

HONOLULU — Brig. Gen. Bertram Providence, commander, Regional Health Command-Pacific (RHC-P), hosts the Asia-Pacific Military Medicine Roundtable (APMMR), Nov. 7.

Providence addresses attendees, which include leaders from around the Pacific region. During opening remarks, he emphasized the importance of senior leader engagements, highlighting the importance of the APMMR roundtable, which facilitates relationship building in order to foster the strength and depth needed to endure times of crisis.

The APMMR roundtable allows the Pacific region to continue to leverage its medical capabilities, maintaining strategic influence while serving as goodwill ambassadors on behalf of Army Medicine.

APMMR promotes information sharing between U.S. military medical communities in the Pacific.

Army searches for opportunistic multi-domain tactics

SEAN KIMMONS
Army News Service

ARLINGTON, Va. — One tactic the Army is now considering as part of its drive to achieve windows of domain superiority in future battle is the strategic deployment of artillery along coastlines to sink enemy warships.

In these windows, created from a mixed use of land, air, sea, cyber and space domains, U.S. military units would be able to maneuver freely to penetrate and defeat enemy strongholds.

“If the Army can provide capability to the maritime domain, that really starts to change the equation there,” said Gen. David Perkins, commander of Army Training and Doctrine Command, at an Association of the U.S. Army breakfast discussion, Nov. 9.

This spring, U.S. Pacific Command aims to conduct a multi-domain battle exercise to test maritime missions using Army assets. U.S. Europe Command is also projected to hold a multi-domain exercise on that continent sometime next year, according to the general.

“We’re starting to put together these multi-domain battle exercises in the real domain to replicate some of these capabilities,” he said.

Last month, Army leaders officially announced a shift to the multi-domain battle concept that will help the service stay ahead of potential adversaries around the world. To help guide the concept, TRADOC planners pinpointed eight capabilities for the Army to concentrate on.

Along with cross-domain

fires, the capability areas to lead the Army into the future include combat vehicles, expeditionary mission command, advanced protection, cyber electromagnetic, future vertical lift, robotics/autonomous systems, and Soldier team performance and overmatch.

In autonomous systems, for example, Perkins said they could perform breach operations without risking the safety of Soldiers.

“I want the ability to conduct an autonomous breach with robots, (and) never have a manned system in there probing for mines,” he said, adding an electromagnetic field could be used to prevent enemies from interfering with the robots.

Army leaders also want to find ways to diminish emerging anti-access/anti-denial capa-

bilities, like long-range fires and precision munitions. That way, Soldiers would face fewer difficulties moving around contested territory.

“If the U.S. Army and/or military get a foothold in your area of operation, you’ll never get them out,” Perkins said.

Once inside a contested area, the U.S. military’s superior ability to pick up and move quickly could then help it land a knock-out punch against an enemy.

“When the U.S. military maneuvers, that’s a very difficult dilemma to deal with,” he said. “Our people are better trained. We can jab much better.”

Relying on multiple domains ... can also present protection and sustainment challenges.

(See the rest of this article at www.hawaiiarmyweekly.com.)

Getting it Straight

The Nov. 11 edition of *Hawaii Army Weekly* listed Isaiah Grey as a sergeant in photo captions in the B-1 story, “Drunk Driving Prevention Program strives to save lives.” Grey, however, is an Army specialist.

Volunteers in the program are able to pick up personnel on Fridays and Saturdays, from 8:30 p.m. to 6:30 a.m.

Voices of Ohana

Thanksgiving is Thursday, Nov. 24. We wondered,
“What are you thankful for this year?”

by Sgt. Kimberly Menzies, 94th Army Air and Missile Defense Command Public Affairs



“There are many things to be thankful for, but I’m most thankful for my loving wife, kids, grandchildren and my Sea Dragon family because we always come together as a team.”

Sgt 1st Class Michael E. Abrams
Battle Systems Manager
94th AAMDC



“I am most thankful that I am in good health.”

Carlos Betancourt
Partner Engagement
Branch Lead for the Pacific Integrated Air and Missile Defense



“I have missed many holidays due to being deployed, so this year, I am thankful to be able to have my family together.”

Master Sgt. Inez L. Brown
Sexual Assault Response Coordinator
94th AAMDC



“I am most thankful for my amazing, loving husband, Brian; my sister, Liela; and the great subordinates and leaders that I am able to work alongside from within my section.”

Staff Sgt. Michael P. Cabanayan
Logistic Supply NCO
94th AAMDC



“This year I am definitely most thankful for my family.”

Master Sgt. Yvette Gerrard
Badge Communication Functional Manager
PACAF HQ

Hawaii’s oldest parade celebrates, honors veterans

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

WAHIAWA — The community came out to celebrate past and present veterans as they proudly marched down California Avenue for the 70th Annual Wahiawa Veterans Day parade, here, Nov. 11.

“The Wahiawa Veterans Day Parade is the oldest, largest and longest running Veterans Day Parade in the state of Hawaii,” said Carolyn Hayashi, secretary of the Wahiawa Lions Club and chairman of the Veterans Day parade.

The theme for this year’s parade was “Respecting our Veterans” by showing respect and care for veterans.

“We want to show our respect for our veterans from all wars and (for) their families, (to) let them know that they are an integral part of our community,” Hayashi said. “They are us and we are them. Our freedoms today are due to their sacrifices, and we will continue to care and respect our veterans as our very own.”



Members of the 1st Bn., 487th FA Regt., 29th Bde. Combat Team of the Hawaii National Guard, march during the 70th Annual Wahiawa Veterans Day parade, Nov. 11.

Dozens of veterans from World War II, Korea, Vietnam and more recent conflicts marched down the avenue, while less spry veterans, after decades of service, but no less determined, rode in vehicles and trolleys to wave at the crowd.

Donald G. Wood, Veterans of Foreign Wars post commander 352 for the city of Mililani, still had the vigor to take the long walk down California Avenue.

“My term in service was from 1963 through 1968 with the U.S. Navy, but I served with the Fleet Marine Force as a hospital corpsman,” Wood said. “I served with the 1st Battalion, 9th Marine Regiment, 3rd Marine Division.”

He said he had some very good experiences serving with the Marine Corps, making the first amphibious landing at Da Nang to secure the air base in March 8, 1965. Later, the Marines secured Marble Mountain Air Facility, and many other missions in the periphery of Da Nang 50 miles out.

“I really enjoyed the experience,” he continued. “There’s some bad things that



Veterans, along with a child, wave at the crowd as they ride down California Avenue during the 70th Annual Wahiawa Veterans Day parade, Nov. 11.

happened to us, but you look forward and make the best out of it. I have applied many of the things that I’ve learned in the military to what I do today.”

For Arthur Kaufmann, a former Air Force sergeant and supply specialist who served a year at Phan Rang Air Base during the Vietnam War, the day was mixed for him.

“It’s a mix of honor and mourning, for those who can’t be here,” Kaufman said.

“My experience in the Air Force was generally good,” he continued. “I learned a lot of self-discipline, and (the service) helped to prepare me when I got out. Interestingly enough, my term in Vietnam led me to my profession, which is a Buddhist priest, so something good came of it.”

Soldiers assigned to the 3rd Brigade Combat Team, 25th Infantry Div., formed the color guard and marching platoon, while the 25th ID Band played patriotic music during the parade.

Members of the 1st Bn., 487th Field Artillery Regt., 29th Bde. Combat Team, of the Hawaii National Guard, along with 80 organizations, also participated in the

procession.

Staff Sgt. Brian Hughes, a native of Euclid, Ohio, and assistant operations non-commissioned officer assigned to 2nd Bn., 35th Inf. Regt., 3rd BCT, was recognized for his service by being made the grand marshal for the parade.

“I am honored to serve as the grand marshal, especially considering the amount of terrific Soldiers serving in the 25ID who could have been selected,” Hughes said. “I was recommended by my battalion command sergeant major due to my commitment to duty, care for Soldiers and combat service.”

Hughes, who served four years with the Marine Corps and nearly eight years in the Army with two tours in Iraq, was accompanied by his wife Julia.

“I thank my wife for her loyal support, my family, the families of all veterans, and, of course, all veterans, especially those I have had the privilege to serve with,” he said. “This Veterans Day I am thankful for what veterans have done for our country and the sacrifice they and their families have made and continue to make.”

DoD recommits to today’s military, force of future on Veterans Day

TERRI MOON CRONK
DoD News, Defense Media Activity

WASHINGTON — As America remembered those who have served on Veterans Day, the Defense Department reaffirmed its dedication to today’s force and recommitted itself to building the Force of the Future, Defense Secretary Ash Carter said.

The secretary was keynote speaker at a Veterans Day ceremony at the Women in Military Service for America Memorial at Arlington National Cemetery, Nov. 11.

“Today, we honor every American who has stepped forward to serve,” he said, of the more than 20 million living veterans and more than 2 million Americans still serving in uniform around the world.

Force of the future

“The men and women of the force of the future will inherit a remarkable legacy,” Carter said in prepared remarks. “Since the nation’s founding, each of our Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and veterans – men and women – active, Guard and reserves – has done one of the noblest things a person can do, which is to help defend our country and make a better world for our children.”

And, as the world and wars have changed, they’ve fought, adapted to fit the times, and prepared for the future, he said.

Those who today follow in the footsteps of America’s veterans face five major and evolving challenges, Carter said, from Russian aggression and coercion, to the military rebalance to the Asia-Pacific region, strengthening U.S. deterrent and defense forces as North Korea continues nuclear and missile provocations, Iranian aggression and malign influence in the Gulf, and the campaign to defeat the Islamic State of Iraq and the Levant.

Preparing for uncertain future

The secretary said today’s force is also preparing to contend with an uncertain future so that DoD remains ready for unanticipated challenges.

“I’m doing everything I can to support the strength and readiness of today’s fighting force – investing in the right training, the right force size, the right equipment and the right compensation and benefits that our troops, military families, and DoD civilians deserve,” he said, adding that support also extends to the fallen, wounded, ill and injured and to military families.

And while DoD’s force of today is outstanding and meets its many challenges, Carter said, thinking outside of the Pentagon’s five-sided box will ensure the U.S. military remains the best.

As generations change, so too does technology and labor markets, requiring DoD to stay competitive to attract and retain the most talented people, he said.

Women in combat

One such change to keep the competitive edge was Carter’s landmark decision last year to open up all combat positions to women without exception – to benefit from the service of every American who can meet the military’s high standards and contribute to the defense mission, he noted.

“(That) requires drawing strength from the broadest possible pool of talent, and that includes women, because they make up over 50 percent of the American population,” the secretary said.

To succeed in the DoD mission, he added, the department has to take full advantage of every individual who can meet its standards.

“Any woman who qualifies can now contribute to our mission in ways they could not before,” the secretary said.

“They can drive tanks, fire mortars and lead infantry Soldiers into combat. They can serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers, and everything else that previously was open only to men.”

All women in uniform will be able to realize their full potential, Carter said, adding it’s important because, “while we had previously benefitted from the skills and perspectives of women ... they had long been only allowed to serve in limited roles or had limitations put on their opportunities simply because of their gender. While that was bad talent management, it also wasn’t right. That’s why we ended it.”

Today, Carter said, “I’m proud to say that everyone who’s able and willing to serve their country, who can meet our high standards, has the full and equal opportunity to do so.”

Whether military veterans served years ago or are part of DoD’s Force of the Future, “I couldn’t be prouder of our men and women for what they do every day – and for all they’ve done –for us,” Carter said. “Their excellence is unparalleled. Their service is invaluable. And their sacrifices will never be forgotten.”

Third TRADOC town hall focuses on talent management to get ahead

Story and photo by
MARTHA C. KOESTER
Army News Service

In the early days of Command Sgt. Maj. David Davenport’s 30-plus year career, the young staff sergeant who was on drill sergeant duty was already weighing the merits of impressing his promotion board by getting an associate degree.

It took hours of hard work, as well as a lot of peer support, but Davenport, who would go on to become command sergeant major of Army Training and Doctrine Command, eventually made it to sergeant first class. He never looked back.

Talent management was the focus of TRADOC’s third town hall, Nov. 3 at Fort Eustis, Va., where panelists, including Davenport, addressed how noncommissioned officers can get ahead in today’s Army.

“It’s about how you identify the very best noncommissioned officer to do these other things to make them a more well-rounded, experienced NCO, and expose them to different things as well,” Davenport said.

“I think everyone has unique abilities, knowledge and skills,” Davenport told the *NCO Journal* before taking his seat at the virtual town hall.

“What we are trying to figure out is how to maximize that, get the right Soldiers in the right job,” he continued, “not only a job, but also in broadening opportunities, and there are many of them. No longer can NCOs be just drill sergeants and recruiters. They can go work with industry, and



Preparations get underway for third TRADOC town hall on talent management, Nov. 3. Pictured, from left, are moderator Master Sgt. Michael Lavigne; TRADOC Command Sgt. Maj. David Davenport; Sgt. Maj. Derek Johnson, deputy chief of staff, G1, sergeant major at Headquarters Department of the Army; and Command Sgt. Maj. Wardell Jefferson, command sergeant major of Human Resources Command.

they can do academic fellowships. We are really trying to open up the aperture to develop NCOs.”

Sgt. Maj. of the Army Daniel A. Dailey warned NCOs that promotions will be based on talent management, during the Association of the U.S. Army annual meeting in Washington, D.C., in October.

“We are going to promote people based upon talent, and we will slot people for advancement in the United States Army based upon talent,” Dailey said.

Davenport acknowledged that NCOs have had a lot of information thrown at them about NCO 2020, but he said that’s why the series of TRADOC town halls were developed. The town halls offer an oppor-

tunity for Soldiers to have their questions answered by senior NCOs and to have issues placed into context.

“Their voice and their opinion matters,” Davenport said. “After all, there’s 391,000 of us Soldiers (across the active component, Guard and Reserve), and I happen to be one. (With the other panel members), we are a very small percentile of this group of NCOs who are trying to set the course for the next 20 or 30 years for our NCO Corps, and acknowledge all the great gains and all the sacrifices and the great work that NCOs have done (and) build upon the success.”

At a time when staying relevant in today’s Army is crucial, Davenport had some advice for NCOs who are pondering their futures in the Army.

“Stay current, read and ask questions of those who can make the decisions or give you the proper answer,” he said. “Don’t hesitate to engage senior leaders. Don’t hesitate to engage the branch managers and take advantage of all this stuff. In this day and age of social media and virtual town halls, leaders are very accessible. You need to take advantage of that.”

(Editor’s note: Koester works with the “NCO Journal.”)

Video

The NCO Journal will have more news from the town hall in the coming weeks. Until then, the entire broadcast is available at <https://youtu.be/xdXGuYSv7Fc>.

“Stay current, read and ask questions of those who can make the decisions or give you the proper answer.”
— Sgt. Maj. David Davenport

HONORING VETERANS



KANEOHE — Maj. Gen. Arthur J. Logan, adjutant general for Hawaii Army National Guard, speaks during the 2016 Governor's Veterans Day Ceremony, at the Hawaii State Veterans Cemetery, here, Nov. 11.

Right — The U.S. Pacific Command joint service color guard participates in the ceremony.



KANEOHE — Command Sgt. Maj. Scott A. Brzak, senior enlisted adviser, 25th Infantry Division, speaks to Korean War veterans during the 2016 Governor's Veterans Day Ceremony at the Hawaii State Veterans Cemetery, here, Nov. 11. The theme for the ceremony was "Veterans: For Love of Country, They Served." The ceremony included a parade of flags, a presentation of floral lei and music from the 111th Hawaii Army National Guard Band.



KANEOHE — Airman 1st Class Tiquan Real, with 56th Air and Space Communications Squadron, presents a military wreath during the 2016 Governor's Veterans Day Ceremony at the Hawaii State Veterans Cemetery, here, Nov. 11.

Researchers developing tool to guide Army recruits' MOS selection

ARMY NEWS SERVICE
News Release

FORT SILL, Okla. — With more than 140 Army military occupational specialties to choose from, it's easy to see how some recruits might find it difficult to decide on one.

Recruits may base their decisions on what recruiters told them about the job, what they've heard from family or friends, or their own perceptions created from TV, movies and the Internet.

They may even be influenced by a quick viewing of an Army video about the MOS.

"A lot of Soldiers don't have information about a job before they enlist," said Dr. Cristina Kirkendall, a research psychologist with the Army Research Institute. "They pick a job based on either the bonuses or what the recruiter said they should choose, or whatever it may be. And, that might just not be the best place for them."

That's why psychologists with the Army Research Institute for the Behavioral and Social Sciences at Fort Belvoir, Va., are working to create a tool that can guide recruits toward an MOS that is the most compatible. The idea is that a Soldier who is matched with the right MOS will be more likely to enjoy the work, ad-

vance in it and stay in the service beyond one enlistment.

In October, Kirkendall and Christopher Nye, Michigan State University assistant professor and Drasgow Consulting Group consultant, surveyed 1,000 basic combat training Soldiers in the 434th Field Artillery Brigade at Fort Sill. The Soldiers' input will be used in the creation of the Adaptive Vocational Interest Diagnostic or AVID.

When a Soldier is committing several years of his or her life to the Army, the Soldier should be placed in a job that he or she enjoys doing, according to Kirkendall.

"Right now there is a lot of turnover, especially first term," she said. "We want them to stay, and we figure, if we get them in the right place (MOS), they will stay."

Reducing turnover by ensuring Soldiers enjoy their jobs could also save the Army a lot of money in recruiting and training.

The two researchers have already visited Fort Benning, Ga.; Fort Leonard Wood, Mo.; Fort Jackson, S.C.; Fort Riley, Kan.; Fort Drum, N.Y.; and Army posts in Korea.

They have surveyed 3,000 Soldiers in basic combat training, in advanced individual training and with permanent party personnel from pay grades E-1 through E-6 across the Army, Kirkendall said.

"We wanted to get a broad range of responses on these survey items to see how well they are represented," she said.

At Fort Sill, trainees provided responses on anonymous, hard copy Scantron surveys that took about 90 minutes to fill out, Nye said. One of the sample questions was, "I would enjoy helping people plan a fitness program." Soldiers responded by choosing agree, disagree, strongly agree or strongly disagree.

Respondents were asked to respond honestly and accurately, and there were no right or wrong answers, according to the instructions. The survey was designed with checks to catch respondents who penciled in the same response on every question.

"Soldier responses from Fort Sill will be used primarily for initial construct validation," Kirkendall explained, "which essentially means that we will test the relationship of our work interest scales with existing work interest scales."

Another assessment being developed is the Tailored Adaptive Personality Assessment System (TAPAS).

"The TAPAS is a personality measure, which gets at some of the noncognitive characteristics," Nye said.

TAPAS has been used by the U.S. military during processing of recruits at mili-

tary entrance processing stations since 2009, according to the Drasgow website. More than 500,000 recruits have taken 120-item computer adaptive versions of TAPAS measuring 15 personality dimensions.

Other military services have been using surveys for vocational guidance, Kirkendall said.

The Air Force provides an interest inventory for any potential recruit to look at online, Kirkendall said. The Navy also uses an interest inventory for Sailors who are looking to reclassify into another rate (MOS).

And, similar surveys are used by high school counselors as they advise students on vocations, Nye said.

The implementation of AVID is still three to four years away, Kirkendall said. It will not replace any testing currently used to determine a Soldier's job eligibility, such as the cognitive Armed Services Vocational Aptitude Battery (ASVAB) or the Occupational Physical Assessment Test.

The results of a Soldier's AVID will be for their own use. They are not intended to be used by the Army to limit a recruit's options, she said.

(Editor's note: Article provided by Fort Sill, Okla., "Tribune" staff.)

DFACs open to patrons Wednesday for Thanksgiving

LOGISTICS READINESS CENTER
News Release

Four dining facilities on Schofield Barracks and Wheeler Army Airfield are serving up a bit of holiday cheer for service members, families, retirees and authorized guests this Thanksgiving.

“It’s a perfect time to reminisce about the things we’ve done that make the Army community special,” said Velinda White, manager, Installation Food Program.

The four DFACs belong to 25th Infantry Division, and all will open for the Thanksgiving meal from 11 a.m.-2 p.m., Wednesday. Regular breakfast meals will be served 7-8 a.m. and dinner, 4-5:30 p.m.

Wear appropriate dress or Army service uniforms during the meals.

Thanksgiving Meals on Wednesday, Nov. 23

25th Special Troops Battalion, Bldg. 780, Schofield.

2nd Brigade Combat Team, Warrior Inn, Bldg. 2085, Schofield.

3rd Brigade Combat Team, C

Quad, Bldg. 357, Schofield.

25th Combat Aviation Brigade, Wings of Lightning, Bldg. 102, Wheeler.

Thanksgiving Meal Fees

Meal cardholders have no charge.

Spouses and dependents of E-4 and below are \$6.80.

Family members of E-5 and above; active duty officers and enlisted members with basic allowance for subsistence, or BAS; authorized civilians and military retirees; and guests of accompanied authorized diners pay \$9.05.

Regular Meals

The 25th Sustainment Brigade, K Quad, Bldg. 2085, Schofield, will serve a regular breakfast, lunch and dinner on Nov. 24 at 9:30-11 a.m.; 11:30 a.m.-1 p.m.; and 4:30-6 p.m.

The 3rd BCT will be the only DFAC open on Nov. 25-27 for a regular breakfast, lunch and dinner at 9:30-11 a.m.; 11:30 a.m.-1 p.m.; and 4:30-6 p.m.

**Thanksgiving Menu**
Wednesday, Nov. 23

Cranberry-Orange Juice Cocktail

Spiced Shrimp Cocktail

Beef Barley Soup with Vegetables
Crackers & Assorted Cheeses

Croissants, Mixed Grain Rolls,
Assorted Whole Grain Breads with
Butter Pats

1%/Skim Milk, Milk Alternatives,
Coffee, Hot Tea, Iced Tea, Fruit Punch

Roast Turkey with Turkey Gravy
Cornish Game Hen
Steamship Round of Beef with Au Jus
Gravy
Baked Ham with Pineapple Sauce

Mashed Potatoes
Baked Sweet Potato with Cinnamon
Sugar
Savory Bread Dressing

Sautéed Asparagus or Baked Winter Squash

Roasted Brussel Sprouts or Green Bean Casserole

Collard Greens with Poultry Sausage Seasoning

Salad Bar with Assorted Salad Dressings
Cranberry Sauce, Fruit Salad, and
Condiments

Assorted Seasonal Fresh Fruits & Nuts

Dessert Bar with Pumpkin, Dutch Apple & Pecan Pies
Whipped Topping
Ambrosia
German Chocolate Cake with Local-Choice(s) of Frosting

2016 Holiday Meal Rates
Standard Rate (Soldiers & Civilians) - \$9.05
Discount Rate - Limited to immediate family members of E-4 & Below - \$6.80



Soldier re-enlists on same ship grandfather served on

SGT. SHAN'DRAYA RUTHERFORD & SGT. 1ST CLASS THOMAS G. COLLINS
500th Military Intelligence Brigade

SCHOFIELD BARRACKS — Spc. Michael Austin, native of Harker Heights, Texas, a human intelligence collector assigned to Company C, 205th Military Intelligence Battalion, 500th MI Brigade, re-enlisted aboard the USS Missouri, during a ceremony held at Ford Island, Nov. 8.

Austin, whose late grandfather was retired Navy Master Chief Boatswain’s Mate John A. Davidson – he had first served aboard the battleship USS Missouri in 1946 – wanted his first re-enlistment in the Army to be special.

Austin, who had heard many stories about his grandfather, has a picture of himself and Davidson aboard the “Mighty Mo” from when Austin was a child (at right), but this re-enlistment marked sharing a piece of history with his grandfather.

Austin said, “Re-enlisting aboard the same battleship my grandfather maintained and served is an honor and means a lot to me.”

“I could see that he was getting quite emotional during his speech,” said Capt. Joseph Cho, commander, Headquarters and Headquarters Detachment, 500th MI Bde., who administered the oath of re-enlistment. “It meant that much to him.”

His grandfather’s job in the Navy as a boatswain’s mate was to train, supervise personnel, maintenance and upkeep of the ship, to include lifeboat inspections and handling deck equipment.

In addition to serving on the Mighty Mo as a boatswain’s mate, Davidson held his retirement ceremony onboard the battleship in 1988.

“For Spc. Austin to ask me to administer the re-enlistment oath at USS Missouri, with so much history and



Photo courtesy of Tammy Austin

A young Spc. Michael Austin is held by his grandfather, the late John A. Davidson, from San Diego, a retired master chief, aboard the USS Missouri.

personal ties, it was an absolute honor and a privilege,” expressed Cho. “Standing inside the ship with him, and others who came to congratulate him, knowing we were standing on the same spot where his grandfather had served and then had a retirement ceremony on, it was completely surreal.”

Austin’s grandfather was not among those who were congratulating him; Davidson passed away in April of 2001.

The specialist hopes his next duty assignment is Camp Zama, Japan. It sits less than 20 miles from Tokyo Bay, where representatives of the Allied and Axis powers met and signed the Instrument of Surrender aboard the USS Missouri, Sept. 2, 1945.

“He is a hard worker and someone you can totally depend on. But above all, he does his job with a smile on his face,” said Cho. “He genuinely cares for the well-being of others, and I have no doubt that he will make a great noncommissioned officer in the near future.”

(Rutherford is the 205th MI Bn. Retention NCO. Collins is the 500th MI PAO.)



Photo by Staff Sgt. Blaine Courtway, Co. A, 205th MI Bn.

FORD ISLAND — Spc. Michael Austin (right), from Harker Heights, Texas, human intelligence collector, Co. C, 205th MI Bn., 500th MI Bde., recites the oath of enlistment administered by Capt. Joseph Cho.



Courtesy photo

Master Chief John A. Davidson stands tall with his company.




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

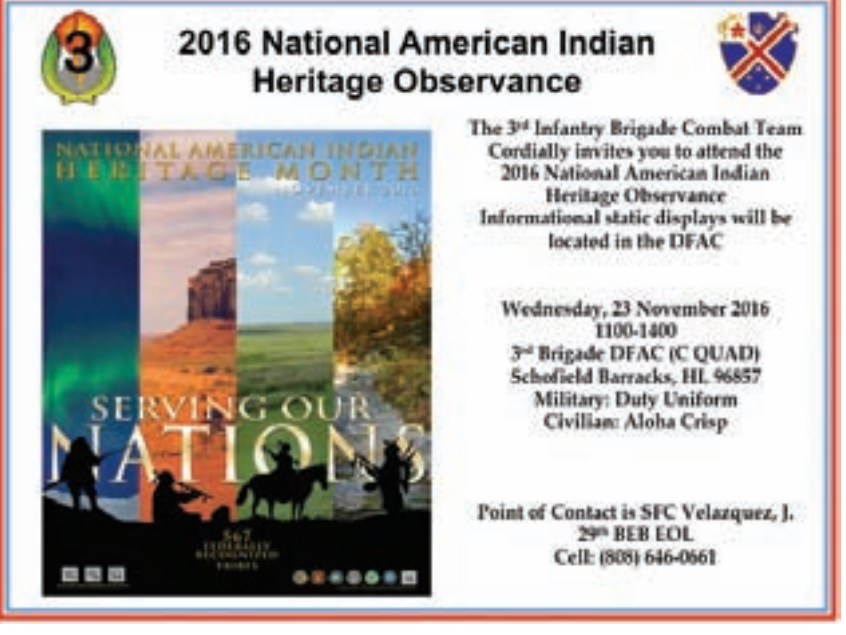
18 / Friday
Text 911 — New technology has really improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cellphone! Visit www.hawaiiarmyweekly.com.

19 / Saturday
“Beyond Boots” — Women veterans are encouraged to attend this Hawaii Women Veterans Conference from 8 a.m. to 4 p.m., Saturday, Nov. 19, at the 29th Infantry Brigade Combat Team’s Readiness Center, which is Bldg. 29 in Kalaeloa (formerly Barbers Point Naval Air Station).
Get more details from the VA Pacific Islands Health Care System. Call (808) 433-0477. Register at <https://www.eventbrite.com/e/save-the-date-hawaii-women-veterans-conference-2016-beyond-boots-tickets-26365686478>.

21 / Monday
Blood Drive — November and December are typically the slowest months of the year for blood donations; yet, it’s also the time of year when it’s critical to have an adequate supply of blood. Please give at the U.S. Army Health Clinic-Schofield Barracks, Bldg. 691, on Monday, Nov. 21, between 9 a.m. and 12 noon.

24 / Thursday
TARP — Threat Aware-





ness and Reporting Program briefings are held at 9 a.m.:


- 2nd and 4th Thursdays, Kyser Auditorium, Tripler.
- 1st Thursday, Bldg. 1554, Fort Shafter Flats.
- 3rd Thursday, Sgt. Smith Theater, Schofield Barracks.

1 / Thursday
Pharmacy Network 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 ensure TRICARE ben-

eficiaries have timely access to retail pharmacies in their community. Visit www.tricare.mil/PharmacyNetworkChange.

Ongoing Combined Federal Campaign — Donate to the CFC through Dec. 15. Visit the site at www.cfc.hawaii.org to make a contribution.



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

28 / Monday
Ayres and Waianae — These Schofield avenues will receive closures for curbing upgrades. The work will be performed in multiple phases, Nov. 28 through Dec. 2, from 7 a.m. to 3:30 p.m., daily.

29 / Tuesday
Kaiona Avenue — The Directorate of Public Works will close Schofield’s Kaiona Avenue for utility installation. The street will only be accessible from Lyman Road, with no access from Kolekole Avenue.

The work will be performed Nov. 29 to Dec. 4, from 8:30 a.m. to 3:30 p.m., daily.
Saturday and Sunday work will only be conducted if absolutely needed from 9 a.m. to 5 p.m.

Pledge to Walk — The Directorate of Emergency Services Bike Patrol is working to help children get to school safely. The patrol will be assisting children bike or walk to Schofield’s Solomon Elementary School safely from 7:15-8 a.m.
There are no busses going to the school, so expect increased traffic. The patrol will also be assisting students Dec. 7, too.

Ongoing
Back Door — Customers requiring services at the Soldier Support Center, Bldg. 750, Schofield

Barracks, must enter from the back of the building through the lanai walkway due to construction and landscaping projects. Access will be constricted until the end of November.

All human resources, finance, transportation and replacement detachment services remain available during normal duty hours.

7th & Arty Hill — Intermittent lane closures for a trenching project for electrical utility work at the intersection of Shafter’s 7th Street and Artillery Hill Road continue, 8 a.m.-4 p.m., until Nov. 23.

Residents will receive advance notice if their driveways will be blocked.
Access is open to Island Palm Communities.

Schofield Road Closure — 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 closure. Phases should conclude Dec. 9. The existing traffic flow will be restored to the original configuration during nonworking hours.

Wisser — Road closures, weekdays, 8:30 a.m.-5:30 p.m., at Shafter’s Wisser Road between 7th Street and Arsenal Road for installation of a new water main line, through Dec. 31. The adjacent parking lot will be accessible by means of the driveway entrance next to Bldg. 525.

DISINTERMENT FOR IDENTIFICATION



Photos by Air Force Tech. Sgt. Jocelyn A. Ford, Defense POW/MIA Accounting Agency



HONOLULU — Army and Air Force members of the Defense POW/MIA Accounting Agency, or DPAA, honor guard detail render salutes during a disinterment ceremony for unknown U.S. Marines from the battle at Tarawa at the National Memorial Cemetery of the Pacific, here, Nov. 7.

The remains will be transferred to the DPAA laboratory for identification, as DPAA's mission is to provide the fullest possible accounting for our missing personnel to their families and the nation.

Volunteers invaluable in providing free tax help

Volunteer to help others in your community

INTERNAL REVENUE SERVICE
News Release

HONOLULU — Last year, in Hawaii, more than 600 Hawaii residents gave back to their communities as volunteers who provided free tax services by preparing more than 16,000 federal and state individual income tax returns through the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs.

"The IRS and its partners are looking for volunteers that are interested in taking a little time to learn about taxes and then helping others by preparing federal income tax returns for free," said IRS spokesman David Tucker II. "Volunteers are certified to prepare simple tax returns for people whose incomes are \$54,000 or less. People of all ages and backgrounds

are welcome to volunteer. There is a role for anyone who is interested and wants to help give back to their community."

Volunteers

Anyone can be a volunteer. Bilingual volunteers are particularly needed. Volunteers can help in three separate capacities:

- Return preparer,
- Site coordinator (site supervisor or site manager), and
- Greeter.

Site coordinators (supervisors) may also prepare returns. Greeters will generally also answer simple questions and distribute forms.

Training

Volunteers are provided with training materials on how to prepare basic individual income tax returns and, in most cases, how to file them electronically. Instruction will cover both federal and Hawaii state tax returns. Training is usually between November and January, and volunteers generally

study online with Link & Learn Taxes to obtain their volunteer certification. The Link & Learn program is an interactive course that teaches all the basics needed to prepare simple income tax returns accurately for individuals. Classroom training may also be available.

Once certified, volunteers spend as little as three to four hours per week volunteering between the months of February and April.

Last year, millions of people received assistance through nationwide VITA/TCE programs.

VITA

If you are interested in volunteering with Legal Aid's VITA Program or Legal Aid Society of Hawaii, call Elise von Dohlen at 527-8076 or email elise.vondohlen@legalaidhawaii.org or visit www.legalaidhawaii.org.

Get more information about the IRS volunteer tax preparation programs at www.irs.gov.

To Volunteer

Send an email to taxvolunteer@irs.gov or contact any of the following organizations:

- AARP Foundation Tax-Aide. You can sign up to volunteer at www.aarp.org/taxvolunteer.
- Goodwill Hawaii. Individuals interested in volunteering may contact Justin Martin via email at jmartin@higoodwill.org.
- Hawaii Tax Help & Financial Empowerment Solutions. Call Susan at (808) 381-0881 or visit www.hawaii.taxhelp.org.
- Leeward Community College VITA Program. Call Roy at (808) 455-0294 or visit kamida@hawaii.edu. Get more details at www2.hawaii.edu/~kamida.
- Legal Aid Society of Hawaii. Legal Aid is Hawaii's oldest and largest nonprofit law firm. Every year it assists individuals to file their state and federal tax returns based on income eligibility. Legal Aid relies on volunteers to help run the program.

November 18, 2016

Keiki learn storytelling through hula

Story and photos by
KRISTEN WONG
Contributing Writer

ALIAMANU MILITARY RESERVATION — On a Saturday morning, as parents and relatives sit outside the glass doors, here, at the SKIES Studio, a new story waits to be told.

Children, barefoot on the carpet, hands on their hips, await instruction from their kumu.

Kumu, the Hawaiian word for teacher, is what they call Ululani Duncan. She is the hula instructor for the SKIES Unlimited Program.

She turns on the music and guides children through a new song. The children watch her moves carefully, following her, as best they can.

Learning process

"It's a little confusing, at first, to learn new songs, but then you sort of get it, and it's easier," said Maci McGrath, a student in the Hula Novice class.

McGrath recently started taking lessons when her mother found out there were classes available. Through hula class, McGrath said she not only learned to dance, but also learned Hawaiian words as well. She said it was "really cool" that hula was about telling stories while dancing.

In cases such as competitive hula, being precise is crucial. Duncan said she would rather children learn the way they are comfortable. She said children were surprised that she once told them she was more comfortable performing an 'ami, which is a hip rotation, in a certain direction, even though 'ami is usually dictated by the song or the instructor.

"Embrace your mistakes," Duncan said. "Embrace going the wrong way. The thing that matters the most is, are you enjoying yourself? Are you smiling? That's what matters to me."

SKIES initiative

The SKIES Unlimited Program offers keiki, novice and intermediate classes in hula for children ages 3 to 18 years old. The advanced class is not available until January due to low enrollment. Classes for Hula O Na Pua Koa are held Wednesday afternoons at the SKIES Schofield Barracks Studio, and Saturday mornings, here.

Duncan has been dancing hula since the age of 3. She has been teaching hula classes with the SKIES program for 10 years.

I'm very pleased with what I've been able to accomplish," she said of her program.

Duncan said she has been able to build relationships with military children through her classes, while they are able to learn about and enjoy Hawaiian culture in addition to hula.

Her program even bears a Hawaiian name, Hula O Na Pua Koa, or "Hula of Children of the Warrior." Each class is named after a Hawaiian flower, the word "pua" meaning "flower" in Hawaiian.

The students generally dance a summer and winter recital, but have had the opportunity to perform in other venues. For instance, Duncan said her classes have danced at Kids Day and the Travel and Leisure Fair.

In 2010, when "Napua Koa," the School Age Center, was dedicated at Schofield Barracks, Duncan was asked to have her hula classes perform for the event.

"I felt really proud for the girls," Duncan said.

Beginnings

On the first day of class, Duncan would like students to bring their receipt to ensure they are in the correct class for which they are enrolled. She suggests keiki wear comfortable clothing and bring a bottle of water. Students with long hair may also want to put their hair up for class.

Janessa Aguilar has been dancing in the Hula Intermediate class for a few months. She said the most challenging part about dancing hula is keeping her shoulders straight and not bouncing. The 9-year-old enjoys dancing to "Haleiwa Hula," one of the numbers Duncan teaches in class.

"I like the dance moves," Aguilar said. "I like how the song goes and I like the lyrics."

See HULA B-4

Janessa Aguilar (front) practices a hula number, during the Hula Intermediate class (called Pua Lehua) at Aliamanu Military Reservation, Oct. 22.

Aguilar, 9, enjoys dancing "Haleiwa Hula."

Kumu Ululani Duncan (left), watches her class as it practices.

Hula O Na Pua Koa

SKIES Classes

Hula classes are offered Wednesdays at the Schofield Barracks studio and Saturdays at Aliamanu Military Reservation studio for children ages 3 to 18 years old.

Children can register for Keiki Hula (Pua Lokelani), Hula Novice (Pua Melia) or Hula Intermediate (Pua Lehua).

Students should be registered with Child, Youth & School Services. For information, call (808) 655-8380 for SB and (808) 833-5393 for AMR.

Parents are asked to register their child by the 30th of the month prior to their starting month.

Online

The SKIES Unlimited Program can be found at <https://hawaii.armymwr.com/pacific/hawaii/programs/skies-unlimited>.



Kumu Ululani Duncan, the hula instructor for SKIES Unlimited, teaches her Hula Intermediate class (Pua Lehua) at Aliamanu Military Reservation, Oct. 22. The children are practicing dancing with pu'ili sticks, made from bamboo.

Briefs

18 / Friday

Holiday Craft Fair — Happening at SB Arts & Crafts Center. Give the gift of originality this holiday season. Choose from pottery, quilts, ceramics, jewelry and more. All made with quality craftsmanship, Nov. 18 & 19, 9 a.m.-4 p.m. Call 655-4202.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Steak House Day — FS Hale Ikena features a fresh grilled steak and a potato bar with various toppings, from chili to homemade bacon bits, at \$14.95, from 11 a.m.-2 p.m. Call 438-1974.

Chicken and Waffle Night — Get two pieces of chicken and two waffles for \$4 at FS Mulligan’s from 3:30-8 p.m. Call 438-1974.

Right Arm Night — Bring your battle buddies to SB Nehelani from 5-7 p.m. and enjoy food, fun and entertainment. Open to all ranks, DoD civilians and spouses. Call 655-4466.

Buck a Burger Night — Enjoy a \$1 burger at FS Mulligan’s from 3:30-8 p.m. Call 438-1974.

Leilehua Concert Series — Hoku Zuttemeister headlines, 5 p.m., at Leilehua Golf Course, for this free monthly concert performed by popular local entertainers. No cover. Call 655-7131.

Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono Room, Bldg. 589, Foote Avenue, at 7 p.m. Bring your neighbors, friends, family members and yourself for an unforgettable evening. A local artist will instruct you through an original piece of art. All materials are supplied. All skill levels welcome. Includes two hours of instruction for \$35/person, which is nonrefundable. Call 655-5698.

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

19 / Saturday

Turkey Trot 5k at HMR — Open to all

TONIGHT AT SCHOFIELD

KELLIE PICKLER *live concert*

Date: Friday November 18, 2016	Time: 6:00 p.m. <i>Field opens</i> 7:30 p.m. <i>Kellie Pickler</i>	Place: Weyand Field, Schofield Barracks
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SCHOFIELD BARRACKS — Former “American Idol” alumna and country music artist Kellie Pickler performs at 7:30 p.m., Nov. 18, on SB Weyand Field. Gates open at 6 p.m. for DoD ID cardholders and their guests. Call 655-0113.

DoD ID cardholders (active duty, family members, DoD civilians, retired and reservists) and their sponsored guests. Cost is \$35 for race day registration until 6:30 a.m. (T-shirts may be available). Registration forms available at HiMWR.com and payments can be made at any Army Hawaii Physical Fitness Center. Call 655-5975.

Adventure Biking — Cruise through Pearl City down to Pearl Harbor with Outdoor Recreation for \$30 from 8:30 a.m.-12:30 p.m. ODR will provide transportation (up to 12 people), guide and equipment; all you need to bring is some water, snacks and a great attitude. This is a beginner program, but participants must be able to ride a bike. Call 655-0143.

Daddy Boot Camp — Class for first-time/expecting fathers at SB ACS from 9 a.m.-noon. Dads can ask questions and learn practical skills for taking care of mom and baby.

Thanksgiving Special — At the FS Hale Ikena. If you can’t wait for Thanksgiving, join the gathering from 11 a.m.-2 p.m. for a turkey lunch with all the fixings.

Tabletop Gaming — For adults at SB Sgt. Yano from 1-4 p.m. Light refreshments will be offered. Call 655-8002.

Slam the Door Open Mic Night — Every Saturday at 7 p.m. at SB Tropics. Enjoy a night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap – or tell a joke. To perform or sign-up, call 655-5698.

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

Karaoke — Sing your favorite songs, 9 p.m., at SB Tropics with over 5,000 selections, every Saturday in November. Call 655-5698.

20 / Sunday
NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics, 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.

21 / 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.

22 / 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.

Chess at SB Tropics — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

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.

23 / Wednesday
Ceramic Turkeys — Paint and glaze a ceramic turkey during normal business hours at SB Arts & Crafts Center from Nov. 2-16. Prices vary by size (\$5-\$20). Visit at 919 Humphreys Road. Call 655-4202.

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

BOSS — Life skills for USARPAC and USAG-Hawaii. To sign up, call 655-1130.

Keiki Night — Every Wednesday is See MWR BRIEFS B-5

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

18 / Friday

Hawaiian Pro Surfing — The kickoff of the Vans Tripler Crown of surfing will run on the four biggest and best days at Haleiwa Alii Beach Park, 8 a.m.-4 p.m. Keep updated on surfing conditions and event schedules at vanstriplecrownofsurfing.com.

19 / Saturday

Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday.

Mayor’s Annual Craft & Country Fair — Free craft fair at the NBC Exhibition Hall, 9 a.m.-2 p.m. Features cookies, jam and jellies, and pickled vegetable contests. Parks and Recreation open house features country fair activities, a people’s open market, flu shots and drug Take Back Program. Bring a canned good for the Hawaii Food Bank. Honolulu Lions Club will be collecting used eyeglasses and hearing aids for repair and

distribution. For more information, call the Senior Citizens Program at 973-7258.

Leilehua Craft Fair — Leilehua High School hosts Project Grad 2017 event, 10 a.m.-2 p.m.; it includes local grinds, vendors, silent auction and creative crafts at the school cafeteria.

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.

21 / Monday

SB Blood Drive — November and December are typically the slowest months for blood donations, but it’s also the time of year when it’s critical to have an adequate supply of blood. Donate, 9 a.m.-noon, at the SB Health Clinic, Bldg. 691, to support ill or injured service members.

22 / 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.

23 / Wednesday

Mariah Carey in Concert — Ticket sales are underway for one of the best-selling female artists of all time, who will be returning to the Neil Blaisdell Arena, Nov. 23, 25 and 26 with her “Sweet Sweet Fantasy” tour.

24 / Thursday

Vans World Cup of Surfing — Waiting period begins at legendary Sunset Beach, which features one of the most consistent big waves on the planet, 8 a.m.-4 p.m. Parking is available at Turtle Bay Resort with shuttle service and bike access available. Visit vanstriplecrownofsurfing.com.

Thanksgiving Brunch at Turtle Bay — North Shore brunch alternative, 10:30 a.m.-1:30 p.m. Seatings at the Kuilima Ballroom feature more than 30 items. Cost is \$69 for adults, \$27 for children. For reservations, call Turtle Bay Resort

at 293-6020 or reserve online at <http://www.turtlebayresort.com/thanksgiving>.

26 / Saturday

Snow Day — Kapolei Commons kicks off the holiday season with 30 tons of snow, free photos with Santa, food booths, and more, 10 a.m.-12:30 p.m.

December

4 / Sunday

“The Elf Who Saved Christmas” — This musical holiday comedy will have 2 & 5 p.m. shows at the Paliku Theatre, Kaneohe. Visit www.soundsofaloha.org or call 262-7664.

8 / Thursday

Garth Brooks Concert
Tickets — An additional Thursday show with superstars Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, is added for Dec. 8, in addition to Dec. 9-10 performances at the NBC Arena. Tickets can only be purchased at ticketmaster.com/garthbrooks or ticketmaster.com or either Ticketmaster Express 1-866-448-7849 or 1-800-745-3000 with a limit of eight tickets per purchase. Tickets cost \$69, plus a \$6.25 service fee.

The Accountant (PG-13)

Fri. Nov. 18, 7 p.m.

Boo! A Madea Halloween (PG-13)

Sat., Nov. 19, 4 p.m.

Ouija: Origin of Evil (PG-13)

Sat., Nov. 19, 7 p.m.

Kevin Hart: What Now? (R)

Sun. Nov. 20, 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 FCC: Family Child Care	FMWR: Family and Morale, Welfare and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center 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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Photo by Christine Cabalo, Oahu Publications

SCHOFIELD BARRACKS — Delegates prepare their proposals to change Armywide policies at the Army Family Action Plan Conference at the Nehelani, here, Wednesday.

Both Soldiers and civilians gathered to develop initiatives to improve the quality of life for Soldiers and their families.

Army installations worldwide are taking part in the conference to help amend regulations.

Selected proposals will be forwarded to the director of Army Installation Management Command-Pacific and have the potential to progress as far as the nationwide focus groups coordinated by the Department of the Army before becoming permanent.

Among past initiatives created from the conference include funding for the Better Opportunities for Single Soldiers, or BOSS program.

For more information about results, see next week’s *Hawaii Army Weekly* article.

Black Friday to deliver Exchange savings at 4 a.m.

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — The Hawaii Exchange is putting family first this Thanksgiving as it opens doors at 4 a.m. on Black Friday.

“The Army & Air Force Exchange Service is family serving family; 85 percent of our associates share a connection with the military,” said General Manager Robert Rice. “By holding fire until Black Friday, the Exchange team and those we serve can enjoy Thanksgiving with their friends and family.”

Wow specials
The Schofield Main Store and Hickam Main store will open their doors on Black Friday to offer deals on the hottest holiday gift items, including a Hewlett Packard 15.6 inch Notebook for just \$149, a MacBook Air for only \$589 and a Chef’s 17-piece cookware set at \$130 off. Additionally, the Exchange’s entire stock of prestige handbags will be 25 percent off. The savings will continue with additional deals through the weekend as the Schofield and Hickam Main Stores open on Saturday at 8 a.m. The store will return to normal operating hours Sunday.

Shoppers can also log on to shopmyexchange.com starting at 12 a.m. Hawaii Standard Time, Thanksgiving Day, to get a head start on holiday deals from the comfort of their own homes.

Special offers will include a Vizio 70-inch 4K Ultra HD Smart Display TV for just \$999, a Michael Kors Jet Set travel bag for just \$99 and buy-one, get-one-free when you buy a Ashley Furniture rocker recliner for just \$399.

More Online
Exchange Black Friday weekend deals are available at shopmyexchange.com.



Black Friday – Opening Hours



Be a little **ELFISH**



STORE OPENING HOURS

FRIDAY 11/25	4 A.M.
SATURDAY 11/26	8 A.M.
SUNDAY 11/27	10 A.M.



BLACK FRIDAY
Weekend

Courtesy graphic

The Hawaii Exchange opens its doors to customers at 4 a.m. for Black Friday savings.

Commissaries to calculate regional customer savings

DOD NEWS
Defense Media Activity

WASHINGTON — The Defense Commissary Agency is improving the way patron savings are calculated by comparing commissary prices on the items that patrons purchase most frequently to better reflect shoppers’ experiences.

“These price comparisons will now be made at the regional and national level, to better account for price differences across geographic areas,” said Joseph H. Jeu, DeCA’s director and CEO.

“Grocery costs outside the gate vary widely by region, so we’re enhancing our savings calculations to reflect what our service members and their families experience in and out of the commissary,” he added. “Finally, price comparisons will be monitored more frequently to ensure the best savings for patrons.”



Regional savings levels
Price comparisons on specific items will be rolled up into regional savings levels. This change, which does not affect patrons’ out-of-pocket expense, will allow the agency to set a better baseline of savings on the products shoppers tend to buy most, Jeu said.

To calculate regional savings, DeCA is comparing prices on a selection of more than 1,000 representative items in each commissary with the actual prices for those same items in a variety of grocery stores in each region, including three commercial retailers in the area of each commissary. This representative market basket is standard across all regions,

DeCA officials said, and includes items from many areas of the store, including grocery, meat and produce.

The commissary agency also uses standard industry data to compare average prices at a national level on all 38,000 items carried in its stores. This is done to ensure the savings methodology reflects the entire assortment, as well as representative regional savings, officials explained.

DeCA will complete the price comparison on more than 1,000 items in the market basket at the regional level on a rotating quarterly basis and will monitor national average prices each month. With this frequency, officials said, the agency can closely monitor continuity of the savings benefit throughout the year.

DeCA will publish updated savings levels annually, they added.

Overseas commissaries
The regional approach will be adjusted slightly to calculate savings for the agency’s overseas locations. Because grocery stores overseas don’t carry the same assortment of products as the commissaries, officials explained, DeCA will use a cost-of-living index to estimate market prices of groceries in the area around each overseas location.

“The update of our savings measurement does not change the dollars our patrons spend or the savings we offer. This is only an enhancement of how the savings level is calculated,” Jeu said.

More Online
More information on DeCA’s overall transformation is available on the Frequently Asked Questions page in the Customer Service section of the agency’s website at www.commissaries.com.

Balancing deployments, retirements can tax a friendship

I can see it in your eyes; you’re not happy. You think I’ve been ignoring you; you think I’m an awful friend.

Not too long ago, we were close. We talked on the phone. We had lunch. We met at the gym. We exchanged texts. I showed interest in your life.

But recently, I’ve been aloof. I haven’t called. I stopped meeting you for coffee. I didn’t “Like” that photo you posted of your kids on Facebook.

To be quite honest, I haven’t given you a second thought.

But, before you jump to conclusions, let me assure you: I’m not tired of you. I’m not hanging out with other friends. And I most certainly haven’t forgotten about you. The fact is, I haven’t been thinking much about you, or anyone else for that matter, because our family is moving again.

Counting those few months we lived in that creepy townhouse with the shag carpeting in Virginia Beach in 1998, and the half year we rented that funky beach shack in Jacksonville while we waited for base housing in 2011, our Navy family has moved nine times since Francis and I married 23 years ago.

I’m not bellyaching. Many military families have moved a lot more than we have; others have moved less. Besides, I’ve enjoyed every place we’ve lived.



(Well, except for that townhouse. We had to clap twice before entering the kitchen to scare off the roaches, and it had a strange scent that smelled like pickles packed in moth balls.)

Frankly, it doesn’t really matter how many times a military family moves. What matters is that every move, whether it’s overseas or across town, is a big ordeal: the kind of thing that destroys daily routines, challenges the strongest coping skills and turns grown adults into moody little brats.

It happens every time Francis receives Navy orders. My behavior doesn’t change at first, but as time passes, and our move dates get closer and closer, I slowly withdraw into my own chaotic, stressed, little world.

My normal everyday thoughts about dog hair, power walks, coffee, defrosting chicken and Friday night fire pits are slowly replaced, one by one, with frantic ramblings and strange inner voices, until

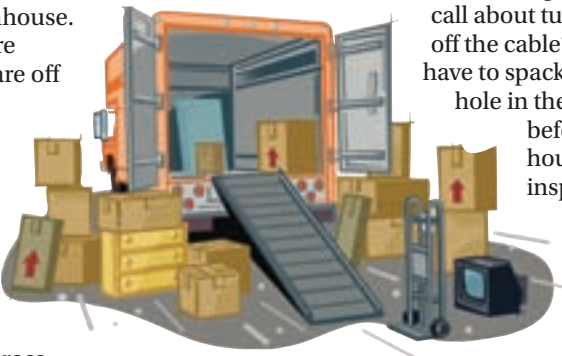
I become a military spouse precariously perched on the threshold of moving insanity.

How did we accumulate all this crap? We need more plastic storage bins!

What if I forget to call about turning off the cable? We have to spackle that hole in the wall before the housing inspection!

Courtesy photo

Lisa Smith Molinari apologizes to friends for the lack of contact as she moves again.



What if we go over the weight limit again? Why haven’t I taken the numbered stickers off the furniture from our last move?

In the days before the packers arrive, I become so self-absorbed; I am incapable of normal social interaction. In a subconscious attempt to repel other humans and, thereby, minimize distractions, I stop showering, brushing my hair and applying deodorant. I become so

hell-bent on using up all the food in the kitchen that I concoct strange casseroles with things like pork chops, oyster crackers, canned green beans, raisins and tater tots. I also walk around the house armed with a Sharpie marker and a clipboard, muttering something about Ziploc baggies and duct tape, my left eye twitching from a stress-induced tick.

It’s not a pretty sight. But at this point, I really don’t care about my rat’s nest of hair, the drool on my chin, the neighborhood potluck, the next episode of “Survivor” or you! All this is because all I can think about it one thing: our 10th move!

As I write this, I have exactly 15 days until the moving company arrives to pack up every coffee cup, photo album, extension cord, lounge chair, lampshade, screwdriver, textbook, Christmas ornament, bicycle, pencil and picture frame we own.

The reason I like you is because you understand. Until our household goods arrive at their new destination, until we find the towels and sheets and dishes and TV remote and coffee maker, and until I flop down on the couch in our new home and take a deep breath, I won’t realize how much I really miss you.

Thanks, my friends, for always forgiving me.

(Find more insights from Molinari at www.themeatandpotatoesoflife.com.)

Heart disease can begin in childhood

DR. GRACE S. CHEN
Tripler Army Medical Center

HONOLULU — Heart disease is the leading cause of death in the United States.

Every year, about one in every four deaths is caused by heart disease.

On average, heart disease takes a life every minute in the United States.

It may surprise many that heart disease can begin at a young age.

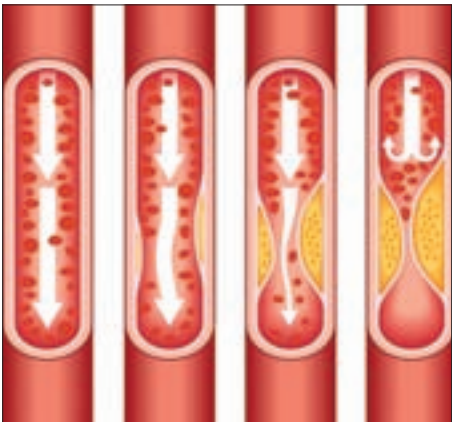
Heart disease is rare in men too young to drive. It can start, however, once men are old enough to vote. In the United States, about 4-10 percent of heart attacks occur before the age of 45, mostly in men more than females.

A study done of 126 sudden deaths in American military recruits aged 18-35 found that 28 percent were due to clogged arteries in the heart.

Clogged arteries

Another study found fatty streaks present in the arteries of the heart in those as young as 15 years old and that age decreased over the 20-year span of the study. People with the highest low density lipoprotein (LDL) cholesterol, the lowest high density cholesterol (HDL) levels, the highest blood pressures and the highest blood sugars had the worst disease.

Smoking is still the largest risk factor for hardening of the arteries (atherosclerosis). Secondhand smoke is also an



Graphic courtesy of cdc.gov

As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood.

important contributor. Children exposed to smoke daily have damage to their arteries' ability to expand when their tissues need more blood.

Children with heart disease risk factors, such as obesity, high blood pressure, diabetes and high cholesterol, already show fatty build-up in their arteries that could cause heart attacks as adults, according to Canadian researchers who reviewed data on 3,630 children ages 5-18.

About 17 percent of children ages 6-11 years old are obese, according to the Centers for Disease Control, and the rate of heart disease among obese teens is likely to triple due to the increasing presence of

high blood pressure in children.

- What's the fix?**
- The USDA Center for Nutrition Policy and Promotion reports children between ages 2-17 are not eating enough fruits and vegetables.
- Prevention of heart disease begins in childhood. We can try to prevent heart disease in children by taking the following steps:
- Eliminate smoking** in children. Hawaii is the first state to raise the smoking age to 21, so we are making progress.
 - Eliminate passive smoke** exposure in children. Parents can set a good example for their kids by not smoking.
 - Regular exercise** should be encouraged in children.
 - Children should be encouraged to **eat** at least 4-6 servings of **fruits and vegetables**, daily.
 - Avoid** feeding children **foods high in saturated and trans fats** (such as animal products and processed foods).
 - High blood pressure and diabetes** in children should be identified and treated.
 - Cholesterol testing** should be considered in children with a parent with high cholesterol, heart disease or stroke.

More Online

For more information on heart disease, go to www.cdc.gov/HeartDisease/facts.htm.

TAMC TIP

Alcohol, Prescription and Drug Abuse



Alcohol affects every organ in the body. Take a minute to rethink your drink.

- Know your limits. Drinking in moderation is defined as having no more than one alcoholic drink per day for women and no more than two alcoholic drinks per day for men.
- Choose nonalcoholic beverages. Use them if the following apply:
 - Are recovering from alcoholism or are unable to control the amount you drink.
 - May become pregnant or are pregnant.
 - Plan to drive, operate machinery or take part in other activities that require attention, skill, alertness and coordination.
 - Are taking prescription or over-the-counter medications that can interact with alcohol.
- Have certain medical conditions.
- Are younger than 21.

Chaplain offers seasonal reminder of divine blessing

CHAPLAIN (CAPT.) JAMES FRYER
84th Engineer Battalion Chaplain

“Never Daunted.”

Certainly there should be and could be endless items that the people of our nation should be unduly grateful for during this Thanksgiving holiday season.

From religious liberty and on to include the constitutional rights of all citizens, our country has profited much in our modern times. As well, for many, more recently, it has been an emotional time to experience, as well as a potential time to celebrate refreshing changes that may befall us.

Throughout our colorful history as a nation, many have been comforted by awareness that we have enjoyed much blessing and ought to give thanks to our benevolent creator and sustainer of life.

Several decades ago, it was recognized that our nation would benefit from giving honor to God in our national pledge. In 1954, in response to the Communist threat of the times, President Eisen-



Fryer

hower encouraged Congress to add the words “under God,” creating the 31-word pledge we say today: “I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible, with liberty and

justice for all.”

As well, in another earlier time, our nation has asserted an observance of the Divine, in a desire to recognize God as the one who provides us with the most basic things in life, including money.

Citizens with a proper reverence for God have, at times, initiated a societal influence. As one record chronicles, “From Treasury Department records, it appears that the first such appeal came in a letter dated Nov. 13, 1861.” It was written to



Secretary Chase by Rev. M. R. Watkinson, Minister of the Gospel from Ridleyville, Pa., and read: “Dear Sir: You are about to submit your annual report to the Congress respecting the affairs of the national finances. One fact touching our currency has hitherto been seriously overlooked. – I mean the recognition of the Almighty God in some form on our coins.

“What I propose is that, instead of the goddess of liberty, we shall have next inside the 13 stars a ring inscribed with the words Perpetual Union; within the ring the all-seeing eye, crowned with a halo; beneath this eye, the American flag, bearing in its field stars equal to the number of the States united; in the folds of the bars, the words God, Liberty Law.

“This would make a beautiful coin, to which no possible citizen could object.

... This would place us openly under the Divine protection we have personally claimed. From my hearth I have felt our national shame in disowning God as not the least of our present national disasters.”

It is remarkable that we have such matters in our heritage, to cherish. The outcome of the situation was that, “A law passed by the 84th Congress ... and approved by the President on July 30, 1956 ... declaring “In God We Trust,” the national motto of the United States. In God We Trust was first used on paper money in 1957, when it appeared on the one-dollar silver certificate.

The ancient Psalms in the Bible, as well, remind us today that a proper and humble reverence to the Almighty is a blessed posture for our people to assert.

Psalms 33:12 extolls, “Blessed is the nation whose God is the Lord.”

(Editor's note: The 84th Eng. Bn. is part of 130th Eng. Brigade, 8th Theater Sustainment Command.)

Holiday Worship			
Catholic Worship Services Nov. 24, 9 a.m., Thanksgiving Day Mass, AMR & MPC Nov. 29, 6 p.m., Advent Reconciliation Service, AMR Nov. 30, 6 p.m., Advent Reconciliation Service, WAAF Dec. 8, 5 p.m., Solemnity of Immaculate Conception of the Virgin Mary, AMR & MPC	Dec. 24, 5 p.m., Christmas Family Mass, AMR & MPC Dec. 25, 8:30 a.m., Christmas Day Mass, AMR Dec. 25, 10:30 a.m., Christmas Day Mass, MPC Dec. 31, 5 p.m., Feast of Mary, Mother of God, WAAF Jan. 1, 8:30 a.m., New Year's Day Mass, AMR Jan. 1, 10:30 a.m., New Year's Day Mass, MPC		
	Jewish Worship Service Dec. 29, 6 p.m., Chanukkah/Hanukkah Menorah Lighting, MPC		
	Protestant/Gospel Worship Services Dec. 24, 6:30 p.m., Christmas Eve Service, MPC Dec. 25, 5 p.m., Christmas Eve Service, FD Dec. 25, 7 p.m., Christmas Eve Service, AMR & SC Dec. 25, 9:27 a.m., Christmas Day Service, SC		
	Dec. 25, 10 a.m., Christmas Day Service, HMR Dec. 25, 10:30 a.m., Christmas Day Service, AMR Dec. 25, 11 a.m., Christmas Day Service, WAAF Dec. 25, noon, Christmas Day Service, MPC Dec. 25, 12:30 p.m., Christmas Day Service, AMR Dec. 31, 10 p.m., New Year's Eve Service, MPC		



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

HULA: Teacher gives keiki aloha

CONTINUED FROM B-1

Aguilar said hula is interesting and a fun way to learn about culture and get exercise.

Though she may not see her students for very long, Duncan said she hopes to give them a foundation that “lasts them a lifetime.”

For some students, hula does not end upon leaving the island. She recalled a student who had to move away before the class was scheduled to perform. In addition to staying in touch with Duncan, the student performed the hula she had practiced in front of her family, instead. She said it was a proud moment for her.

With a son serving in the Navy, Duncan said she has learned what the children go through with constant moves, and she strives to “give them as much aloha as I can give them while they're in my class.”



ALIAMANU MILITARY RESERVATION — At left, Naomi Johnson rides an imaginary wave as she and her classmates dance to “Hawaiian Roller Coaster Ride” during the Hula Novice class (Pua Melia) here, Oct. 22. At right, Kumu Ululani Duncan, the hula instructor for the SKIES Program hula classes, leads the children in dance.



Photos by Kristen Wong, Oahu Publications

Army-developed Zika vaccine moves to trial stage

CHERYL PELLERIN
DoD News, Defense Media Activity
WASHINGTON — A clinical trial began, here, Nov. 7, at the Walter Reed Army Institute of Research (WRAIR), where 75 participating healthy adults were vaccinated with a Zika virus vaccine that the institute’s scientists developed earlier this year, Walter Reed officials announced Nov. 8.

The Phase 1 trial will test the safety and immunogenicity – the ability of the vaccine to trigger an immune response in the body – of the purified, inactivated Zika virus vaccine called ZPIV.

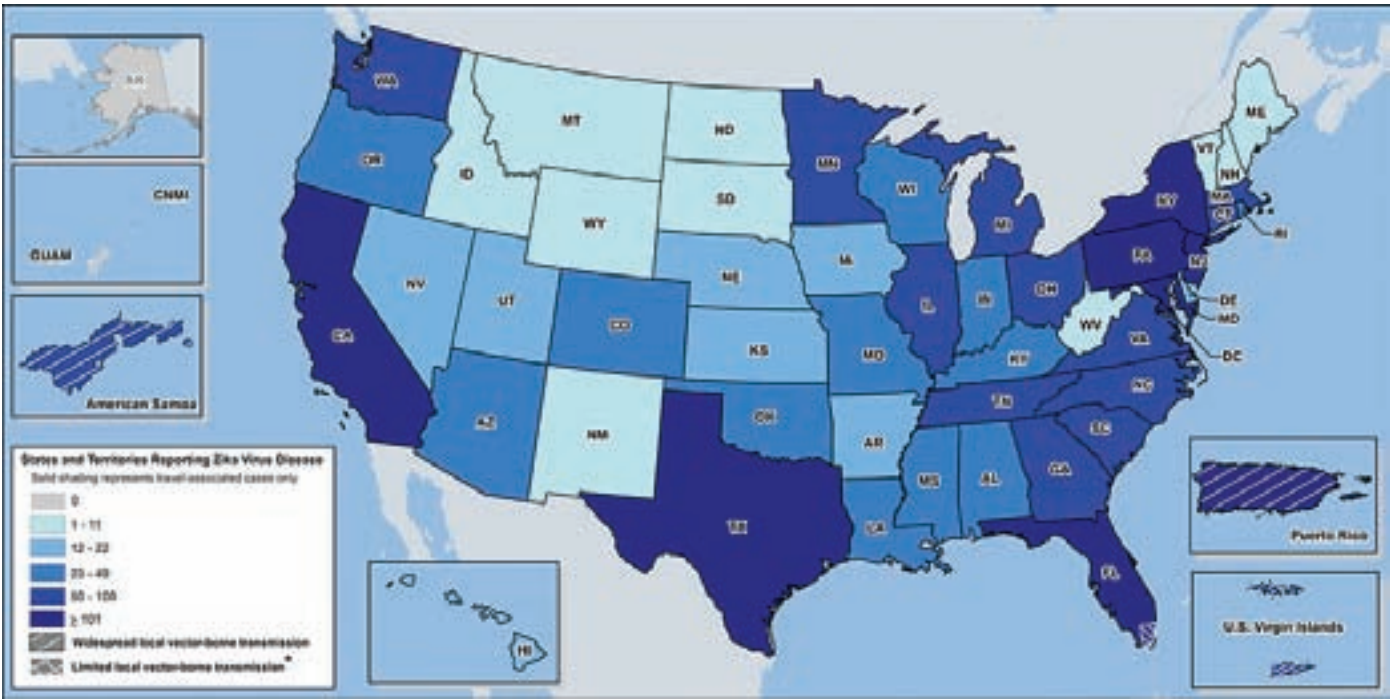
The vaccine is being tested at WRAIR’s Clinical Trial Center in Silver Spring, Md.

“The Army has moved efficiently from recognizing Zika virus as a threat, producing ZPIV for use in animals and demonstrating its effectiveness in mice and monkeys, producing ZPIV for human testing, and now initiating clinical trials to establish its safety and build the case for subsequent efficacy trials,” said Army Dr. (Col.) Nelson Michael, director of WRAIR’s Military HIV Research Program, or MHRP, and Zika program co-lead, in a statement.

Efficacy refers to the vaccine’s ability to demonstrate a health effect when tested in a clinical trial.

“All of this,” he added, “was done in 10 months.”

Dr. Kayvon Modjarrad, Zika program co-lead and associate director for emerging infectious disease threats at WRAIR’s MHRP, said the Army was able to move so quickly in developing, manufacturing and testing a Zika vaccine “because of its extensive experience with this vaccine platform and longstanding investments in the understanding and mitigation of flaviviruses like yellow fever, dating back to the founding of WRAIR.”



Graphic courtesy of Centers for Disease Control

There are laboratory-confirmed Zika virus disease cases reported to ArboNET by state or territory as of Nov. 2. ArboNET is a national surveillance system for arthropod-borne virus diseases in the United States, such as those from ticks and mosquitoes.



Photo by James Gathany, Centers for Disease Control

Zika virus is transmitted to people primarily through the bite of an infected Aedes species mosquito.

DoD Zika response

WRAIR officials say this study is part of the Defense Department response to the ongoing Zika outbreak in North and

South America and Southeast Asia.

For service members, there are concerns about infection during deployment and travel, but also in the continental United States, where most military installations are concentrated in southern states. There, climate conditions and mosquito populations favor Zika transmission, WRAIR officials say.

As of Nov. 2, according to the Centers for Disease Control and Prevention, 149 cases of Zika infection were confirmed in the military health system, including four pregnant service members and one pregnant family member.

Zika infection during pregnancy, the CDC says, can cause a birth defect of the brain called microcephaly and other severe fetal brain defects.

What’s a flavivirus?

Flaviviruses like Zika are found mainly in mosquitoes and ticks and cause widespread morbidity and mortality worldwide.

Other mosquito-transmitted viruses that are members of the flavivirus genus include yellow fever, or YF, dengue fever, Japanese encephalitis, or JE, and West Nile viruses, according to the CDC web page.

WRAIR’s inactivated flavivirus vaccine platform was the same technology the institute used to create its Japanese encephalitis vaccine, licensed in 2009.

The WRAIR trial that began Nov. 7 is sponsored by NIAID and funded by the Army and the Defense Department.



CONTINUED FROM B-2

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.

25 / Friday

Closures — Today’s a school holiday; all Hawaii public schools are closed. School administration offices, however, will be open. Call 655-8326.
Note, CDCs will be closed for training.

Parenting 101 — Take your parenting to the next level, noon-1 p.m., SB ACS. Discover current “best practices” and

learn tips and tools to assist you in reaching your parenting goals. Call 655-4227 to register.

Hawaiian Luau Buffet — FS Hale Ikena hosts this tropical Hawaiian Luau Lunch with none of the fuss for only \$14.95. Call 655-466.

BOSS Board & Video Games Tourney

— Three-day tournament. Call 655-1130.

BOSS Black Friday Shopping — Trips to Waialeale and Ala Moana featured. To sign up, call 655-1130.

28 / Monday

Tree Lighting North — Schofield holiday event begins at 5:30 p.m. at General’s Loop. Activities galore.