



The SRT of the 39th MPD waits to enter a building with a known active shooter holding hostages, Aug. 20.

39th MP SRTs react to active shooter drill

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

FORT SHAFTER FLATS — Members from the Special Reaction Team (SRT), 39th Military Police Detachment, reacted to an active shooter response exercise, here.

The 39th's SRT, which falls under the 8th MP Brigade, 8th Theater Sustainment Command, held the exercise, Aug. 20, as part of the Army's annual

antiterrorism month. Schofield Barracks' Directorate of Emergency Services teamed up with 9th Mission Support Command to help prepare and train their Soldiers and civilian employees for a real-world event.

"This helps to solidify our relationships," said 1st Lt. Bradley Freeman, the officer in charge of the SRT, referring to the many emergency responders the 39th MPD worked with during the exercise. "It's a team effort to help

eliminate the threat and resolve the situation."

"Once there's a confirmed shooting, we are called," said Sgt. David Padilla, SRT entry team leader. "It's up to us; we are the last resort."

After receiving a call, the team has a two-hour recall window in which to respond to a situation, no matter where or what it is doing.

Playing the role as the active shooter, Sgt. 1st Class Ryan Faulkner, 9th MSC antiterrorism and force protec-

tion noncommissioned officer, said the team performed very well, and all were professionals every step of the way.

"Their commands and actions made it very clear they were in control," said Faulkner.

The SRT safely detained anyone they came across while they cleared offices and cubicles.

"It was very challenging. We have to make sure we cover every angle," said Padilla.

The SRT is a mix of Department of Defense civilian and military police. Being a part of the team requires members to have sharp tactical skills to execute their various missions.

"It's not just about being a great shot, you have to have a strong mind and great problem-solving skills," said Padilla.

Responding to an active shooter is

See SRT A-4



Soldiers with 3-4th Cav. Regt. participate in a mounted and dismounted validation live-fire field training exercise in preparation for a deployment to PTA on the Big Island.

Blackfoot Troop conducts live fire

Story and photo by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers with 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, held a squadron-level field training exercise (FTX), here, Aug. 25-27.

The purpose of the training was to certify section leaders in mounted and dismounted live-fire operations for upcoming deployments to Pohakuloa Training Area, Hawaii, and the Joint Readiness Training Center, Fort Irwin, California.

The operation also facilitated mission command at the troop and

squadron level.

"The training will help troops hone their existing reconnaissance skills, validate standard operating procedures and refine direct fire control measures," said Sgt. 1st Class Craig Trotter, Headquarters and Headquarters Detachment.

Sections worked together, communicating as a team, as mounted elements provided covering fire to the dismounted teams as they engaged enemy forces.

"This training was needed because, as cavalrymen, we not only are the eyes and ears of the commander, but we also need to know how to react and defend ourselves when necessary," said Spc. Darwin Garcia. "The training also eliminates mistakes that can hinder us in the upcoming platoon live fire or fu-

ture deployments."

The training will benefit the troops and squadron by producing better, faster and more effective crews and leaders.

"It will allow troop commanders to evaluate the sections and assist the squadron commander to better allocate resources and training time appropriately," said 1st Lt. Kenji Sugimoto, Headquarters and Headquarters Troop.

Garcia noted, as commanders observe how flawlessly the Blackfoot troopers perform, the Soldiers gain their trust and confidence.

"This was an amazing FTX, and it helped me and my fellow team leaders identify the weaknesses and strengths of our teams," said Garcia. "We improve every iteration."

U.S. Army's 'Pacific Pathways' begins

U.S. ARMY-PACIFIC
News Release

FORT SHAFTER — This week, the U.S. Army embarks on an innovation in the Indo-Asia Pacific region.

Pacific Pathways employs a single, highly ready unit through a "training pathway," using a series of already approved, consecutive, bilateral and multilateral exercises and engagements with foreign militaries.

Instead of multiple single units traveling to an exercise for 10 to 30 days and returning home after a single trip, this innovation concentrates readiness into one deploying unit, reduces redundancies in theater, maximizes cooperative opportunities and places additional Army forces within the Pacific theater for an extended period.

See PACIFIC A-4



Photos courtesy U.S. Army-Pacific

FORT IRWIN, California — Pacific Pathways begins with 2-1st Inf. Regt., 2nd Stryker Brigade Combat Team, 7th ID. The Lancers began their deployment at the National Training Center.

Those who served are remembered, honored by ROTC university scholarship

ALAN K. HOE
Lt. Nainoa Hoe Scholarship of Honor

SCHOFIELD BARRACKS — The University of Hawaii's Army ROTC program is known as the "Warrior Battalion," having earned that singular distinction following the attack on Pearl Harbor when its cadets were activated, and this historic legacy is shared each year with a new generation of cadets.

Cadet Eric Agluba received the 8th annual Lt. Nainoa Hoe Scholarship of Honor award, Aug. 28, during a ceremony at the Lt. Nainoa Hoe Mission Training Complex-Hawaii, here.

The scholarship is based on the aca-

ademic, athletic and leadership skills of a cadet who has exhibited a commitment to public service while serving in a Hawaii high school Junior ROTC program.

"I am honored to receive this year's scholarship and to serve as an ambassador for Lt. Nainoa Hoe's legacy," said Agluba. "I am grateful to the Brian Laviolette Scholarship Foundation and Mr. Dawson, whose generosity honors Nainoa Hoe's legacy each year."



Agluba

The \$1,000 scholarship and a silver medallion were endowed by Waimanalo businessman Ohelo Kaopio under the Wisconsin-based Brian LaViolette Scholarship Foundation. The foundation was created in 1992 in the name of Brian LaViolette to recognize academic achievement, leadership and community involvement — personal qualities of its namesake.

A junior at the UH-Manoa campus, Agluba is pursuing a degree in micro-

biology with the goal of earning a commission in the Army's Medical Service Corps to eventually become an Army physician. He graduated from Saint Louis High School, where he excelled in the National Honor Society and its JROTC program.

"The Saint Louis JROTC Crusader Battalion provided opportunities that no other typical high school class could offer, such as rappelling, rope bridging, basic rifle marksmanship and land navigation," said Agluba.

Former U.S. Army-Pacific commander, retired Lt. Gen. Frank Wiercinski, presented the scholarship.

Lt. Nainoa Hoe Mission Training Complex-Hawaii
The complex is named in honor of 1st Lt. Nainoa Hoe, a 1995 Kamehameha Schools graduate from Kailua.
Hoe, a Ranger and fearless infantry platoon leader with the 1st Stryker Brigade Combat Team, 25th ID, was killed in action, Jan. 22, 2005, in Mosul, Iraq, while leading a foot patrol urging Iraqi citizens to vote in Iraq's first national elections.



HAWAII ARMY WEEKLY

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Schofield Barracks, HI
96857-5000

Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
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Suicide preventable by watching buddy’s ‘6’

CAPT. DONELL L. BARNETT
U.S. Army Public Health Command

You are helping to reduce suicides in the Army.

Soldiers at every rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves.

We must continue to support our fellow Soldiers because one suicide is too many.

All branches of the military have ramped up suicide prevention efforts.

Risk Factors

Common risk factors for suicide include the following:

- Failed or strained intimate relationships.
 - Previous suicidal behaviors, thoughts or attempts.
 - Behavioral health problems.
- Additionally, leaders, family members, buddies and friends can intervene when there are warning signs:
- Changes in behavior like eating and sleeping habits or work performance.
 - Suicide-related talk or hints, or expressing a wish to die.
 - Isolation or withdrawal from social situations.

One example of this training is Army Applied Suicide Intervention Skills Training, which focuses on recognizing opportunities for leaders and buddies to intervene.

Other studies also highlight increased suicide risk for Soldiers with early life traumatic events, financial problems and non-deployment related factors, such as adjusting to a new unit and family-related stress.

Many factors can lead to suicidal behaviors. Still, you do not have to be a behavioral health provider to know when something is wrong or something has changed. You are in the best fighting position to watch your buddy’s “6.”

Have the *courage to ask*. It’s better to upset someone than to lose a life.

Familiarize yourself with the suicide warning signs and what they might look like in different military occupational specialties, or MOSs, and duty locations.

Recognize that everyone feels defeat-



Archive photo by Vickey Mouzé

“Check six” for risk factors like isolation or withdrawal from social situations.

ed at times, and when combined with life stressors, it can be difficult for your buddy to get out of a slump by himself or herself.

Know where help is. If your buddy is concerned about going to a behavioral health provider, advise him or her to

talk with a chaplain, medical provider or an anonymous crisis hotline.

Be willing to *escort and support* your buddy throughout the process. You might be the lifeline that he or she needs.

(Editor’s note: Barnett is a clinical psychologist at USAPHC.)

STARRS

The Army has collaborated with various institutions to help understand Soldiers who experience suicidal behavior. The Army Study to Assess Risk and Resilience in Servicemembers, or STARRS project, has studied suicidal behavior in the

Army, and the preliminary findings are noteworthy:

- Fourteen percent of Soldiers have considered suicide at some point in their lifetime.
- There is a strong relationship between receiving a rank demotion and suicide risk, especially for

Soldiers who have been recently demoted.

•Life role problems (e.g., problems with home life, work performance, social life or close relationships) are also associated with increased suicide risk and other behavioral health problems.

FOOTSTEPS in FAITH

Priorities should be set to be successful

CHAPLAIN (MAJ.) JEFF MITCHELL
8th Military Police Brigade
8th Theater Sustainment Command

One of the things I continue to learn in life is that I don’t have time to do everything.

Each of us only has 168 hours in every week. As we budget our time, we have control over setting the priorities.

When I try to do everything and try to accommodate everybody, it’s very easy for me to lose my bearings. I take on what I don’t need to take on and neglect the very things that are most important.

Have you ever been to the circus and seen the guy who spins plates on top of sticks? He’s got plates spinning in both hands, balanced on his nose, his knees —everywhere. And about the time he gets one spinning, another one needs attention because it’s about to stop. Have you ever felt like that?

So many times, we’re like that ... going off in 40 directions all at once.

“It is not good to have zeal without knowledge, nor to be hasty and miss the way.”
— Proverbs 19:2



Mitchell

In other words, so many of us are too quick to decide to do this, do that, go here, go there. We get enthusiastic about something without thinking through the ramifications that our involvement will have on our families, our children, our work, our spiritual life or our sanity. That’s why it’s so important that we learn to set priorities and then stick with them.

So many people spend their lives chasing fantasies, majoring in minor things to the neglect of what’s really important. It’s not that those things are necessarily wrong; it’s just that in the grand design of things, they’re not important.

The most successful people I’ve known in life have all had a clear sense of priority. They have prioritized the critical things and given their attention to the incidental things only after they’ve paid attention to their priorities.

Maintaining priorities is an important ingredient for success in every walk of life. Let’s just look at one example of this from the business world.

Why has the value of the stock in the most popular soft drink historically outperformed its closest competitor? Is it because it’s a better soft drink?

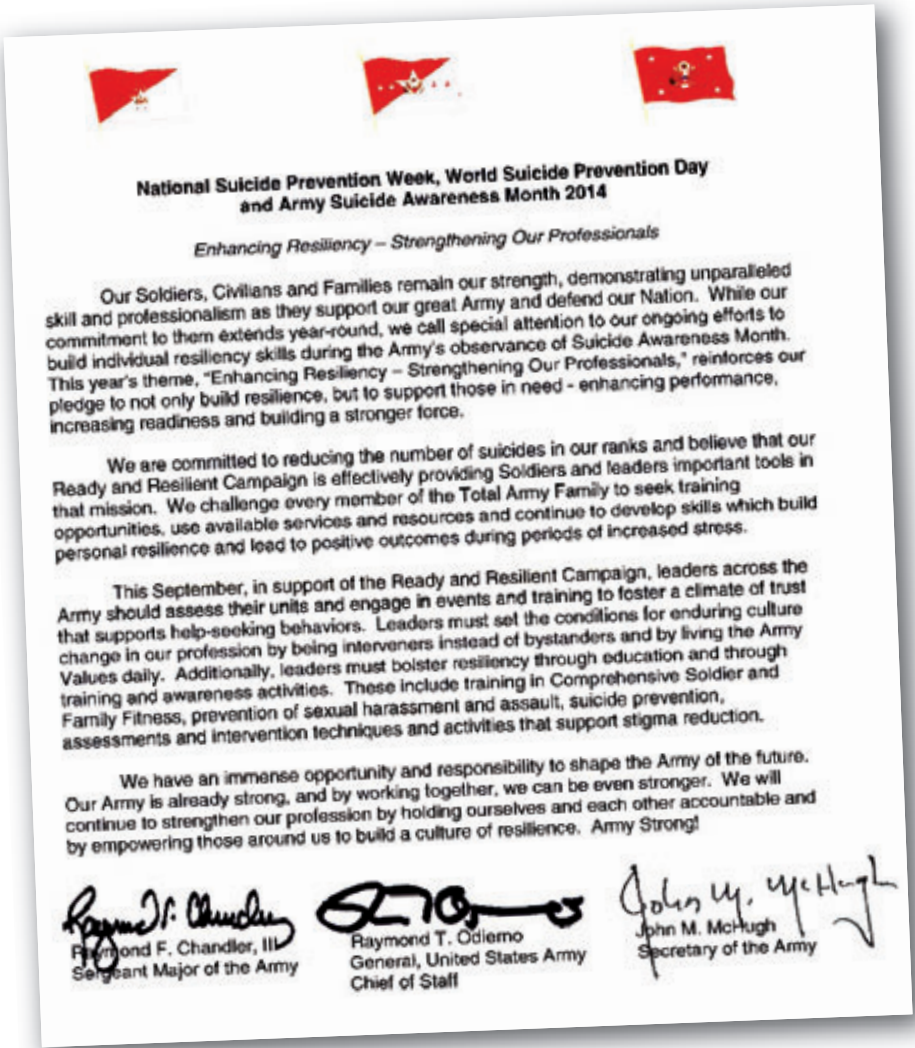
In his book, “Focus,” author Al Ries says that one soft drink company has historically outperformed the other primarily because the more popular company does mostly one thing; they make soft drinks. Years ago, its competitor started branching into the restaurant business, and along the way it lost its focus. Eventually, the company decided to spin off the restaurant side to focus on beverage operations.

“The plans of the diligent lead to profit as surely as haste leads to poverty.”
— Proverbs 16:5

“When you try to be all things to all people, you inevitably wind up in trouble,” said Ries.

That’s why priorities are so important.

SUICIDE PREVENTION



A letter signed by the Secretary of Army, the Chief of Staff of the Army, and the Sergeant Major of the Army describes this year’s theme, “Enhancing Resiliency — Strengthening Our Professionals,” which reinforces the pledge to build resilience and to support those in need. The Army is committed to reducing the number of suicides and believes the Ready and Resilient Campaign (R2C) is effectively providing Soldiers and leaders important tools in that mission.

Getting it Straight

Two photos on the B-1 story “Made in Hawaii” were incorrectly attributed to the writer. Michael Mathes took the photos of the lei-cutting ceremony and of the DeCA/AAFES managers taste-testing products.



COMBINED FEDERAL CAMPAIGN

The Combined Federal Campaign began Monday, continuing until Dec. 15. It is the biggest and most successful donation program. See News Briefs, A-6, for more CFC information.

Voices of Ohana



“I give them leadership roles, teambuilding exercises and have office lunches with our families.”

Sgt. Jack Brazel
HR specialist, HHD,
500th MI Bde.



“(By) inviting them to the gym after work hours and going to get a protein shake after.”

Sgt. Cleveland Harrell
HR specialist, HHD,
500th MI Bde.



“Invite my peers to hang out and compromise on what we want to do during the weekend.”

Spc. Alexander Inglima
Paralegal specialist,
HHD, 500th MI Bde.



“By inviting them to do physical fitness, surfing or hiking.”

Staff Sgt. Ignacio Ortiz-Marrero
Chaplain assistant,
HHD,
500th MI Bde.



“I hang out with my fellow Soldiers on the weekend and make sure they’re doing well.”

Spc. Derek Torres
Intelligence analyst,
HHD, 500th MI Bde.

National Suicide Prevention Week is Sept. 8-12, and National Suicide Prevention Day is Sept. 10.

“How do you stay connected to your fellow Soldiers so they do not feel isolated or alone?”

Photos by 500th Military Intelligence Brigade Public Affairs

OTE if you
want to make
a difference

Resources are available to
help Soldiers, civilians

ANGIE DIZON
Installation Voting Assistance Officer

Let your voice be heard.
All Soldiers and their eligible family members
and the civilian workforce stationed outside their
voting jurisdiction can find information on how
to exercise their right to
vote.
The U.S. Army Garri-
son-Hawaii Installation
Voting Assistance Offi-
cer serves as a voter
registration agency un-
der the National Voter
Registration Act and
provides the following
services:
•Provides informa-
tion on voter registra-
tion and the absentee
ballot procedures;
•Provides material
on the voting process,
requesting absentee
ballots and mailing the completed forms;
•Assists all Uniformed Service Members and
their eligible family members;
•Gives registration assistance to civilians who
have access to the Voting Assistance Office; and
•Assists Unit Voting Assistance Officers.
*(Editor’s note: Dizon is a human resources spe-
cialist at Military Personnel Division, Directorate
of Human Resources, U.S. Army Garrison-Hawaii.)*



File photo

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ter, 673 Ayres Ave., Bldg. 750,
Room 116.

Beard takes final Palm Circle march

Story and photos by
STAFF SGT. KYLE J. RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Maj. Gen. William Beard, deputy commander, Army Reserve, U.S. Army-Pacific, was honored during a “Celebration of Service” ceremony, here, Tuesday.

Beard served a combination of 39 years of active duty and reserve time.



Col. William Florig (front), commander of troops, renders a salute during a retirement ceremony in honor of Maj. Gen. William Beard, deputy commander, USAR, USARPAC, Tuesday.

Seventeen of USARPAC’s subordinate and theater-enabling commands were represented on the parade field by Soldiers bearing the organizational colors and command teams. The units took to the field in a “Flying V” formation, named after the shape in which the colors are posted during the ceremony.

“To the Soldiers standing on this historic field, you are a part of something larger than yourself,” said Beard. “You are what the Army will become. Remember, you will soon be the leaders shepherding young Soldiers and leading them.”

The Soldiers and noncommissioned officers made my job easier and my family made it possible for me to make it through these 39 years of military service, added Beard.

“(Beard) began his career as a private more than three decades ago,” said Gen. Vincent K. Brooks, commander, USARPAC and host of the ceremony. “Over the succeeding three-plus decades, he held multiple demanding positions demonstrating the depth and breadth of his knowledge and the versatility of his capabilities.”



Maj. Gen. William Beard (right), deputy commander, U.S. Army Reserves, USARPAC, and Gen. Vincent Brooks, commander, USARPAC, render honors to the colors during Beard’s Celebration of Service at historic Palm Circle.

Beard credited his wife for his success.

“There was never a stop where Elaine wasn’t pushing me,” said Beard. “I was not pulling her; she was always pushing me and helping me get everything that I needed. I would like to take the time to thank all the spouses out there today, because I know there’s nothing that I can do without my spouse supporting me and helping me.”

Beard was presented with the Distinguished Service Medal, the Retirement Service Award, certificates of appreciation from President Barack Obama and Army Chief of Staff Gen. Raymond Odierno, a retirement pin and a U.S. flag flown on Palm Circle.

The Celebration of Service ceremony recognizes Soldiers and leaders for their distinguished service to USARPAC and their country as they retire.

Brooks said Beard may be retiring from the Army, but he wasn’t yet finished impacting the lives of others.

“He is seeking to bring the best of Tennessee to the New York Military Academy, where he is now the superintendent,” said Brooks. “There is no question ... those who pass through the doors of the New York Military Academy will be better people, because they were guided in their growth by an extraordinary couple.”

Reservists save hearts, shift minds

Medics conduct MFRC for Samoan volunteers

Story and photo by
STAFF SGT. JAMES KENNEDY BENJAMIN
305th Mobile Public Affairs Detachment
9th Mission Support Command

APIA, Samoa — Pacific Army Reserve Soldiers with the 1984th U.S. Army Hospital, 9th Mission Support Command, Fort Shafter Flats, Hawaii, traveled thousands of miles to the remote island community, here, where they trained more than 125 Samoan Red Cross (SRC) volunteers in the Army’s Medical First Responder’s course, at the SRC facility, here, Aug. 25-26.

The training, equivalent to an American Red Cross Lay Responder’s course, taught volunteers the basics of providing immediate care to ill or injured victims suffering from emergencies, until more professional help arrives to take over.

“The last two days, we have been engaged with the Red Cross teaching their volunteers (Basic Life Saver) skills and first aid,” said Capt. Merisue Bowerfind, 1984th USAH detachment chief nurse.

The medics taught emergency responses for heart attacks, choking and open wounds.

“We are happy that the American Army is working with us,” said SRC Secretary General Namulau’ulu Tautala Mauala. “What the American Army has done in the past few days has been really good.

“For me, as the head of this organization, I am happy knowing that my team is ready to go, knowing that they have that confidence in their skills,” Mauala added, referring to the upcoming Small Island Development States (SIDS) conference.

In preparation for SIDS, the Army Reserve medical personnel will provide medical support, alongside Red Cross volunteers and other medical partner agencies. The medical team brings with them a cadre of specialized physicians, nurses, combat medics and other subject matter experts.

First aid skills were not the only lasting impact that the detachment had on the locals. According to Mauala, the volunteers understood Soldiers as combatants who were only called upon in times of war.

“The Army does things in war zones because

they want to protect civilians,” Mauala said. “Through this training, the volunteers see that Army Soldiers are not dangerous people, but are here to help others.”

The training ended with a short in-door ceremony where each volunteer received a certificate of completion, along with traditional songs sung by SRC staff and volunteers.

“We are very thankful to the American Army for teaching us those skills,” Mauala said. “We have created that friendship, a relationship with (the Army). We hope this partnership will continue in the future.”

The 1984th USAH took its current form in 1998. The unit is headquartered in Alaska with two detachments there: Det. 1 in Anchorage and Det. 2 in Fairbanks. The rest of the unit is based on Oahu.

It provides direct medical support to the Pacific Regional Medical Command and the Korea Medical Augmentation Program.

Over the past three years, 1984th Soldiers have made three missions to Malaysia, two to Indonesia, one to Japan, provided staff to Tripler Army Medical Center and conducted training on the U.S. mainland and in Alaska.



Capt. Jeremiah Brady, emergency department registered nurse, 1984th USAH, demonstrates proper back blows to a choking infant at the Samoan Red Cross facility, Aug. 25. The SRC volunteers are preparing for the upcoming Small Island Developing States conference.



USARPAC’s Pacific Pathways begins with the 2nd SBCT Lancers, with more than 800 Soldiers deployed for three months to Indonesia, Malaysia and Japan.

Pacific: Realism adds to exercise

CONTINUED FROM A-1

During this deployment, more than 800 Soldiers will deploy for three months to three separate exercises: Garuda Shield in Indonesia (Sept. 1-30), Keris Strike in Malaysia (Sept. 13-26) and consolidating on Orient Shield in Japan (Oct. 25-Nov. 6).

The three exercises offer realistic training in a variety of climates, terrain and environments.

During the one-month gap in exercises, the Soldiers will participate in port operations and expand their cultural knowledge with familiarization and cultural awareness training.

Throughout the deployment, Soldiers will have opportunities to conduct numerous training scenarios, including a bilateral live-fire exercise with Strykers, AH-64 Apaches, UH-60 Black Hawks and HH-60 Pave Hawks.

The training will also include an air assault, bilateral jungle training, medical first responder training, mounted counter-improvised explosive device training, unmanned aerial surveillance training and port operations.

SRT: Newer MPs act professionally

CONTINUED FROM A-1

just one scenario the team trains for throughout the year, and Padilla said that it was the experience of working inside different buildings that his team looked forward to the most.

“It was a great training exercise,” said Padilla. “I hope we can come out here and train some more.”

Padilla said, that in spite of most of his

team being new on the job, they handled the situation and themselves very professionally.

“Overall, the mission was a success,” he commented.



Sgt. 1st Class Ryan Faulkner, antiterrorism and force protection NCO, 9th MSC, and role-playing active shooter, is searched by the 39th MPD’s SRT, during a response training exercise, Aug. 20. (Photo has been altered from its original form; background elements have been removed.)

Signaleers’ history meets its cyberspace future

Signal Week celebrates 154 years of Army excellence

LIANA KIM

311th Signal Command (Theater) Public Affairs

FORT SHAFTER — Signaleers, communicators and information managers from around the world converged on Oahu to share best practices and receive insight on how the Army Signal mission will support cyberspace operations during Signal Week, Sept. 2-5.

Maj. Gen. Lawrence W. Brock III, commanding general, 311th Signal Command (Theater), and 311th SC(T) Command Sgt. Maj. Darris Curry, hosted the annual event that brings several hundred Soldiers and civilians together for professional development in commemoration of the 154th birthday of the U.S. Army’s Signal Corps.

Senior enlisted leaders and commissioned officers collaborated and received updates during the two-day Communicators Forum.

This year was the first the forum was conducted as a joint event, to include information managers from across the Department of Defense.

Forum topics and round table discussions provided updates for the Signal community, including U.S. Army-Pacific Commander Maj. Gen. Vincent K. Brooks’ “Pacific Pathways” initiatives, the military’s Joint Information Environment, USARPAC G6 initiatives, and lessons learned in general, and current projects and efforts of the Army’s Program Executive Officer’s Enterprise Information Systems, or PEO EIS.

Maj. Gen. John B. Morrison Jr., commander,



Photos courtesy 311th Signal Command (Theater) Public Affairs

SCHOFIELD BARRACKS — Signaleers participate in the annual Signal Corps Regimental Run from Weyand Field, Sept. 20, 2013. This year's Signal Week took place Sept. 2-5.

U.S. Army Network Enterprise Technology Command and deputy commanding general, U.S. Army Cyber Command, Signal Center of Excellence, discussed his top priorities and way ahead for the Signal Corps.

The annual traditions of the Signal Corps Regimental Association golf scramble and the Signal regimental run on Schofield Barracks both received full participation.

For a second consecutive year, cardio exercise was offered on Weyand Field for civilians, non-runners and family members.

The Signal branch team from Human Re-

sources Command joined the event again this year to provide a detailed update brief, a question and answers session, and individual counseling with Soldiers to help facilitate career progression and professional growth.

The 516th Sig. Brigade Chaplain (Maj.) Willy Hamilton hosted a prayer breakfast at the Nehe-lani, Schofield Barracks.

The week culminates, tonight, with the annual Signal Ball at the Hilton Hawaiian Village. The ball traditionally includes many events, from the posting of the colors to a hula dance performance, this year featuring Tahitian dance by the



WAIKIKI — A 311th SC (T) color guard retires after posting the colors at last year's Signal Corps Regimental Ball at the Hilton Hawaiian Village.

Hawaiian Hula Company, a cake cutting ceremony performed by the oldest and youngest Signaleers in attendance, and a presentation of awards to those whose personal contributions have impacted the Signal Corps.

The handmade floral arrangements on the tables were donated by Beverly Kawalawski, an Information Technology specialist for the 30th Signal Battalion, whose generosity saves the command thousands of dollars each year.

“I’ve been with the 30th since 1981, so it really feels like a family to me,” said Kawalawski. “It makes everyone happy, and contributes to a very important event for the Signal Corps, and I’m honored to be a part of it.”

The official portion of the evening will be concluded with the retiring of the colors, leaving those left in attendance to celebrate a proud history of 154 years of Signal excellence, and to end their eventful week with dancing.

18th MEDCOM event notes challenges, successes for women

STAFF SGT. NICOLE HOWELL

18th Medical Command
(Deployment Support) Public Affairs

ALIAMANU MILITARY RESERVATION — The 18th Medical Command (Deployment Support) hosted the U.S. Army-Pacific 2014 Women’s Equality Observance, here, Aug. 27.

This observance was a way to remind and educate the USARPAC community of the historical events responsible for women’s equality.

Women’s Equality Day is a commemoration of the day the 19th Amendment of the U.S. Constitution was created, Aug. 18, 1920, giving

American women the right to vote.

For this year’s observance, Staff Sgt. William Ennis, the 18th MEDCOM (DS) Equal Opportunity leader, combined various presentations of some of the struggles women endured through the mid-to-late 1800s.

“I learned a lot of different facts about women’s equality and the sacrifices they made in order to have the right to be equal while putting this event together,” said Ennis. “Coordinating this event took a lot of research, time and commitment to ensure that we gave a quality representation of what women went through to get

where they are today.”

The guest speaker for the event, Col. Claire Cuccio, 311th Signal Command Operations officer, drew upon personal experiences as a Soldier and her passion for women’s equality.

“I’m self-educated on women’s equality,” said Cuccio. “Women’s equality offers me complete independence. I’m not reliant on my father or husband for any kind of support.”



Art courtesy USPS

A 1998 stamp honors the 19th Amendment.

North Carolina, I was paired with a male cadet who said that I shouldn’t even be there,” said Cuccio. “He said

Cuccio’s speech focused on how far women have come from where they once were. They still, however, have a journey ahead of them. She also shared her experiences of gender inequality while serving in the military.

“When I was a cadet going to advance camp in 1998, at Fort Bragg, I was paired with a male cadet who said that I shouldn’t even be there,” said Cuccio. “He said

women shouldn’t be in the Army and that I should just go home.”

Cuccio emphasized she did not intend for her experiences to be that of “sour grapes,” but as an example of how inequality still exists.

“We are not there, yet, but we have come a long way,” said Cuccio. “I am thankful for the women who came before us and some of the men who made the decisions that allow us to be in combat roles and fly planes.”

Military women have come a long way, said Cuccio.

“We’re still not equal, but we’re a lot farther than we were years ago.”

100TH INFANTRY BATTALION



Sgt. Jessica DuVernay, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD — Members of the 100th Infantry Battalion Veterans Organization are briefed about the AH-64E Apache Guardian by the pilots of 1st Armed Reconnaissance Bn., 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th ID, Aug. 27. The 100th Inf. Bn. is a historical unit where the first Japanese American service members were drafted or volunteered for service after the attack on Pearl Harbor, Dec. 7, 1941.



For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

8 / Monday

Smoke Without Fire — The sanitary sewer system on Schofield Barracks will be smoke-tested through Oct. 10. The smoke test survey will assist the inspection crews in locating breaks and illegal connections, and open cleanouts and defects in the new system.

The smoke test is for Area X, the government facilities, to include the following Island Palm Communities: Canby, Madonca, Patriot, Ralston and Generals Loop.

The white-to-gray smoke is non-toxic, non-staining, harmless, has no odor, isn't a fire hazard and does not pose a health hazard to humans or pets.

AMR Gate — Aliamanu Military Reservation's front gate begins the first of two work phases on Aliamanu Road (lower) until Sept. 19. The second phase for the upper road takes place Sept. 22-23, followed by a 24-hour road closure, Sept. 24-Oct. 6.

25 / Friday

Water Line Repair — A water outage is scheduled during working hours on Sept. 25, as part of a maintenance project to repair the Fort Shafter pump

house, Bldg. 905, and associated water lines that began Sept. 2 and will continue until Nov. 10.

Watch for the usual signage and cones, and exercise cautious driving on Rice Street and Hase Road.

The water outage won't affect residents or the community, and the project won't require a road closure, and vehicles will be allowed to drive in both directions.

October 8 / Wednesday

Revised Kahauiki Bridge — One lane, 24-hour closures and intermittent full closures of the bridge begin, starting at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The lane closure lasts until Nov. 10.



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

Today

CFC — The Combined Federal Campaign is the world's most successful annual workplace charity campaign. Defense Department employees nationwide have the opportunity to give until Dec. 15.

Learn more in the Defense.gov special report, Combined Federal Campaign at www.defense.gov/home/features/2014/0914_cfc/.

CFPB vs. Credit Cards — The Consumer Financial Protection Bureau has warned credit card companies against deceptively marketing interest rate promotions. The Bureau is concerned that some companies are luring in consumers with offers of zero or lower interest for a specific purchase or balances transferred from another credit card, and then hitting them with surprise interest charges.

Visit http://files.consumerfinance.gov/f/201409_cfpb_bulletin_marketing-credit-card-promotional-apr-offers.pdf.

IRS Advisory — Due to ongoing scam phone calls claiming to be from the IRS, which are demanding money and/or personal information —even threatening pending arrest if their demands aren't met — the IRS provides five easy ways to spot a suspicious phone call. The IRS will never do these:

1-Call you about taxes you owe without first mailing you an official notice;

2-Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe;

3-Require you to use a specific payment method for your

taxes, such as a prepaid debit card;

4-Ask for credit or debit card numbers over the phone; or

5-Threaten to bring in local police or other law-enforcement groups to have you arrested.

If you don't owe taxes and suspect a scammer, report the incident to the Treasury Inspector General for Tax Administration at www.tigta.gov or call (800) 366-4484.

New GI Bill — The Department of Veteran Affairs just launched an updated version of the GI Bill Comparison Tool, including a more robust GI Bill benefits calculator and additional information pertinent to the veteran population (e.g., identifies schools with student veteran groups, VetSuccess on Campus program and those that have agreed to the "8 Keys to Success").

The GI Bill calculator provides a personalized estimate of Post-9/11 GI Bill tuition and fees, housing allowance and book stipend benefits that would potentially be paid to the student.

Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2615.

12 / Friday

Legal Brief — If you're an officer between the ranks of 2nd lieutenant-captain, with 2-6 years of active federal service as of Sept. 1, 2015, and interested in earning a law degree at Army expense and joining the JAG Corps, attend the briefing at 1 p.m., 8th Theater Sustainment Command Courthouse, Bldg. 817, Wheeler Army Airfield. Call 438-6720.

13 / Saturday

RAD — The Schofield Barracks 2014 Retiree Appreciation Day takes place at the Nehelani, 8 a.m.-2 p.m. Soldiers attending in uniform are advised to wear ACUs. Call 655-1585.

26 / Friday

MP Ball — Attend the 73rd Military Police Anniversary Ball, 5 p.m., at the Sheraton Hotel in Waikiki Beach. Call 655-6812.

PAU HANA

"When work is finished."

RELATED STORY

Read about more
Army-school
initiatives
on page B-3.

File photos

U.S. Army Hawaii Soldiers volunteer with local schools in a multitude of ways that are beneficial to all involved.

Annual forum celebrates military-school relationships

SARAH PACHECO
Staff Writer

KAPOLEI — Legislators, senior military officials, educators, community leaders and other distinguished guests eagerly found their seats inside the auditorium at The Salvation Army-Ray and Joan Kroc Corps Community Center, here, Aug. 28.

After all, class began promptly at 9 a.m., and no one wanted to be tardy for the bell.

As the hum of conversation settled and cell phones were switched off, Lt. Col. Derrick Cheng, chief, Public Affairs, 25th Infantry Division, and Jan Iwase, principal, Hale Kula Elementary School, took their places at the head of the class to begin the day's lesson: shaping the future of education here in the islands.

This coming-together of Hawaii's military, public schools and other community organizations marked the return of the annual Joint Venture Education Forum (JVEF).

Initiated in 1998 by the late U.S. Sen. Daniel Inouye, in partnership with Adm. Dennis Blair, then-commander, U.S. Pacific Command, and former state superintendent of education Paul LeMahieu, JVEF is charged with developing and fostering a committed, empowered and involved partnership between local military and public schools in the pursuit of quality education for students.

Since 2000, Hawaii public schools have benefited from \$58 million appropriated by the Department of Defense to fund programs and partnerships that promote quality education through teacher training, computers in the classrooms, facility upgrades and other initiatives.

Funding from the DOD ended in 2011; however, the cooperative effort has continued to thrive, despite budgetary restraints, which specialists say speaks volumes to the impact JVEF has made within the local community.

"The organization could have crumbled very easily, but it didn't, and that testifies to the strength of the organization and the importance of the organization," said Doug Kelsey, school support specialist, Installation Management Command-Pacific.

"I think it's very encouraging that the organization hasn't faltered during this sudden change of no funding," Kelsey continued. "The positive relationships between the military units and the public schools in Hawaii not only benefit the schools tremendously, they're also good for our Soldiers and Airmen and the others to feel good about contributing to the community."

Now in its 13th year, the 2014 JVEF focused on "Dedicated Partners in Education," a theme educators who partner with U.S. Army Garrison-Hawaii believe perfectly sums up the relationship they share with their Soldier volunteers.

"We've had many different opportunities for partnership," said Sally Omalza, principal, Solomon Elementary School, which is teamed with the 29th Brigade Engineering Battalion, 3rd Bde. Combat Team, 25th ID.

"We've had Read Alouds, where Soldiers have come in uniform, and that gives the children a sense of hominess," said Omalza. "And, they helped us set up our whole May Day program so that it could be successful. The teachers at Solomon really want to continue the May Day program, because it creates that sense of aloha with our families."

"It's been a wonderful journey of having the military come and be our partners," agreed Ofelia Reed, principal of Iroquois Point Elementary School, which has been working with Soldiers from 2nd Stryker BCT, 25th ID, for two years.

"Our students really appreciate the opportunity to work with them," Reed continued. "They've volunteered their services with repainting our parking lot during the summer and school year. And they also came for our physical fitness days, and fall fest and Read Across America. They're very helpful, and the kids love them."

"I'm just amazed that they have such heart, and that even after being out there protecting our country, they want to come back and give back to the community. You can tell their passion for that," added Sonia Lin, Parent Community Network Center facilitator at Iroquois Point Elementary.

The importance of these partnerships and the continued need to promote understanding and support for military children and families within Hawaii's public schools, despite ever-present challenges, was underscored by JVEF presenters and guest speakers, which included U.S. Secretary of Education Arne Duncan and JVEF executive co-chairs Col. Jaimie Pease, director of manpower and personnel, USPA-COM, and Kathryn Matayoshi, superintendent, Hawaii State Department of Education.

"As I've said many times before, a commit-

ment to America's military families is a commitment to America's future," said Duncan, to the 300-plus attendees via a prerecorded message.

"The great men and women of our armed forces work so hard every single day to keep the American people safe and secure, and never ask for anything in return," Arne continued. "It is our duty, our task, to make sure that their children, and our children, get the best education possible. That's not always easy, but it's important that we continue to work together to identify goals and act on what makes a difference for our nation's students."

JVEF concluded by recognizing the men and women of the armed forces, as well as educators and community members who have each

played a role in enhancing the education and character of Hawaii's keiki throughout the past year.

"This conference itself is a celebration, really, to recognize all of the volunteers who have done so much for the schools," Kelsey said. "We just have to support the schools with our efforts, and the schools are very receptive to the military input in their operations."

"JVEF is truly about the power of people working together to do something greater than themselves," said Matayoshi. "We need to continue learning from each other ... to ensure our children are graduating college and career ready. Our efforts will ensure JVEF will continue to be far reaching and provide the best opportunities for all students."

Army Volunteers

The following are the names of Soldiers and spouses who were recognized at the 2014 Joint Venture Education Forum for lending their time and service to Hawaii's public schools over the past year.

- Sgt. Tyriek Andrews
- 1st Lt. Joshua Ballard
- Sgt. 1st Class Wesley Burton
- Chief Warrant Office 2 Glenn Butler Jr.
- 1st. Lt. Chase Cappel
- Jessica DeGrandi
- Spc. Corky Dunovant
- Sgt. 1st Class Janna Escude
- Capt. Leslie Farrior
- Jennifer Flory
- 1st. Lt. Daniel Gray
- Pfc. Daniel Gomez
- Staff Sgt. Jeremy Griffin
- Pvt. Xavier Harris

- Sgt. 1st Class Paula Henderson
- 1st Lt. Tate Husemann
- 1st Lt. Carolyn Johnson
- Spc. Joshua Kane
- 1st Lt. Josephine Kim
- Chief Warrant Officer 2 Keith Kurth
- 1st Lt. Grace Lu
- Sgt. 1st Class Charles Lusk
- Clayton Maciorowski
- Staff Sgt. Kyle Martin
- Spc. Nikko Matos
- Sgt. 1st Class Christopher Neher
- Staff Sgt. Jon Ours
- Sgt. Joseph Peavey
- Sgt. Joshua Potts
- Sgt. Meshelle Shirk
- Master Sgt. Keela Smith
- Staff Sgt. Krystal Stocks
- Spc. Benjamin Wang



Sarah Pacheco, Hawaii Army Weekly

Volunteers from the Army, Navy, Air Force, Marine Corps, Coast Guard and National Guard gather on stage to be recognized for their commitment to Hawaii's public schools during the 2014 JVEF at The Salvation Army-Ray and Joan Kroc Corps Community Center, Aug. 28.



Briefs

Today
Breakfast Specials — Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Time is at 7 a.m., Thursday-Sunday.

Zumbini — Teach your little one to soar. Zumbini is designed to let you and your little ones 0 to 3 years old wiggle, sing and learn together. Classes begin at 11 a.m. for 10 weeks (since Sept. 4) at the Schofield Health & Fitness Center.
Cost is \$140 per person, which includes Bini Bundle Book and two CDs, a \$40 value. Cost is \$25 for the second child. Sign up, ASAP, for the demo and class. Space is limited to 10 children.

6 / Saturday
Cancellation — The NAF Auction scheduled Sept. 6 at Fort Shafter Flats has been cancelled. Instead, a facility will use the equipment to benefit Soldiers and their mission.

9 / Tuesday
Acrylic Painting — Come and create your own island-inspired masterpiece in this beginning acrylic painting class. Enjoy one-on-one instruction in a laid-back environment. Classes will be held Tuesday nights from 5:30-7:30 p.m., Sept. 9, 16 and 23 at the SB Arts & Crafts Center.
This four-session class is \$80 per person and includes one 16x20 canvass and paints. Bring your brushes or purchase a set of 10 for \$7. Call 655-4202 for preregistration.

10 / Wednesday
Teen Manga Club — If you're a teen who's interested in manga, Sgt. Yano Library is the place to be, Sept. 10 and 24. Whether you're a manga fiend or just getting into it, come join the free semimonthly meetings to improve the manga collection, share artwork and other activities. Club is for ages 12-17. Call 655-8002.

EDGE Home School Adventure-Kayaking — In partnership with Outdoor Recreation, learn to



Photo courtesy U.S. Navy

The U.S. Navy's world-famous Blue Angels bring a variety of aircraft, including the C-130 Fat Albert, to Joint Base Pearl Harbor-Hickam for the 2014 "Wings Over the Pacific" Air Show, Sept. 27-28.

‘Wings Over the Pacific’ is coming

JOINT BASE PEARL HARBOR-HICKAM
Public Affairs

PEARL HARBOR-HICKAM — The 2014 “Wings Over the Pacific” Air Show will take place on Sept. 27-28, here, and features the U.S. Navy’s world-famous flight demonstration squadron, the Blue Angels.

The Blue Angels will be joined by the U.S. Navy Parachute Team, commonly known as the “Leap Frogs,” who will also be performing a variety of their own aerial demonstrations.

The F-22 Raptor Demo Team will offer a rare performance appearing at only 20 air shows in North America in 2014. These acts and more are scheduled to perform both days, subject to weather conditions.

The air show is open to the general public, and both parking and admission are free. Gates open on Saturday and Sunday at 10 a.m., and patrons are encouraged to carpool and arrive early. Security restrictions and authorized items are listed on the event website.

Wings Over the Pacific will offer a variety of static displays with both vintage and modern aircraft, food and merchandise booths and an “Xtreme Fun Zone” for the kids featuring rides, games and more.

For those who wish to upgrade their viewing experience, premium-seating tickets are available. Two levels of premium seating will be offered, with special pricing for military:

•**VIP Flight Line Club** is a chalet located directly on the flight line with the best views of the flying action. Individual tickets may be purchased for this prime viewing area.

The Flight Line Club offers covered and outside

seating; tables and shade areas are first come, first served. Also, catered lunch and refreshments are offered throughout the day.

•**Premium Box Seats** are located along the flight line and allow for a central viewing of all performances. Box seats may be purchased individually or as a group.

Seating is not under shade for maximum enjoyment of the air show. A shaded area is provided in the back section of the Box Seat area on a first-come, first-served basis. Concessions are available for purchase at a dedicated booth located for exclusive access by Box Seat guests.

Tickets for the general public (without a military discount) may be purchased online by visiting the link at www.wingsoverthepacific.com. All tickets are subject to availability.

Discounted tickets for military are available at all Morale, Welfare & Recreation (MWR) or Information, Ticket and Travel (ITT) Offices while supplies last. Military-discounted tickets will not be available for purchase online.

Tickets
For questions, email wingsoverthepacific@gmail.com or call 473-2920.
Information on tickets may be found at the MWR website at www.greatlifeohawaii.com.
For more information on premium-seating tickets, visit www.wingsoverthepacific.com.

kayak at Hickam Beach and Pokai Bay. Participants should be in 1st-12th grade. The series is Sept. 10 and 24, for \$20. Call 655-9818.

11 / Thursday
Wounded Warrior Apprecia-

tion — In honor of all wounded warriors, the Schofield Bowling Center will host be hosting an appreciation event. All wounded warriors will receive free bowling from open to close. This promotion does not include family members.

12 / Friday
CYS Services School Liaison Office — The USAG-HI School Liaison Office has opened an office at

See Briefs B-5

26 / Friday
Mary Poppins — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances are Sept. 26-Oct. 19, Thursdays-Sundays. Call 733-0274 to charge by phone or purchase tickets online at www.diamondheadtheatre.com.

27 / Saturday
Take Back Day — The Army in Hawaii is supporting National Prescription Take Back Day, Sept. 27, in commitment to a drug-free community. All may turn in unused or expired prescriptions for proper disposal.

Locations include the Schofield Barracks Post Exchange (PX), at the main lobby, near the flower shop, from 10 a.m.-2 p.m., Sept. 27. This event is free and anonymous.

Aloha Festival Parade — A colorful equestrian procession of pau (long-skirted) riders, exquisite floats with cascades of Hawaiian flowers, hula halau, marching bands and dignitaries will enliven Kalakaua Avenue during the Aloha Festivals parade, 9 a.m.-noon, Sept. 27. The parade route is from Ala Moana Park to Kapiolani Park. Visit www.aloha-festivals.com.

28 / Sunday
Gold Star Mothers — USAG-HI honors Gold Star mothers who have lost a son or daughter in service to the nation at 11:30 a.m., Sept. 28, at the National Memorial Cemetery of the Pacific, or Punchbowl.

bikes and wheelchairs), military units in formation and the rest of the participants. Register as a participant and rider for this free event at <http://tinyurl.com/pxl544f>.

A Fisher House is “a home away from home” for veterans and military families of patients receiving treatment at military medical centers. It is situated behind Tripler Army Medical Center. Call (931) 217-0800 for more details.

Aloha Festival — Attend the opening of the Aloha Festival Royal Court at the Royal Grove, Royal Hawaiian Center, 2201 Kalakaua Ave., Honolulu, from 11 a.m.-1 p.m., Saturday. The Alii (king, queen, prince and princess) take their place in the 2014 Aloha Festivals Royal Court and members receive the royal cloak, helmet, head feather lei and other symbols of their reign. Traditional chant and hula kahiko (ancient hula) are highlights.

Revive the Live Music Festival — The festival’s focus is to celebrate and perpetuate the revival of Live Island Reggae Music in Hawaii. The one night festival will feature the top artists out of Hawaii and New Zealand. Location is the Waikiki Shell; doors open at 4 p.m. and music starts at 4:30 p.m. Tickets are \$20-\$80 at the Blaisdell Box Office or Wal-Mart. All ages are welcome.

13 / Saturday
Aloha Festival: Keiki — Pearlridge Center will celebrate Aloha Festi-

val: Keiki Hoolaulea with a wide variety of free activities, demonstrations, art & crafts and continuous stage performances from 10 a.m.-3 p.m., Sept. 13.

19 / Friday
Glass, Art and Bead Festival — Ward Warehouse, 1050 Ala Moana Blvd., Honolulu, will host this festival from Sept. 19-21. About 25 exhibitors will display beads, gemstones, findings, collectible glass art and jewelry. Admission and parking are free.

20 / Saturday
Waikiki Hoolaulea — Celebrating its 62nd year, from 7-11 p.m., the largest block party will kick off with the arrival of the Royal Court in Waikiki, on Kalakaua Avenue between Lewers and Kapahulu Avenue. Multiple stages of entertainment, lots of food, lei vendors and Hawaiian crafters will be spread along the world famous Kalakaua Avenue. Admission is free.

24 / Wednesday
Staples in Concert — Mavis Staples, one of the most iconic voices in rock and roll, and founding member of the Staples Sisters, will perform one performance only at the historic Hawaii Theatre, 7:30 p.m., Sept. 24. Ticket prices are \$32, \$42 and \$62 (plus a \$3 restoration fee). Get tickets from the Box Office, Hawaii Theatre Center, 1130 Bethel St., Honolulu, or charge by phone, 528-0506. Visit www.hawaiiitheatre.com.



community Calendar

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

Today
First Friday — Galleries and other arts venues open their doors this evening for artist receptions, live music and refreshments at The ARTS at Marks, 1159 Nuuanu Ave., Honolulu. These events are free and open to everyone from 5-9 p.m. Visit www.artsatmarks.com.

6 / Saturday
Saturday Night on the Lawn — 25th ID Band performs, 5 p.m., Sept. 6, at Generals’ Field on Generals’ Loop for Soldiers, families, resident units on SB and WAAF, and friends of the 25th ID. Call 655-4756.

Fisher House Run — The 2014 Tripler Fisher House 8K Hero & Remembrance Run starts on Ford Island, where over 7,000 boots will line the route. All participants are encouraged to be on island by 5 a.m., Saturday, Sept. 6, due to the high traffic volume. The race goes from 6-9 a.m. and honors every fallen service member since the 9/11 attacks.

The “Patriot Guard” and motorcycle riders will lead off the run, followed by Wounded Warriors (hand-

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

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

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

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

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

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

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

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

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

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

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship
•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaafes.com under realtime movie listing.



Step Up: All In
(PG-13)
Fri., Sept. 5, 7 p.m.

Maleficent
(PG)
Sat., Sept. 6, 2 p.m.
Sun., Sept. 7, 2 p.m.

Into The Storm
(PG-13)
Sat., Sept. 6, 6 p.m.



Get On Up
(PG-13)
Thurs., Sept. 11, 7 p.m.

Teenage Mutant Ninja Turtles
(PG-13)
Fri., Sept. 12, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Garrison, HIDOE continue dialogue on schools

Story and photos by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii leadership met with members of the Hawaii State Department of Education for the second time in one week during a luncheon at the Nehelani, here, Sept. 3.

This coming-together of the minds was initiated by Col. Richard Fromm, commander, USAG-HI, as a way of facilitating continued, open communication between the Army and local communities.

“U.S. Army Hawaii is committed to the needs of our Soldiers and their families, and caring for our communities, and the education

really do care what happens in our schools.” Last November, Gen. Raymond Odierno commissioned a study to provide a list of schools that are underperforming, according to their individual state’s standards. The results of the report will serve as data to Army leaders that, in turn, will help continue the dialogue with education officials of Army-connected schools. In Phase 1 of the study, 393 public schools that serve 200-plus Army-connected students across 22 states were assessed in the areas of academic achievement, school attendance, exposure to quality teaching, high school completion and college readiness. Of the 52 public schools USAG-HI partners



Howard Johnston (standing), deputy garrison commander, USAG-HI, poses a question to HIDOE Superintendent Kathryn Matayoshi and Maj. Gen. Charlie Flynn, commander, 25th ID, and senior commander, U.S. Army Hawaii, during a luncheon at the Nehelani, Sept. 3.

of our children is a top priority for us all,” said Maj. Gen. Charlie Flynn, commander, 25th Infantry Division, and senior commander, U.S. Army Hawaii. According to Flynn, who hosted the gathering, the purpose of the meeting was two-fold: to hear feedback and the final report of the recent U.S. Army Chief of Staff School Performance Assessment, and to learn what is currently happening within the DOE, both at the state level and at the school level. “We’re here, today, to engage in conversation and continue the dialogue that you’ve had with previous Army leadership on how we can all work together by sharing information and push toward the same goals,” Flynn said. “We

with both on Oahu and the island of Hawaii (44 and eight, respectively), 10 participated in the recent assessment, to include Hale Kula, Solomon, Wheeler, Helemano and Iroquois Point elementary schools; Wheeler, Aliamanu and Moanalua middle schools; and Leilehua and Moanalua high schools. None of the schools were in the bottom quartile. “We’re well aware of the negative perception of Hawaii public schools and, with this information, we can help dispel the rumors and misperceptions that have festered within our Army community for many, many years,” said Flynn. Following a discussion of the assessment re-



State School Superintendent Kathryn Matayoshi (left) talks with Maj. Gen. Charlie Flynn (center), commander, 25th ID, and senior commander, U.S. Army Hawaii, and his wife, Kathleen, prior to the start of a luncheon held in honor of HIDOE leaders.

sults, Kathryn Matayoshi, Hawaii Department of Education superintendent, took the podium to review where the state school system has been, and where it is headed in the future. Flynn and Fromm then opened up the floor to allow educators and school heads to ask questions or address concerns they may have. Among the topics of conversation were excessive absences, after-school pickup, participation of Soldiers in school meetings and activities, registering children to the correct school, and making more funding available to schools with the densest Army-connected population. In closing, Flynn thanked all who attended the conference and said he looks forward to the way ahead.

“My next duty is to work with my team to develop a communication plan, in conjunction with JVEF (Joint Venture Education Forum), so that we can disseminate this information effectively and efficiently,” Flynn said. “It is very clear that we, as a state, are on the path to education reform in Hawaii.”

Online Resources
For additional information about Hawaii’s public schools, including helpful resources for military families, visit www.hawaiipublicschools.org.



Career Fair to aid applicants in achieving goals, 9/12

TIM RYAN

Soldier for Life-Transition Assistance Program

SCHOFIELD BARRACKS — Over 50 mainland and local companies, staffing agencies and academic institutions will participate in the Soldier for Life-Transition Assistance Program and U.S. Army Garrison-Hawaii Career Fair at the Nehelani Banquet and Conference Center, Friday, Sept. 12, from 9 a.m. to 1 p.m.

The transitioning of careers and the uncertainty of employment are on virtually every top 10 list of life’s most stressful events.

Just as the experts seem to agree that this major life event evokes stress, they also agree that there are some common steps to reduce its effects — like welcoming change as a challenge and developing a plan to identify and secure your next career opportunity be that employment or higher education.

In developing a plan, it is necessary to 1) focus your search on opportunities aligned with your skills and interests, 2) fine-tune your resume or application by specifically targeting the position you seek, 3) connect with your contacts and expand your network, and 4) hone your interview skills by researching the



organization you intend to join and rehearsing your answers to questions recruiters will most likely ask.

So, how does a career fair factor into this process, and how can it help you achieve your goals?

If you have already narrowed your search and are operating on a specific timeline, a career fair will allow you to research and target specific employers. First, devise an engagement strategy, but leave room for pop-up opportunities. Dress as if you expect an interview

and be prepared to answer questions about yourself and how your skills would be an asset to the organization. Finally, remember that this is a networking opportunity.

Some employers are expecting to hire candidates immediately, and all are intending to build a referral list of highly qualified, prospective employees when the right opportunity presents itself.

If transition is just a distant thought, or if you are just testing the market, a career fair is an excellent opportunity to explore different ca-

Participating Companies

The military friendly companies that are participating in the career fair are listed on the Schofield Barracks Army Career and Alumni Program Facebook page at <https://www.facebook.com/SchofieldBarracksACAP>.



reer paths and academic fields. It will also provide insight about any unique qualifications and the competitiveness of the employment market in a given sector. Most importantly, a career fair can serve as a catalyst for you to start or polish your resume, refine your interviewing skills and develop a network for future opportunities.

The career fair is open to all active duty, Reserve and National Guard service members, family members, military retirees and veterans.

(Editor’s note: The Soldier for Life-Transition Assistance Program is part of the Directorate of Human Resources, U.S. Army Garrison-Hawaii.)

Price matching saves dollars

ARMY & AIR FORCE EXCHANGE SERVICE

News Release

SCHOFIELD BARRACKS — Whether shopping in stores or online, all military, retirees and their families get the lowest price at the Hawaii Exchange.

In fact, shoppers, here, who price matched in 2013 at the Exchange saved \$98,418, and Hickam shoppers saved \$68,761.

At brick-and-mortar locations, price differences of \$10 or less are matched on the spot — no ad required. For price differences of \$10 or more, Hawaii Exchange shoppers can show a competitor’s current ad with a lower price for an identical product.

The Exchange’s online shopping site, shopmyexchange.com, also matches lower prices from other online retailers on identical items available for sale and delivery in the customer’s area.

Besides matching prices, the Hawaii Exchange has a 14-day price guarantee on any item originally purchased from the Exchange and sold at a lower price by the Exchange or any local competitor. The 14-day guarantee is valid on any item originally purchased through shopmyexchange.com and later sold at a lower price at the Exchange’s online store or any online competitor.

“With the price match policy and 14-day price guarantee, shopping the Hawaii Exchange makes sense,” said General Manager Floyd Wynn.



More Online

More details about the Exchange’s price matching policy and its exceptions can be found at www.shopmyexchange.com/customer-service/pricematch.html.



Rewards Card marks 2nd year for coupons

CHERIE HUNTINGTON
Defense Commissary Agency

FORT LEE, Virginia — A second birthday might rate little more than a birthday cake, balloons and maybe a small gift or two.

For the second birthday of the Defense Commissary Agency’s Rewards Card in August, however, the party involves nearly 300,000 shoppers, with countless others invited to share in the savings.

The card opens the door to thousands of digital coupons redeemable at any commissary. With mobile applications available for both iPhone/iPad and Android platforms, customers can access their account, review and select coupons, and find store information, such as hours of operation and phone numbers.

“Commissary shoppers may well be the most coupon-savvy shoppers in the world,” said Director of Sales Tracie Russ. “The Commissary Rewards Card delivers another way to save, in addition



to paper coupons and on top of the commissary’s routine savings of 30 percent or more. On any given day, you can find an average of 160 coupons available for download, with new ones coming online daily.”

Card holders enjoy extra “insider” goodies as well, said Marye Carr, DeCA’s Rewards Card program manager, such as a recent sweepstakes with thousands of dollars in prizes, including an all expenses paid trip for four to Washington, D.C., for seven days. “We anticipate more special programs starting before the holidays, so we hope customers will enjoy these bonus offerings!” she said.

Carr said nearly 34 million coupons have been downloaded since the Rewards Card

Sign Up

To learn more about the card or sign up to be notified of updates, including new coupon alerts, visit www.commissaries.com/rewards_subscribe.cfm.

A customer service hotline can be reached at (855) 829-6219 or via email at commissarysupport@inmar.com. Stay connected to the commissary at www.commissaries.com.



made its debut in 2012, delivering savings of nearly \$5 million.

“I’ve always said, if you’re not using your Commissary Rewards Card, you’re throwing away money,” she said.

Soldiers should avoid overtraining to prevent injury

LISA FERDINANDO
Army News Service

WASHINGTON — Soldiers should be aware of overuse and overtraining that can lead to injury, and they should modify their fitness plans accordingly, an Army doctor has said.

“In terms of physical training-related injuries, the first and most important thing is that injuries are the biggest health problem of the Army,” said Dr. Bruce Jones, a U.S. Army Public Health Command physician-epidemiologist.

He spoke at a media roundtable held in conjunction with the 3rd International Congress on Soldier Physical Performance, which was held in Boston, Aug. 18-21. He and his staff looked at ways to enhance Soldier performance while reducing instances of injury.

Jones said each year some 350,000 Soldiers make about 1.3 million medical visits for injuries.

“Fifty percent of those 1.3 million visits are due to overuse training-related injuries,” he said.

He noted that research indicates that in both the military and civilian populations, the more physical training a person does, especially running, the higher the risk of injury.

It is a paradox, he said, since if you want to become physically fit, you have to train, which then increases your risk of injury.

Train, but don’t overdo it

“Civilian studies and some of ours suggest that there are thresholds of training above which injury rates will



U.S. Army photo

Soldiers in the Master Fitness Trainer Course take part in a group workout.

go up, but fitness will either not improve or it will go down,” Jones said.

He noted that strategies to prevent overtraining and injury have been successful.

For example, he said, a standardized program for basic training in 2003 reduced running mileage, and incorporated more speed work and multidirectional activities, like guerilla drills and grass drills.

“We were able to demonstrate a

40-percent reduction in injury rates doing that,” he said.

Jones said women tend to enter the service with lower levels of fitness, and they have higher injury rates in basic training as compared to men.

However, that does not mean women cannot perform at high levels, Jones said.

“There are some women who can compete, and are functioning at the

same level of performance as the highest 20 to 25 percent of men,” he said.

Recommendations

Anyone planning to enter the military should begin a physical training program early, and gradually build up fitness, he said.

“The more fit you are in entry to the service, the less likely you will be to be injured,” he said.

Whether entering the military or already a member, Jones recommends adopting a well-balanced fitness program that builds muscle and endurance.

A fitness program that does not lead to overtraining or overuse can have great results, as the person enjoys the health benefits of the active lifestyle and avoids injury.

“Other injury-prevention measures would be things like ‘wear your seat belt,’ and a surprising thing that most people would not think about in terms of injury prevention is smoking cessation,” he said.

He added that studies have consistently found the more people smoke, the more likely they are to get injured in the Army.

“There is a lot of speculation as to why, but there are a number of studies that show that healing is delayed in smokers, surgical wound healing takes longer in smokers (and) fracture healing takes longer,” he said.

“Something about smoking seems to impair the healing process,” he added.

Most of the injuries in the Army are overuse injuries, as the result of repetitive trauma causing “micro-damage,” he said.

A smoker typically would not be healed from microdamage before more damage could occur, he said.

“If you’re a smoker, that healing process takes place more slowly, so there could be an accumulation of microdamage that actually ends up being an injury,” he said. “That’s our hypothesis.”

Briefs

CONTINUED FROM B-2

AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the

SKIES studio.

13 / Saturday

Drags n’ Drifts Car & Bike Show — Attend the 4th annual Car & Bike Show at the Tropics Recreation Center parking lot. Register your vehicle today or stop by to admire the finest cars, trucks and bikes your community has to offer. Enjoy music, food, games and prizes. Preregister at www.himwr.com/images/flyers/august-2014/2014-Drags-n-Drifts-registration.pdf and bring the form to Tropics with your payment.

17 / Wednesday

Hispanic Heritage Month — Celebrate Hispanic heritage at the FS library from 3-3:45 p.m. Make an individual-sized piñata to fill with goodies. Hang it and try to break it, or just open it gently to retrieve the surprises inside. This event is free and all supplies will be provided. Call 438-9521.

Sharks and Rays — Learn about these, 3:30 p.m., at SB’s Sgt. Yano Library, for keiki 6 and up.

Preregistration for bikes is \$10; cars and trucks, \$15; audio, \$10. Day-of-event registration for bikes, \$15; cars and trucks, \$20; audio, \$15.

Open to ID cardholders and their guests. For category descriptions or other information, visit himwr.com or call 655-5698.

Adventure Hiking — Explore the beauty of the islands on a hiking excursion that is great for the whole family. Transportation is provided. Cost is \$20 per person. Call 655-0143.



Triad challenge enters week 14

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — The 26-week Performance Challenge hopes to maintain, restore and improve the stamina, resiliency and health of the Army.

Its goal is to improve overall health by motivating Soldiers, families, retirees, Department of the Army civilians and communities to make healthier decisions regarding sleep, activity and nutrition, or SAN.

Sleep Goal
Empty your bladder just before you go to bed so that the urge to urinate does not disrupt your sleep.

Activity Goal
Regular physical activity can help maintain functional ability (the ability to do activities of daily living, such as personal care and climbing stairs) and prevent falls in older adults.

If you are an older adult, consult your doctor and/or a fitness professional for aerobic and muscle-strengthening activities. Contact your local primary care manager to help you improve your physical fitness.



File photo

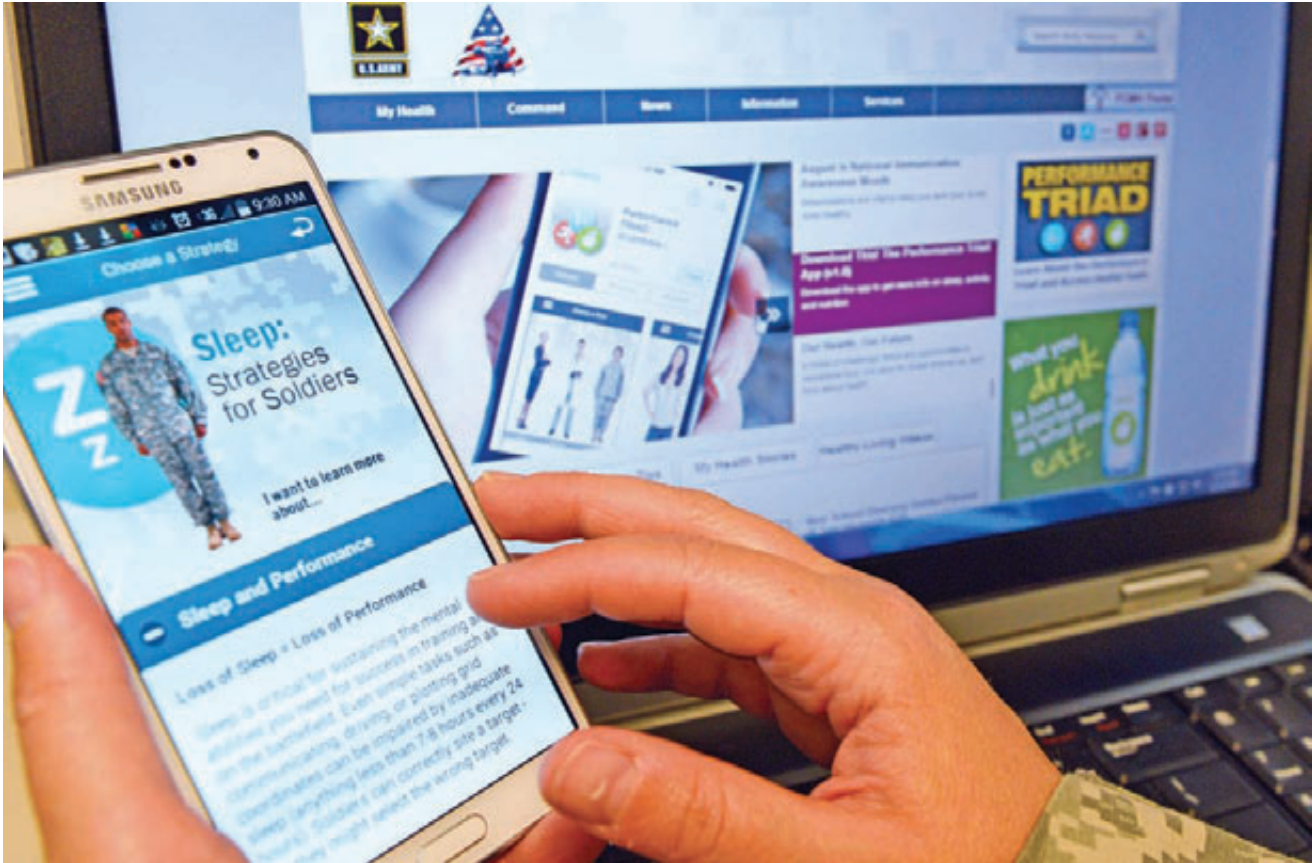
Smaller plates will help you control your portion sizes at meals.

More Online

Visit Portion Distortion I at <http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1> and Portion Distortion II at <http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>.



Nutrition Goal
Feel satisfied and avoid overeating by using a smaller plate for meals. To see if you know how today’s portions compare to the portions available 20 years ago, quiz yourself at the Portion Distortion website. You will also learn about the amount of physical activity required to burn off the extra calories provided by today’s proportions.



Important information and helpful links on sleep, activity and nutrition — the three components of the Performance Triad — are now available as an app that can be downloaded to any smartphone. While the Performance Triad version 1.0 is useful in its current form, future versions will contain interactive features.

Feedback sought on new Triad app

Story and photo by
DAVID VERGUN
Army News Service

WASHINGTON — Important information and helpful links on sleep, activity and nutrition, the three components of the Performance Triad, are now available as an app that can be downloaded to any smartphone.

While the Performance Triad version 1.0 is useful in its current form, future versions will contain interactive features, according to Lt. Col. Myong S. Woo, Health Informatics officer, technical lead for Performance Triad.

The Army Office of the Surgeon General would like to receive feedback from Soldiers, Army civilians and family members about exactly what they would like the app to feature, she said, as app developers are meeting next month to discuss future versions.

Commanders have already expressed interest in an interactive dashboard feature that would allow them to provide guidance to their troops or answer any questions or

concerns they might have, she said, adding that Soldiers would have complete control of their confidentiality.

Perhaps Soldiers would like a daily inspirational message or tips on managing work, while getting the proper amount of sleep or a nutritional tip of the day. Other possibilities, she said, include entering steps taken per day and hours of sleep or food eaten to track sleep wellness or calories.

Feedback like this will help guide future app development, Woo said, noting that “it’s now very much a work in progress.”

Users can visit their app store for this free app for iPhone, Android or Windows. Search for “Performance Triad” and download the app to the smartphone.

Once the app is downloaded, avatars of a Soldier, Army civilian, family member and retiree will be displayed. Users should click on their avatar, which will open up content most applicable to them, she said.

Content in the app is organized by the three sleep, activity and nutrition categories. Within each category are such things as fre-

quently asked questions and links to helpful sites like Army wellness centers, the Human Performance Resource Center and Operation Supplement Safety.

After reviewing the content users should click on “review” to provide feedback, she said, adding that it would be excellent if squad leaders and other leaders can promote the app to their Soldiers and their own family members.

The app supports the Army’s Ready and Resilient Campaign by giving Soldiers and family members the tools they need to maintain peak performance, Woo concluded, adding that August was Performance Triad month and also the one-year anniversary when the first Performance Triad pilot course started.

The Army Public Health Command, the U.S. Army Training and Doctrine Command, the U.S. Army Combined Arms Support Command and the U.S. Army Sustainment Center of Excellence also participated in the apps development and will participate in future revisions, Woo said.