

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



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## Division review caps 73rd birthday, honors veterans and 25th ID's rich history

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**1. 25th Infantry Division Soldiers perform a traditional Ha'a dance honoring the division's colors and heritage. 2. Maj. Gen. Charles A. Flynn (right), 25th ID commander, renews a Norfolk Pine planting tradition at Schofield Barracks. 3. A polo exhibition on Weyand Field concluded the weeklong birthday celebration. 4. Col. Brian Eifler (left), 25th ID chief of staff; Flynn (center); and Gen. Vincent Brooks, USARPAC commander, inspect Soldiers during the ceremony.**

**SCHOFIELD BARRACKS** — The 25th Infantry Division concluded its 73rd birthday celebration and Tropic Lighting Week with a Division review on Weyand Field, Oct. 9.

The ceremony also commemorated the 60th anniversary of the Division's return from Ko-

rea in 1954, ending its initial 12-year deployment spanning World War II, Japan occupation duty and the Korean War.

The reviewing officer was Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, who provided the keynote remarks.

The ceremony paid special tribute to veterans present from World War II, Korea, Vietnam and recent conflicts, with all Division units presenting arms and the veterans smartly returning the salute.

Following the Division review, a Norfolk Pine

tree planting honored beautification efforts begun by Hawaii National Guard who had manned Schofield Barracks during World War I.

Veterans, guests and families were then treated to an exhibition polo match on Weyand Field.

## USARHAW opens SHARP Resource Center, 1st summit

Story and photos by  
**AIKO BRUM**

U.S. Army Garrison-Hawaii Public Affairs

**SCHOFIELD BARRACKS** — U.S. Army, Hawaii has moved a "step forward" by opening a SHARP Resource Center next to the U.S. Army Health Clinic, here, Friday.

The center is a one-stop shop with all the resources available to respond to victims of sexual assault and sexual harassment and to investigate incidents.

Schofield Barracks is one of 12 Army installations in the world selected by the Chief of Staff of the Army to create a facility to support victims of sexual assault and provide training, responsive-

ness and education — a "combined arms" approach to response and prevention.

Senior Commander of USARHAW and Commanding General of the 25th Infantry Division, Maj. Gen. Charlie Flynn, said the center will embrace the CSA's five imperatives.

After cutting the ribbon to open the center, Flynn and Command Sgt. Maj. Benjamin Jones, 25th ID, headed to the Nehelani where USARHAW held its first SHARP Summit.

"It's our obligation to make sure it works," said Flynn, in opening remarks. "No one should have to live under the fear and danger



Master Sgt. Cicely Jackson, a sexual assault response coordinator with 130th Eng. Bde., 8th TSC, writes her pledge on the SHARP cloth.

See SHARP A-4





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Police Call

Property should be secured, out of sight

**COL. DUANE MILLER**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

Law enforcement works hard, daily, to ensure that its active patrolling deters crime in the community and provides a safe, secure environment for all who enter the installation.

However, the Directorate of Emergency Services needs your help to reduce crime across U.S. Army Garrison-Hawaii.

In this calendar year, there have been 255 reported larcenies of government and private property. That's an average of 26 thefts occurring each month.

One of the most effective ways to fight crime is to eliminate the opportunity for crime. Forty of the 64 larcenies reported (since August) occurred in situations where the property was unsecured and unattended.

If property is unsecured and unattended, it means anyone who had access to the installation at the time had access to the property.

The most common instances of larceny involve unlocked vehicles and open garages. Ensure that you lock your doors, roll-up windows and close garage doors at all times. Remove any valuables from these areas and keep them secured inside your home or on your person.

If you must leave items in your vehicle or garage area, keep them out of sight from passersby and secure them within the vehicle or building, whenever possible.



Miller

**MP Blotter**  
The following are excerpts of actual USAG-HI Military Police blotter entries:

•Aug. 18, an investigation by Schofield MP patrols revealed that someone removed a government issued rucksack, sleeping bag, MOLLE vest, poncho, knee and elbow pads, sleeping mat and uniforms that were left in a garage with the door left open. The estimated cost of loss was \$950.70.

See something, say something

While increased patrols and thorough investigations can catch perpetrators, DES asks for your help. If you notice suspicious activity in your neighborhood, report it immediately.

- At Schofield Barracks, call 655-7114.
- At Fort Shafter, 438-7114.

•Aug. 29, an investigation by Fort Shafter MPs revealed that someone had opened the driver's door of an unlocked vehicle and removed a wallet containing a driver's license and several credit/debit cards.

Upon canvassing the area for subjects and witnesses, the investigation revealed a similar situation had occurred nearby.

In the second larceny, someone opened the driver's door and removed a pair of designer sunglasses from another unlocked vehicle.

The estimated cost of loss for the first larceny was \$600; the estimated cost of loss for the second larceny was \$265.

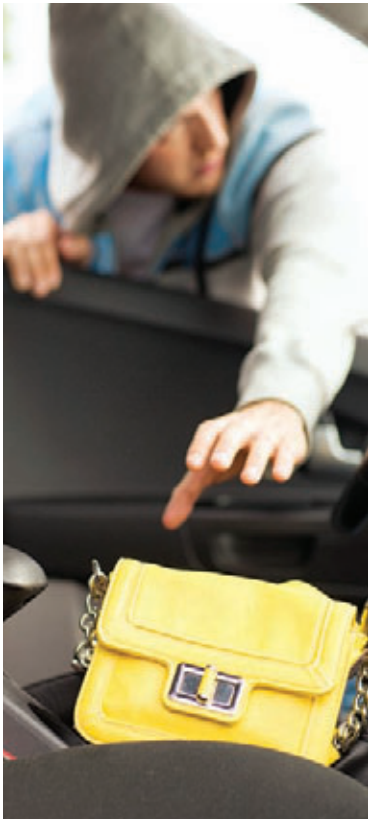
TA-50

In addition to personal property, Soldiers need to properly store and secure their Army-issued individual equipment, known as TA-50.

TA-50 includes any and all equipment issued to a Soldier from the Central Issuing Facility, like helmets, rucksacks and sleeping bags.

Storing TA-50 in vehicles for more than the purpose of transporting it to and from the workplace puts the equipment at risk for theft. Additionally, when TA-50 is stolen from a vehicle, the Soldier can be held liable for the loss based on the circumstances and a commander's policies.

Take a lesson from the victims in the cases above and secure your be-



File photo

**An open window in an unlocked car is an invitation to crooks.**

longings.  
(Editor's note: For a list of violations, visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).)

FootSTEPS in FAITH

Attitude can build a cathedral from a mud hut

**CHAPLAIN (CAPT.) JOHN AASMAN**  
3rd Battalion, 7th Field Artillery Regiment  
3rd Brigade Combat Team  
25th Infantry Division

Chaplain Emil Kapaun became a prisoner of the Chinese during the Battle of Unsan, North Korea, Nov. 2, 1950.

He and other Soldiers were marched 87 miles to a prisoner of war camp.

On this death march, Kapaun saw another American lying in a ditch, wounded. A Chinese soldier was standing over him, rifle aimed at his head ready to shoot.

Kapaun pushed the enemy aside and carried the wounded American away as the enemy watched, stunned.

Later in the prison camp, the guards ridiculed Kapaun's faith. They took his clothes and made him stand in the cold

for hours. Yet, he continued to encourage his fellow Soldiers.

"He could, just for a moment, turn a mud hut into a cathedral," said President Barack Obama. "That faith, that they might be delivered from evil, that they could make it home, was perhaps the greatest gift to those men."

I've noticed some Soldiers can turn everyday hardships into opportunities to inspire the best in those around them. They can "turn a mud hut into a cathedral."



Aasman

A recently promoted noncommissioned officer received a "mud hut" in the form of a very challenging job with few perks. He turned it into "a cathedral" by saying to the Soldiers around him, "I've trained my whole career for this position."

Reframing

Turning a mud hut into a cathedral involves reframing the way you think.

What do you say when you talk to yourself about hardship?

Our minds can think up to 400 words per minute, but our mouths only talk about 100 words per minute.

*"For as he thinks within himself, so he is."*

— Proverbs 23:7

In hardship, will you let despairing words of doubt flow through your thoughts, or faith-filled words of hope? Try thinking to yourself.

*"Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for him, for I shall yet praise him."*

— Psalm 42:5

Turning a mud hut into a cathedral also involves reframing your words and actions. Reframe your thoughts, speech and actions to align yourself with your faith in God and country.

Speak and take action toward what you want, rather than what you don't want.

25th ID information operators build Pacific partnerships

Story and photo by  
**MAJ. CHEREE BROWNE**  
2nd Stryker Brigade Combat Team  
25th Infantry Division

HONOLULU — Soldiers from across the 25th Infantry Division attended the "Information Operations in the Pacific Symposium," Tuesday-Thursday, at the Hale Koa Hotel, here, to examine the role of information operations (IO) in humanitarian assistance and disaster relief operations.

More than 75 service members and civilians from Oahu's military organizations, and countries throughout the Pacific's area of responsibility, participated in panel discussions that ranged from leveraging the ally and partner actions in the information environment to the supporting role IO provides during disaster relief efforts in the Asian-Pacific region.

Working with partnered countries, U.S. participants discussed how multinational IO could help shape conditions for response to humanitarian assistance and disaster relief efforts in the Pacific Theater.

The symposium provided a venue for increased awareness of Asia-Pacific issues and an opportunity for networking with delegates from Singapore, the Philippines, Japan, Australia and



**Soldiers from across the 25th Infantry Division attend the Information Operations in the Pacific Symposium, Oct. 21-23, at the Hale Koa Hotel, to discuss and examine the role of information operations in humanitarian assistance and disaster relief operations.**

Canada.

Symposium attendees explored options on how information can be used at the strategic and tactical levels while addressing the challenges of the information environment. Participants and panel members addressed alliance and partner cooperation and the need for transparency in a time of shifting military strength in the Pacific. They also discussed the need for IO to be integrated into multilateral operations in the Indo-Pacific region.

For 1st Lt. Joshua Spychalla, opera-

tions planner, 1st Battalion, 14th Infantry Battalion, 2nd Stryker Brigade Combat Team, 25th ID, the symposium gave him insight into how to work on developing a way forward for understanding how to use IO in support of partnered countries for humanitarian assistance and disaster relief.

"I think the IO symposium is a great way to be exposed to the concerns that our partnership counties in the Asia-Pacific region face in the realm of humanitarian assistance and disaster relief," said Spychalla. "I think this was a

great opportunity to reinforce a continued desire to build up engagement opportunities with our military and civilian counterparts across the area of responsibility."

"The IO symposium was a great opportunity for IO practitioners, across the services and the PACOM area of responsibility, to share ideas and experiences aimed at improving multinational cooperation for disaster relief," said Maj. Bruce Chojnacki, IO officer, 3rd BCT, 25th ID, and graduate of the IO qualification course.

"Additionally, we discussed the importance of placing command emphasis on integrating information operations into humanitarian assistance and disaster relief operations," he said.

The symposium was an opportunity to form relationships and develop multilateral cooperation among the participants.

"We couldn't execute our mission in the Pacific area of responsibility without the help of partner countries like Australia and Singapore, and I am so appreciative that they came to Hawaii and supported this event," said Staff Sgt. Joshua Bozeman of 3rd BCT. "It has been a great experience to gain various perspectives from our partner countries."

Voices of Ohana

How has someone made a difference in your life?

Photos by Staff Sgt. Catrina Herbert, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division



"My parents set a good moral foundation and taught me the value of hard work and treating others right."

**Lt. Col. Mike Binetti**  
Commander, 29th Engineer Battalion  
3rd BCT



"My son's applied behavioral analysis therapist has helped him to better communicate with us."

**Kate Disney**  
Spouse  
325th Brigade Support Battalion  
3rd BCT



"My mentor, for motivating me to strive and achieve greater things in life for myself."

**Pfc. Keterrece Harris**  
Company E,  
2nd Battalion  
35th Infantry Regiment  
3rd BCT



"An old pastor, who has guided and steered me in the right path in my life."

**Sgt. Kyle McCargo**  
Troop D,  
3rd Squadron,  
4th Cavalry Regiment  
3rd BCT



"Spending time with kids from the Big Brother/Big Sister program has made a big impact on my life."

**Spc. Tulinabo Ruviri**  
Charlie Company,  
2nd Battalion, 27th Infantry Regiment  
3rd BCT





Capt. Chardette James (left) accepts the Echo Forward Support Company flag from Lt. Col Patrick Disney, battalion commander, 325th BSB, during an activation ceremony, Oct. 16, on Leaders Field. In addition to activating the company, the 325th BSB held a re-flagging ceremony for its existing forward support companies.

# 325th BSB activates Echo, reflags FS companies

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

SCHOFIELD BARRACKS — A new company was activated at a ceremony, here, Oct. 16.

Capt. Chardette James accepted the guidon for Company E, 325th Brigade Support Battalion, 3rd Infantry Bde. Combat Team, 25th Infantry Division, charging her to care for and lead the unit as its first company commander.

Lt. Col. Patrick Disney, battalion commander, 325th BSB, passed the Echo guidon to James.

The new company will support the 29th Bde. Engineer Bn., 3rd BCT.

At the same ceremony, the battalion also re-flagged its previous forward support companies.

“To the Soldiers of Echo Company, today is not about me taking command; it is about us, our team and our unit, our company making history and coming into our own,” said James. “I am honored and humbled to become your

commander at such a critical time in this unit’s history.”

Standing up a new unit is never an easy undertaking, James observed, noting that it’s full of unknowns, a little chaos and a lot of waiting.

“From what I have already observed, you are greatly trained, experienced, enthusiastic and ready to take on any challenge that comes before you,” James said, addressing Co. E. “It is my promise to you that I will give you my all and always place your welfare and our mission first.”

James reminded the company of the important significance of standing up a new unit and to be proud of themselves, their mission and the 325th BSB.

“Very few people can say they played a role in making history,” said James. “We are making history; we are activating our company. You will always be the first and forever be ingrained in the significance and tradition of this unit,”

James’ parents traveled from Alabama to share the historic moment with their daughter.

## 311TH CHANGE OF RESPONSIBILITY



Spc. Paxton Busch, Pacific Regional Medical Command Public Affairs

**HONOLULU — Command Sgt. Maj. Anthony Robinson, incoming senior enlisted adviser, Tripler Army Medical Center, accepts his new assignment in a Change of Responsibility ceremony, here, Monday.**

Robinson arrives on Oahu from Landstuhl Regional Medical Command, Germany.

Command Sgt. Maj. Donald George passed responsibility for the medical center to Robinson, but he won’t be moving far. George is the new senior enlisted leader for Troop Command, TAMC.

# SMA Chandler meets with CW5s

**DAVID VERGUN**  
**AND SGT. MAJ. TROY FALARDEAU**  
Army News Service

WASHINGTON — As the Army continues its drawdown, Sgt. Maj. of the Army Raymond F. Chandler III has shared many messages to educate and prepare the enlisted force for likely changes.

One of those messages to Soldiers is to consider a new military occupational specialty (MOS) if their current one is over-strength.

During the meeting with Army Senior Warrant Officer Council, representing the major branches and agencies from the active and reserve components, at their annual meeting in the Pentagon, Oct. 16, he had a slightly different message.



David Vergun

**Chief Warrant Officer 5 Richard Ayers (left) offers feedback to Sgt. Maj. of the Army Raymond F. Chandler III at a meeting of the Army Senior Warrant Officer Council, Oct. 16.**

“We all know that most of our warrant officers come from our NCO Corps, so I ask that you continue that tradition now,” Chandler said. “Many NCOs will be asked to change their MOS over the next few years, but another option for some might be to serve as a technical expert in your Warrant Officer Corps.”

Although warrant officers have not had a Qualitative Service Program, or QSP, board to date, there are discussions to have one.

“It’s a very good possibility,” Chief Warrant Officer 5 Arland Jackson, G-1 said.

But, there are also opportunities for those

seeking to become a warrant in specific technical specialties for those who act quickly.

The deadline for the November 2014 Warrant Officer Selection Board was extended to today, Oct. 24, for the following MOSs: 140A, 140E, 150A, 350F, 350G, 351L, 351M, 352N, 914A, and 921A. According to the Warrant Officer Recruiting website, the Army is “significantly short applicants” for these career fields.

It goes on to state that “if you have the prerequisite experience for these warrant officer MOSs and the desire to submit a packet, then your chances of being selected on the first board of FY 15 is extremely high!”

**Role of the warrant officer**

Warrant officers also have a responsibility in developing junior NCOs in their ranks, Chandler said.

“Your expertise is unmatched,” Chandler said. “We’ve got a responsibility to ensure our young Soldiers are really getting that knowledge and wisdom. I’d think that would be what would inspire the right types of people to have become warrants, no matter what the background.”

While warrants are busy mentoring junior Soldiers, they also need to be advocating more for their own continuing education opportunities, despite this resource-constrained environment, Chandler advised. Too often, warrants are literally the “quiet professionals.”

Those quiet professionals can be found in some 70 MOSs across the components, Jackson said after the meeting. There are about 15,000 warrant officers in the Army, making up around 2.4 percent of the total force, and close to 15 percent of the officer corps, he said.

Most of these warrant officers previously served as enlisted Soldiers.

**Drawdown clarifications**

At the end of his visit, Chandler took questions from the audience, and the Army’s use of QSP boards was a hot topic.

*(Editor’s note: Read the rest of Chandler’s meeting with the warrant officers at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).)*



# 225th BSB medics dive into combat water survival

**1ST LT. JEANINE ROBINSON**  
225th Brigade Support Battalion  
2nd Stryker Brigade Combat Team  
25th Infantry Division

**HELEMANO MILITARY RESERVATION** — Soldiers from Company C, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team, 25th Infantry Division, recently conducted combat water survival training, here.

At the same time, they were implementing their Medic Table VI and basic life support skills with an automated external defibrillator.

The principle of the training was not to teach Soldiers how to swim, but to teach them how to survive, an essential tool being stationed on a Pacific island.

Soldiers trained on the two types of water entry, correctly exiting the pool, treading water, using their uniform as a flotation device and applying basic life support fundamentals using the



Photos by 1st Lt. Bryan Pruitt, 225th Brigade Support Battalion, 2nd Stryker Brigade Combat Team

**Waterlogged warriors from Co. C, 225th BSB, 2nd SBCT, 25th ID, work as a team. From left, they learn to use their combat uniforms as floatation devices while performing first aid and CPR on a simulated dive casualty, they learn to correctly administer CPR and use an AED ashore, and they conduct combat water survival training, Oct. 1.**

defibrillator, and correctly performing cardiopulmonary resuscitation on a dive casualty.

To accommodate swimmers of all levels, trained instructors supervised all previously identified weak swimmers and non-swimmers at the shallow end of the pool.

“The training was a success,” said

Spc. Ashanti Rhabb, health care specialist. “As a non-swimmer, I felt that the training was extremely beneficial. I felt safe and included during all phases of the training.”

Upon completion of the training, Rhabb said that she would be willing to complete the training again once she has taken swimming lessons.

For those who already knew how to swim, the training helped them to reinforce what they already knew.

“As an experienced swimmer, I felt like this training was very realistic. The training was a must-have, being stationed, here, in Hawaii, as a Soldier in the 25th Infantry Division in the Pacific Command,” said Pfc. Robert

Vasilescu, also a Charlie Co. health care specialist.

“I’ve conducted water rescue training in the past and found this training to be comparably important and essential,” Vasilescu continued. “As medics, we need to know how to perform our job in an aquatic environment as potential first responders in the field.”

It’s important for Soldiers to learn basic survival skills, especially when living on an island.

For most of Co. C, the water survival training was their first experience highlighting the importance and necessity of this potential perishable skill.

Following the training, health care specialist Sgt. Edward Dean was already preparing to take the training to the next level: CWST in the ocean.

“Novice swimmers can survive in water,” said Dean. “Water survival is possible if correct standards and training are implemented.”

# 2nd SBCT observes Hispanic Heritage Month

Story and photos by  
**STAFF SGT. CARLOS R. DAVIS**  
2nd Stryker Brigade Combat Team Public Affairs  
25th Infantry Division

**SCHOFIELD BARRACKS** — Performing traditional dances and songs, Soldiers of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, celebrated National Hispanic Heritage Month, here, Oct. 15.

“This celebration remembers Hispanics who have served in so many capacities ... as members of the armed forces defending American liberties, as teachers and mentors in schools and in communities, as police officers and first responders,” said Lt. Col. Alberto Rodriguez-Cruz, deputy assistant chief of staff, 8th Theater Sustainment Command, and observance guest speaker.



**Pvt. Eruka Sigdel, wheeled-vehicle mechanic, HHC, 225th BSB, performs a Bachata song to commemorate the National Hispanic American Heritage Month observance at the Warriors Dining Facility, Oct. 15.**

er. “Some boost America’s economy as business owners and operators, and there are also the ones who serve in the Supreme Court and in the halls of Congress.

“Hispanics continue to serve in these roles every day, making a mark on this great nation of ours,” he added.

The event was designed to educate the community about diversity.

“Hispanics are very diverse people,” said Staff Sgt. Sofia Nicholson, information system analyst, Headquarters and Headquarters Company, 2nd SBCT.

Nicholson, from Miami, is of Cuban descent.

“Our cultural and linguistic origins are Spanish and Latin American, regardless of race and color. We can have cultural ties to Mexico, Caribbean countries,

Central America, South America or Spain,” she said.

Speaking in both English and Spanish, Rodriguez-Cruz spoke about faith, family and education, and how National Hispanic Heritage Month resonates with him because it encompasses his personal story.

“I stand before you today as a proud American Army officer and as a proud American citizen who was born on the Caribbean island of Puerto Rico,” said Rodriguez-Cruz. “I joined the Army in search of the American dream.

“My family story is not special. What makes it special is the theater in which the story took place, our country, the United States of America,” he continued. “In this land, you are able to pursue your dreams because of the many available opportunities there are here.”

“Everyone is proud from where they come from,” said Nicholson. “It is important to continue highlighting every different ethnicity so that others are aware of the cultural differences in their workplace, so we can respect each other and learn to appreciate others’ backgrounds as much as we appreciate our own.”



**Sgt. 1st Class Tasha Falcon, unit supply specialist, HHC, 225th BSB, and her husband, Staff Sgt. Luis Falcon, an infantryman assigned to the Noncommissioned Officer Academy, Hawaii, perform the salsa and Bachata, Oct. 15.**



# Singapore army hosts Cacti troops for joint training

Story and photo by  
**STAFF SGT. MATTHEW RYAN**  
25th Infantry Division

SINGAPORE — As a multinational force emerged from the thick, dense forest, it encountered enemy fire from nearby buildings. The force returned fire as a Singapore Army squad, supported by American forces, rushed to the nearest building to gain a foothold. Soldiers with the 2nd Battalion, 35th Infantry Regiment, “Cacti,” 3rd Brigade Combat Team, 25th Infantry Division, and 6th Singapore Division forces entered and cleared buildings inside the mock urban city, here.

Tropic Lightning Soldiers were sponsored by the Singapore Army for physical fitness and urban training at the Murai Urban Training Exchange. “This is a follow on of Tiger Balm 2014 exercises, to expand our interoperability between our nations, and building partnership and connections. This is the first time anyone from the 25th ID has done this type of exchange in Singapore,” said Capt. Adam Novak, commander, Company A, 2-35th Inf. Regt.

“The first week was us going through their individual physical proficiency test, their vocational obstacle course and standardized obstacle course,” he continued, “and we had an eight-man team compete in their Cobra Challenge.”

The Singapore fitness test varies slightly when compared to the U.S. Army’s physical fitness test:



**A Cacti warrior gets a hand adjusting his weapon before engaging 100-meter targets with a Singapore Assault Rifle - 21st Century. The 2-35th Inf. Regt. Soldiers were familiarized with the SAR 21 at the Singapore Murai Urban Training Facility, Oct. 7.**

Their fitness test includes pull-ups, shuttle sprints, standing broad jump, sit-ups and a 2.4 km run. Cobra Challenge commemorates the 6th Singapore Division “Cobras” birthday, Oct. 1. The Cacti Soldiers won the challenge.

“Five hundred push-ups, followed by ten 300-meter sprints, carrying a dummy 155 mortar

round, 600 sit-ups, and finished by twelve 300-meter tire pulls,” said Staff Sgt. Nicholas Hammer, squad leader, 2-35th Inf. Regt. “It smoked all of us. It was a great culture sharing experience and a chance to see what type of physical fitness the Singapore soldiers conduct.”

Military training exchanges included an in-

door shooting range for familiarization with the Singapore assault rifle-21st century (SAR 21), close-quarter battle classes, and a massive urban clearing operation at the Singapore Murai Urban Training Facility. Cacti who fired the SAR 21 received immediate feedback via a computer system that allows shooters to see exactly where they were hitting or missing on the targets.

After the range, Singaporean soldiers gave classes on how they conduct room and building clearing, and they displayed their equipment. It was also a chance for the Singaporeans to ask how Cacti Soldiers clear buildings.

“It was great to share knowledge and experiences during these close-quarters battle classes before we conducted the tactical urban mission. It was nice to see their specialty equipment, like their key hole video system and the remote video system you can throw into a room or hallway,” said Hammer.

For the final event, a combined platoon conducted a mock city raid, testing the 2-35th on its ability to plan, assess and lead two different forces with different procedures and tactics.

“We cleared the buildings as a team,” said Pvt. Benito C. Arizmendez, 1st Platoon, 2-35th Inf. Regt. “During the urban assault, it was good to see how the Singaporeans breached doors and cleared rooms with the different size squads and even different types of weapon systems. Everyday, I was learning something new.”

# 130th Engineers support Marines, revamp K-Bay firing range

**2ND LT. RACHEL MILLER**  
130th Engineer Brigade  
8th Theater Sustainment Command

MARINE CORPS BASE HAWAII, Kaneohe Bay — A group of 130th Engineer Brigade troops spent the past six weeks turning a flat asphalt firing line, here, into a multifunctional range, with three shooting towers, where Marine snipers can train to engage targets from a variety of angles.

The landscape surrounding Firing Range 1 is peppered with construction equipment, building materials and Soldiers from the 1st and 3rd Platoons of the 643rd Eng. Company, the 2nd Platoon of 561st Eng. Co., and the 142nd Survey and Design Detachment — all part of the brigade’s 84th Eng. Battalion.

During the workweek, Soldiers quartered in Marine barracks, ate Marine

chow in Marine dining facilities, exercised in the “Semper Fit” gym and literally saw a different side of Oahu.

“This project offers a variety of construction applications,” said Sgt. Kemuel Bankhead, 1st Plt. team leader. “It offers a valuable opportunity for leaders to train their Soldiers on those different skills in a setting with real problem-solving examples.”

The work, scheduled to conclude in November, is considered a field training exercise with tasks that include drafting design plans, heavy earthmoving and excavation; constructing concrete emplacements for targets; and installing façade building fronts to conceal the targets.

The open area of the improved range will have 26 faux building fronts concealing targets that will pop up and

move laterally across the shooter’s line of sight, giving Marines the flexibility to train and improve their realistic, advanced marksmanship skills.

Bankhead said that even off the project site, MCBH offers a new experience for many of the engineers: Daily construction on an active range necessitates close coordination with MCBH Range Control, which provides feedback on construction and assists with logistical support.

“It’s my first project as an engineer in the Army, so I’m definitely learning a lot,” said Pvt. Bradley Wellborn, 1st Plt. carpentry and masonry specialist. “This is a great introduction to my job in the Army and Hawaii,” he said.

*(Editor’s note: The writer and photographer are with the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC.)*



1st Lt. Angela Smith, 8th Theater Sustainment Command

**The 3rd Plt., 643rd Eng. Co., builds concrete pads at MCBH’s Range 1, Sept. 29. The concrete pads will be the base for walls that will encase moveable infantry targets used by the Marines as part of advanced marksmanship training.**





The senior commander, U.S. Army-Hawaii, Maj. Gen. Charlie Flynn, cuts the ribbon opening the SHARP Resource Center on Schofield Barracks, Oct. 17, as Command Sgt. Maj. Benjamin Jones and SHARP manager Lisa Charles (right) look on with the crowd.

# SHARP: Bystanders must confront ‘perps’

CONTINUED FROM A-1

of sexual assault and sexual harassment.”

Flynn said Soldiers and civilians here must ensure the SHARP Resource Center works. The Army Values do not allow such behavior in the service.

Keynote speaker, Dr. Carolyn West, an associate professor of psychology at the University of Washington-Tacoma, provided alarming statistics, years of research and personal experiences battling academic sexual harassment.

She discussed the realities of the victim, the “perp” or perpetrator, and the conducive environment.

Trauma, depression, physical health problems, eating disorders, alcohol, drugs and post-traumatic stress disorder, or PTSD, often inflict the victim, she said.

The perpetrator is often an “unde-

tected rapist” and doesn’t usually have just one victim, she added. The perpetrator proceeds through stages, including “target selection,” “grooming,” “instilling false trust,” and eventually, “initiation of assault.”

Leaders and bystanders, she said, must begin to see and visualize the victim; they must confront and deal with perps, and have the courage to change the culture.

Before the summit ended, Lt. Col. Larry Dewey, commander, 19th Military Police Battalion, Criminal Investigation Detachment, asked an unspoken, but vital question.

“Are we improving?” Dewey asked. “Yes, we are.”

He presented evidence showing fewer sexual assault and harassment offenses. However, more reports from victims and reports from them that may be delayed by years muddle current statistics.

The SHARP Resource Center is “victim-centric,” said Lisa Charles,

Sr. Cdr. and 25th ID SHARP program manager, before closing the summit.

“During the holiday season, the rate of sexual assaults spikes up,” she said, explaining her team will be especially focused on younger Soldiers to educate and prevent instances.

Brig. Gen. Sean Jenkins, 25th ID deputy commanding general, Support, provided closing remarks.

“We still have much to learn and we still have a ways to go. ... Each one of us ... owns part of this problem,” he said. “Trust and respect are our foundation.”

## The CSA’s Five Imperatives

- 1-Prevent offenders from committing crimes, provide care and protect the rights and privacy of survivors.
- 2-Report allegations and investigate.
- 3-Create positive environments of trust and respect.
- 4-Hold all accountable and responsible.
- 5-Remain fully engaged.

# 311th warrior wins medals at games

Story and photo by  
**SGT. 1ST CLASS CRISTA MARY MACK**  
311th Signal Command (Theater)

FORT SHAFTER — In April 2013, Army Reservist and lifeguard Sgt. Kawaiola Nahale, 311th Signal Command, was diagnosed with malignant breast cancer.

Within 30 days of diagnosis, she had a mastectomy in one breast and a lumpectomy in the other, and was preparing to begin chemotherapy.

Fast forward to Sept. 2014. Nahale was cancer free and back in the water to represent the Army — and win medals — at the “Invictus Games” and “Warrior Games,” the international and national wounded warrior competitions.

“Sgt. Nahale is a prime example of a Soldier who has overcome obstacles and has achieved greatness,” said Capt. Jason Grams, 311th SC(T) company commander. “She could have been overcome and discouraged when she was first diagnosed, but instead, she kept her eyes on the light at the end of the tunnel.”

The April 2013 surgery was the first of three surgeries, all at Tripler Army Medical Center, in the space of a year.

“With the surgeries, I was not supposed to get in the water,” said the 35-year-old. “My plastic surgeon didn’t want me in the water at all, for various reasons, mostly infections, but he knew that I love the water, so he wanted to make sure that I could get back in.”

To Hawaiians, water is sacred and healing. Nahale’s first name, Kawaiola, literally translates to mean water of life.

“Water is a healing tool and has always been that for me, a lot more than just a physical feeling,” said Nahale.

In June, 2014, Nahale flew to West Point, New York, where, based on her swim times at the trials there, she qualified to compete in both the Warrior Games and Invictus Games.

She was one of the 22 wounded, ill and injured Army Soldiers and veterans who was selected as part of the

100-member team to represent the U.S. at Invictus Games, Sept.10-14.

“It was such a great opportunity to be a part of the very first Invictus Games and medal at the very first games,” she said.

At Invictus, Nahale was the only



Sgt. Kawaiola Nahale, an Army Reserve budget analyst with the 311th SC(T), displays the seven medals she won at the Invictus Games and Warrior Games.

representative from Hawaii, and she took home three medals. At the Warrior Games, she was one of two from Hawaii, where she won four more medals.

Nahale’s entire treatment and recovery has been with Army medicine.

“The Army family has supported me in many ways,” said Nahale. “My first Army family was with the 311th, especially through the support of the previous command team when I was first diagnosed. 1st Sgt. Martin Jenkins and Capt. Steven Lester and their spouses were truly family with their emotional and physical support.

“Next was Warrior Transition Battalion, and I didn’t know what to expect when I got there, but the staff and cadre made sure that whatever I needed and whatever I wanted to achieve there was possible,” she said.

Nahale had advice for anyone struggling through illness or injury.

“Don’t let your illness or injury define you,” she said. “I will not let cancer be my identity; don’t let it be yours.”



# 25th CAB preps for ROK rotation

Story and photo by  
**AIR FORCE STAFF SGT. CHRIS HUBENTHAL**  
Defense Media Activity  
Hawaii News Bureau

WHEELER ARMY AIRFIELD — Tropic Lightning aviators received instructions from their 8th Army counterparts of the 2nd Combat Aviation Brigade, Oct. 15, for their upcoming rotation to the Republic of Korea.

The day of instruction was part of a weeklong opportunity designed to better prepare 70 Soldiers of the 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division.

“We’re talking mostly about general airspace rules and regulations that are covered in the 8th Army and the

United States Forces Korea regulations that apply to aviation operations in South Korea,” said Chief Warrant Officer 5 Sean Magonigal, 2nd CAB standardization officer. “We let them know what to expect and give them ideas on how they can integrate with our Korean partners.”

The rotation will be some of the 25th CAB Soldiers’ first time flying aircraft in South Korea.

“The big difference is that it’s a foreign government’s airspace,” Magonigal said. “We don’t own the air or the land in Korea, so we work with our Republic of Korea allies in establishing the rules. We have Army rules and Army regulations, and we also must abide by our host nation rules and regulations, and then also work with our

partners there.”

The ability to provide standards to units rotating to South Korea, prior to them arriving, has benefited the overall transition in the past.

“It really has smoothed the transitions,” Magonigal said. “The 2-6th CAB, here, from Hawaii, is the third rotational squadron to come to South Korea, so we have taken the lessons learned from the first two units that have come, and each time we’re getting a little bit better at formulating a plan and also honing the things that we teach that are most beneficial.”

Magonigal hopes that the information can help Soldiers of the 25th CAB experience a smoother transition and provide them with a greater perspective of the things prior to their rotation.



Aviation warriors of the 2nd Sqdn, 6th Cav. Regt., 25th CAB, 25th ID, listen to a briefing presented by their 2nd CAB, 8th Army, counterparts, Oct. 15, about their upcoming rotation to the Republic of Korea. The briefing was part of a week of training intended to prepare the 70 Tropic Lightning Soldiers for their transition to flying in a host nation’s airspace.

# 45th STB builds confidence and teamwork during live fire

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

SCHOFIELD BARRACKS — The Army’s future rests on the shoulders of its newest troops, and the 45th Special Troops Battalion uses combat-oriented training, like its recent convoy live-fire exercise (CLFX), to expose its junior Soldiers to the stresses and scenarios of real-world missions.

Despite rain and the impending arrival of Tropical Storm Ana over Oahu, the 45th STB, 8th Military Police Brigade, 8th Theater Sustainment Command, pressed on with the CLFX, Oct. 13-17, here, upholding the well-known Army motto, “If it’s not raining, we’re not training.”

“We want to build confidence within our organization, all the way down to the lowest level,” said Command Sgt. Maj. Mark Morgan, the battalion’s senior enlisted advisor. “It’s important to be able to understand each individual Soldier’s capabilities.”

The unit’s troops range from privates to senior officers across multiple career fields, and provides financial management, signal, movement control, transportation, supply and services, and logistics support to Army Service Component Command forces and regional partners throughout the Pacific.

Morgan said that while it is true that new troops receive convoy live-fire training in basic



“If it’s not raining, we’re not training.” Command Sgt. Maj. Mark Morgan (center), 45th STB, demonstrates how to lay down suppressive fire during a convoy live-fire exercise. The CLFX took place Oct. 13-17 in spite of heavy rains from Tropical Storm Ana.

training, it is only a small taste and isn’t nearly the experience Soldiers will need when deploying or performing other missions in stressful situations.

The training tested each company’s standing operating procedures and individual Soldiers’

abilities to function and make decisions in high-stressed environments.

Morgan said that it is only through realistic training that leaders can get a true assessment of their troops and units.

“We have to build a foundation, a solid base for

our organization,” said Morgan. “It’s the only way we can actually figure out where we need to improve and where we’re doing well.”

Each company went through two blank-fire iterations, where troops were evaluated before moving on to live ammunition.

Morgan emphasized, “If they reached that level of efficiency, and we’re confident in their ability to negotiate the course safely, only then will we move on.”

This focus on safety existed at every level during the training.

As a gunner during their convoy, Spc. Joshua Smith of the 73rd Signal Company, said that while he was nervous and pumped up, he was always vigilant in keeping his battle buddies safe.

He said that the training ultimately strengthened both his awareness and confidence.

Smith hasn’t performed his mission in a deployed environment yet.

“Normally I sit behind a desk, but I now know I would be able to sit in a turret and cover my buddies in a convoy,” Smith said.

Teamwork was also a critical goal he wanted to accomplish with the exercise, Morgan said.

Morgan said that when his unit can get each Soldier involved and believing in each other and the organization, especially in this type of realistic live-fire exercise, it can build the safety, confidence and esprit de corps that will make the difference in future missions.





Today

**HMR** — Lane closures continue on Paalaa Uka Pupukea Road, Helemano Military Reservation, until Halloween, for construction. The second phase began on Paalaa Uka Pupukea Road inbound lane. Vehicles will be contraflowed into the open lane while entering HMR.

27 / Monday

**Lyman VPC** — Construction work begins, 6 a.m., on the Lyman Vehicle Processing Center, and is expected to be concluded by close of business, Oct. 31.

The route for the VPC will be adjusted during this time period. Drivers are encouraged to use alternate gate entrances during this period to help reduce traffic congestion.

29 / Wednesday

**Water Outage** — Six houses (6314, 6315, 6318, 6319, 6322, and 6323) on Aliamanu Military Reservation’s Nim Place in the Skyview community will have their water turned off, 8 a.m.-2 p.m.

November

11 / Tuesday

**Kahauiki Kontinues** — (See map below) Intermittent, hourlong, full-bridge closures begin today, 9 a.m.-5:30 p.m. Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge.



For a closer look at the map and more details about the Kahauiki Bridge lane closures, visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit [www.garrison.hawaii.army.mil/info/trafficalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficalendar.htm) for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

**Bonney Repaving** — There will be lane closures at Fort Shafter’s Bonney Loop, between Funston Road and the corner at Bldg. 515, in order to repave the road. Traffic will be one way for the lane that remains open. The lane closures will be performed weekdays, 7 a.m.-4 p.m., until Nov. 17 (excluding Veterans Day).

22 / Saturday

**Modified Traffic Flow** — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.

Ongoing

**TAMC Traffic** — Weekdays (excluding holidays), 2-5 p.m., the merge at theTripler Army Medical Center gate is located after the speed bumps on Krukowski Road, and the left lane for outbound traffic begins after the traffic board.

**AMR Closures** — Aliamanu Military Reservation have several traffic modifications at Skyview Loop and Aliamanu Drive. All work will be done 8 a.m.-4:30 p.m.

- Aliamanu Drive between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura until Dec.1.
- Aliamanu Drive will be completely closed between Okamura and Rim Loop, Dec. 2, 2014-Feb. 2, 2015.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

**Warrant Officer** — Today is the deadline to submit a package for becoming an Army warrant officer. This deadline was already extended. Don’t delay! Go to [www.usarec.army.mil/hq/warrant](http://www.usarec.army.mil/hq/warrant) to submit a packet.

See the article about the Warrant Officer Corps at [www.army.mil/article/136324/SMA\\_engages\\_warrant\\_officers\\_on\\_NCO\\_recruitment\\_drawdown/](http://www.army.mil/article/136324/SMA_engages_warrant_officers_on_NCO_recruitment_drawdown/).

**American Indian Heritage** — The 9th Mission Support Command will host the American Indian Heritage Month observance at Fort Shafter Flats, 4 p.m., Nov. 2, and asks that participants R.S.V.P. by close of business today, Oct. 24. Call the Equal Opportunity adviser at 655-0386.

**Public Comments** — The Clean Water Program needs your input. Participate in U.S. Army Garrison-Hawaii’s program to improve water quality. The public comment period began Monday and continues until Nov. 20. Visit [www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx](http://www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx).

**AL-TBI** — On Tuesday, the Department of Veterans Affairs announced it is now accepting proposals for the Assisted Living Pilot Program for Veterans with Traumatic Brain Injury (AL-TBI). The program had been slated to sunset this year. However, the Veterans Access, Choice, and Accountability Act of 2014 (“Choice Act”) extends the program through Oct. 6, 2017.

For more information about the AL-TBI program, visit [www.polytrauma.va.gov](http://www.polytrauma.va.gov).

27 / Monday

**CIE North** — The next Community Information Exchange meeting is 10 a.m., at the Nehelani, Schofield Barracks. The Schofield, Wheeler and Helemano communities are invited to get important information from on-post programs and services. Questions, comments and concerns can be addressed in the face-to-face meeting.

28 / Tuesday

**CID Recruiting** — The Army’s Criminal Investigation Command is seeking qualified, high-caliber Soldiers for CID special agents today. Go to Bldg. 3026, Schofield Barracks, 9:30-10:30 a.m., call 655-1989, or visit [www.cid.army.mil](http://www.cid.army.mil).

29 / Wednesday

**Sponsor Brief** — Department of Defense physical security access control standards will change on Jan. 1, 2015. Military personnel, contracting officers, approving officials, NAF, DECA, Corps of Engineers, government agents, tenant sponsors and military personnel are encouraged to attend a briefing, 1:30-3 p.m., in Schofield’s Sgt. Smith Theater, to learn more about the RAPIDGate Program and the changes to current processes and procedures. Call 655-8405.

30 / Thursday

**CIE South** — The next Community Information Exchange meeting is at 9 a.m.

Note, CIE South is no longer held in the Aliamanu Chapel. Get important information, face-to-face, at Fort Shafter’s Hale Ikena.



31 / Halloween

**Trick or Treat** — The Directorate of Emergency Services will provide an increased security presence in the community during Trick

or Treat hours (6-9 p.m.) to ensure all activities are conducted in a safe manner.

Children should carry a flashlight or chemical-light, and wear light-colored clothing or clothing with reflectors.

Military Police personnel will handout chemical-light souvenirs to children over the course of the evening.

**X-rays** —Tripler Army Medical Center and the Schofield Barracks Health Clinic Radiology departments will X-ray candy for all eligible personnel. Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, or Schofield Radiology, Bldg. 685, first floor, 5-7 p.m., or any time during the workday on Nov. 1.

The X-raying of candy won’t detect nonmetals.

November

3 / Monday

**Survivor’s Scholarship** — The VA announced it will begin accepting applications by mail, today, for the Fry Scholarship under newly expanded eligibility criteria to include surviving spouses. The expanded criteria for the Fry Scholarship is the latest in a series of VA actions to implement provisions of the Veterans Access, Choice and Accountability Act of 2014. Visit [www.va.gov/opa/pressrel/pressrelease.cfm?id=2647](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2647).

Ongoing

**TARP** — The Threat Awareness and Reporting Program is offered three Thursdays each month.

- 1st Thursdays, 9 a.m., Bldg. 1554, Fort Shafter Flats.
- 2nd Thursdays, 9 a.m., Kaiser Auditorium, Tripler.
- 3rd Thursdays, 9 a.m., Post Conference Room, Schofield Barracks. Call 655-1306.

**Student Loans** — The Consumer Financial Protection Bureau Student Loan report is available at [http://files.consumerfinance.gov/f/201410\\_cfpb\\_report\\_annual-report-of-the-student-loan-ombudsman.pdf](http://files.consumerfinance.gov/f/201410_cfpb_report_annual-report-of-the-student-loan-ombudsman.pdf). Visit [consumerfinance.gov/students](http://consumerfinance.gov/students).



# Women sweep Operation Rising Star semifinals

**KAREN A. IWAMOTO**  
Staff Writer

FORT SHAFTER — Ten singers took to the stage at Hale Ikena, here, to compete in the U.S. Army Garrison-Hawaii semifinals of "Operation Rising Star," Wednesday.

On the line was a chance to win up to \$500, a televised performance with a past "Operation Rising Star" winner and an all-expenses-paid trip to cut a CD at a professional recording studio.

But first the contestants had to conquer their nerves and face critiques from a panel of judges that rated them based on their vocal performance and stage presence.

Expectations were high for USAG-HI because last year Joyce Severino of Schofield Barracks placed in the top three at the Armywide level of the competition, beating out competitors from garrisons in Germany, South Korea and Djibouti to narrowly lose to Sgt. Christiana Bell of Fort Leonard Wood, Missouri.

Karlette Beasley, who moved to Oahu from Fort Sills, Oklahoma, about a month ago, said she learned about this year's "Operation Rising Star" two days before auditions began and made an on-the-spot decision to give it a try.

"I've been singing all my life, but I was too shy to sing in front of people until I was 25," said Beasley, who performed "If I Ain't Got You" by Alicia Keyes. "I'm 42 now, so it took me 20 years."

The wait paid off because Beasley, whose husband is a master sergeant in the 225th Brigade Support Battalion, 2nd Stryker Combat Team, 25th Infantry Division, was one of six contestants to advance

Soldiers from the 205th MI Bn., 500th MI, and the 2-25th Avn. Regt., 25th CAB, 25th ID, support "Operation Rising Star" contestants.



Photos courtesy of USAG-HI Family and Morale, Welfare and Recreation

vance to the regional finals, which are scheduled for 5 p.m., Oct. 28, at the Nehelani on Schofield Barracks. This brings her one step closer in representing USAG-HI in a televised performance against contestants from other garrisons around the world.

Also advancing to the regional finals was Pvt. 2nd Class Shannen McDonald of the 205th Military Intelligence Battalion, 500th MI Brigade, who set herself apart from a crowd of pop-ballads with her rendition of "Con Te Parito."

"I'm not familiar with the song," judge Bennie James confessed, but added that he was mesmerized by her performance.

"I recognized the song from 'Step Brothers,'" judge Melanie Kaneaiakala said, referring to the 2008 movie starring Will Ferrell. She too complimented McDonald on her voice and song choice.

Pfc. Jesse Ballow of the 325th Brigade Support Battalion did not advance to the regional finals, but his sense of humor won him crowd appeal.

"I sing for a sold-out concert every night in my shower," he told the judges after his performance of "Summertime" by Ella Fitzgerald. "There's just more people in the shower tonight."

Kalynn Mims and Jason Cavinder had the enthusiastic support of fellow Soldiers from the 516th Signal Brigade, who rose to

their feet in a synchronized dance.

The support buoyed Mims to the regional finals, but Cavinder, who stumbled over the lyrics to "Can you Feel the Love Tonight" from "The Lion King," was not as lucky, despite recovering and finishing strong.

Alexandra Christman, Amber Duncan and Char-

lotte Dammann also made it to the USAG-HI finals. Cyrus Bowers and Jose Escandor did not advance past the USAGHI semifinals, which meant the women made a clean sweep.

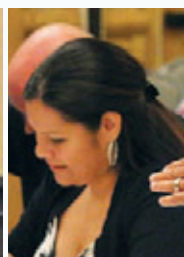
"Operation Rising Star" is an "American Idol" style singing competition produced by Army Entertainment, which showcases the vocal talents of Soldiers, Department of Defense employees and their qualified dependents over the age of 18.

Now in its 10th year, the program has contestants from garrisons in all four of the Army's regions — Europe, Atlantic, Central and Pacific — compete through various rounds until a winner is named.

The theme of this year's competition is "Soldier for Life," and the focus is on the roles that music and the military play in contestants' lives.



Bennie



Kaneaiakala



Walker

## Finals & Broadcasts

The USAG-HI finals take place 5 p.m., Oct. 28, at the Nehelani, Schofield Barracks.

Judges Brian Walker (a.k.a. DJ B-Eazy), Bennie James and Melanie Kaneaiakala will select one contestant to represent USAG-HI in a televised performance against contestants from other Army garrisons worldwide.

The selected contestant will also receive \$500. The first runner-up will receive \$200 and the second runner-up will receive \$100.

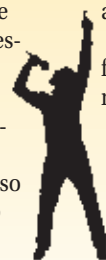
The worldwide finals of "Operation Rising Star" are scheduled for Dec. 6-12

at the Fort Sam Houston Theatre on Joint Base San Antonio-Fort Sam in Houston, Texas. They can be viewed at [www.OpRisingStar.com](http://www.OpRisingStar.com), beginning 9 a.m. central standard time, on Dec. 7, 9 and 11.

Viewers will have 24 hours to vote for their favorite performers after each round.

The winner will be revealed online, Dec. 13, and will receive an all-expenses-paid trip to record a CD at a professional recording studio, as well as time with a vocal coach.

For more information and to view the rules of the competition, visit [www.OpRisingStar.com](http://www.OpRisingStar.com).



## Finalists

The six finalists performing Oct. 28 at the Nahelani:

- Karlette Beasley
- Alexandra Christman
- Charlotte Dammann
- Amber Duncan
- Shannen McDonald
- Kalynn Mims



Jason Cavinder



Shannon McDonald



Jesse Ballow



Charlotte Dammann



Karlette Beasley



Cyrus Bowers



Kalynn Mims



Alexandra Christman



Jose Escandor



Amber Duncan







Briefs

24 / Friday

**EDGE Home School Art Program** — CYS registered Youth & Teens (1st-12th grade) bring your creative side. Create your own wire art (Twisteez Mask) at the SB Arts & Crafts Center. Attend the two-day workshop, Oct. 24 and 31; fee is \$15. Call 655-9818.

**Right Arm Night** — Kickback with your “Right Arm” with drink specials and a pupu buffet. Which unit has the most pride? Compete for the \$100 MWR Buck prize.  
Starts at 5 p.m. at SB Nehelani. Spouses and DOD civilians welcome. Play in the Texas Hold’em tournament for prizes. Call 655-4466. These events are adults only.

25 / Saturday

**Family Readiness Group** — ACS is offering three free FRG classes.  
•FRG 101 (9-10 a.m.) is designed for those new to the Army and interested in learning more about the purpose of FRGs.  
•FRG Leader (10 a.m.-12 p.m.) covers the roles and responsibilities of all involved, maintaining rosters, selecting effective volunteers, choosing meeting topics and more.  
•FRG Social Media/OPSEC (1-2:30 p.m.) explains the Army’s social media policy and how the policy and operational security applies to Facebook, virtual FRG and other forms of FRG communication.  
Call SB ACS at 655-4227.

**Halloween Costume Bike Ride** — Come join SB Outdoor Recreation and celebrate the spooky season with a Halloween costume bike ride. This event is a level one bike ride great for the whole family. If you dress up, enjoy a 2-for-1 pricing special.  
This ride is set for 8:30 a.m.-12:30 p.m. Cost is \$30, per person. Call 655-0143.

**Leilehua Concert Series** — Relax and enjoy Hawaiian music by Ho’Okena at The Grill at Leilehua Golf Course. Food and drinks will be available for purchase. Free and open to the public. Call 655-1711.

28 / Tuesday

**Spooky Bedtime Story Time** — Children of all ages are invited to come to SB Sgt. Yano Library for some spooky Halloween stories at 6:30 p.m. Come in your most favorite costume or your most comfortable pajamas. Call 655-8002.

community Calendar

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

Today

**Mammograms** — Health Clinic SB is now offering walk in mammograms, weekdays, 1-3 p.m., at its Radiology Clinic, Bldg. 685, first floor. Call 433-8355.

**Flu Vaccines** — Army Health Clinic-SB flu vaccines are now available for authorized patrons. Schofield Family Medicine flu immunizations are now available for Red, White and Blue Family Medicine teams.  
•From 7:30-11:30 a.m., Monday-Friday.  
•From 1-3 p.m., Monday and Friday.  
•From 1-2 p.m., Tuesdays through Thursdays.  
Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with appointments.

A DAY WITH THE DOLPHINS



Photos courtesy of Becker Communications, Inc.



**WAIMANALO** — Sea Life Park is celebrating its 50th anniversary Nov. 8 with reduced admission cost of \$2.94. See “Community Calendar” for more details.



**Operation Rising Star** — Similar to “American Idol,” the finals go from 6-8 p.m., at the SB Nehelani for this voice competition. Come out and vote for the next Rising Star. Call 656-0098.

29 / Wednesday

**Halloween** — Come and show off your Halloween costume at FS library. Be creative! All costumes will be displayed in front of a panel of judges for prizes. The fun kicks off at 3 p.m. Call 438-9521.

30 / Thursday

**Zombie Run & Zombie Prom** — You’re invited to a night among the undead! First-ever Zombie Run & Zombie Prom at Leaders’ Field — down SB Trimble, across from the Shoppette, near Kolekole Pass.  
The Zombie Prom will include live entertainment from the 25th ID Rock Band, a frightening delicious buffet and costume contest with a crowned prom king and queen. Makeup will be available from 4:30-6:30 p.m.  
Preregistration is required for the 5K Zombie Run. Registration is \$20 and includes a T-shirt. Register online or at any MWR fitness facility.  
You will have a chance to win prizes for best makeup, best costume

and first survivor.  
Registration is underway. Visit himwr.com or call 655-0002 or 655-8007.  
These are adults only events.

31 / Friday

**Hawaiian Luau Lunch Buffet** — Enjoy delicious local style food at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill every last Friday of the month. Call SB at 655-4466 or FS at 438-1974.

**USARPAC Payday Scramble** — Celebrate payday the golf way at FS Nagorski Golf Course. Play in the scramble every last Friday of the month. Registration for the 18-hole tournament is \$5 per player paid to the scramble POC at the course. Call 438-9587.

**Zombie Apocalypse** — Enter if you dare. Enjoy a night full of bowling fun and all night entertainment from Dynamic Sounds at SB bowling center. Games, spooks and scares will abound. Come out in your zombie costume to participate in the “Best Zombie” costume contest and win a prize.  
Cover charge for buffet, served from 8-11 p.m., is \$15; without buffet

is \$5.  
This event is for 18 and over. Call 655-0573.

Ongoing

**FRG Gift Wrapping** — FMWR will be accepting hard copy requests through Nov. 5th, in-person, at 350 Eastman Road, Bldg. 547, WAAF, for participation in the 2014 FRG Gift Wrapping Program. The annual holiday gift wrapping fundraiser will be at the SB Main Exchange and FS Market.  
Requests will not be accepted over the telephone, via email or by fax. View the info memo at www.himwr.com/special-events/latest-news-and-special-events/item/1237-frg-gift-wrapping-fundraiser-program. Call 656-0129.

**KinderJam** — High-energy music and movement programs for children 1-5 years old. Program will be offered on SB, Wednesdays, and at AMR, Fridays. Parent participation is required. Call SKIES at 655-9818.

**Yoga Dance Class** — Yoga Dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years at AMR and SB SKIES Studios. Costs \$35 per month, per child.

**Job Fair** — The U.S. VETS 6th Annual Job Fair connects veterans, military members and their families with potential employers. Runs 9 a.m.-2 p.m. at U.S. VETS Barbers Point, 91-1039 Shangrila St., Bldg. 37, Kapolei.

27 / Monday

**CIE North** — The next Community Information Exchange meeting is at 10 a.m., Oct. 27, at the SB Nehelani. The SB, WAAF and HMR communities are invited to get important information from on-post programs and services.

**28 / Tuesday PWOC** — The Protestant Women of the Chapel meet from 9-11:30 a.m. at AMR Chapel. Come enjoy women’s Bible study and fellowship. Free child care is available for CYS registered kids. Email PWOCatAMR@gmail.com.

30 / Thursday

**CIE South** — The CIE meeting is at 9 a.m., Oct. 30, at the FS Hale Ike-na. The FS, AMR and TAMC communities are invited to get important information from on-post programs and services.

**AFAP** — Submit a problem or concern you have regarding the quality of life at USAG-HI by Oct. 30. Delegates of Soldiers, civilians, retirees and family members will review every issue and prioritize the ones they believe will make the greatest impact on improving the quality of life here during the Army Family Action Plan conference.

AFAP will be held Nov. 17-19. The teen conference will be held Nov. 15. Call 655-4358. Place questions at the AFAP link at www.himwr.com.

31 / Friday

**Halloween Treats** — No tricks, but lots of treats! All children in costume will receive a treat when they stop by any IPC community center between 3-4:30 p.m., Oct. 31, while supplies last. Call 275-3159.

November 1 / Saturday

**Safe Communities** — Celebrate the Safe Communities event at Leeward Community College from 9 a.m.-3 p.m., Nov. 1. Discussion topics include fraud awareness, emergency preparedness, keiki IDs and more. Information booths, vehicle static displays, food and other items will

also be on hand. Call 440-9256.

6 / Thursday

**Story Time** — Toddlers and their parents are invited to listen to a story and take part in a craft activity following the reading at the Helemano Community Center at 9:30 a.m. Call 275-3159.

7 / Friday

**Sea Dragon Cup** — The 94th Army Air and Missile Defense Command’s golf tournament is 11 a.m. at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam. Call Capt. Andrew Lee at 438-2908, Sgt. Maj. Greg Hampton at 438-2909 or Capt. Cameron Smith at 438-5027.

8 / Saturday

**Sea Life Park** — Attend the 50th anniversary Family Fun Day at Sea Life Park, Nov. 8. Celebrate the major milestone with rollback admission of \$2.64, the same price paid when the park opened in 1964. Come from 10:30 a.m.-7 p.m. at 41-202 Kalaniana’ole Highway, Waimanalo. Call 259-2500. Visit www.SeaLifeParkHawaii.com.

See Community Calendar B-6

worship Services

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

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

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

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

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

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

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafoes.com under reeltime movie listing.



The Maze Runner

(PG-13)  
Fri., Oct. 24, 7 p.m.  
Sun., Oct. 26, 2 p.m.  
Thurs., Oct. 30, 7 p.m.

The Boxtrolls 3D

(PG)  
Sat., Oct. 25, 2 p.m.



The Equalizer

(R)  
Sat., Oct. 25, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks	



# Trick or treat safety, dress, rules should be followed

**DIRECTORATE OF EMERGENCY SERVICES**  
U.S. Army Garrison-Hawaii

Authorized Halloween trick or treat hours for all community housing areas located on U.S. Army Garrison-Hawaii installations are 6-9 p.m., Oct. 31.

The Directorate of Emergency Services (DES) will provide increased security presence in the community during trick or treat hours.

Military and Department of the Army civilian police will be working together to ensure all activities are conducted in a safe manner.

As always, the community should feel free to approach any military or DA police officer with issues and concerns.

Parents are strongly encouraged to have children carry a flashlight or a chemical-light. Parents should dress children in light-colored clothing or sew reflectors on dark clothing. Military Police personnel will hand out chemical-light souvenirs to

children over the course of the evening.

DES recommends that parents remind their children who are out trick or treating alone to think about safety:

- Wait for proper traffic signals and stay on the sidewalk whenever possible.
- If there is no sidewalk, walk on the left side of the roadway facing traffic.
- Look both ways before crossing the street and use crosswalks.
- Never enter vehicles or homes when invited by a stranger.

Residents not participating should indicate so by placing a “SORRY NO TRICK OR TREATING HERE” sign on their door. DES also recommends that parents advise their children if no one opens a door after one or two knocks or rings to move on to the next residence.

During this event, parents are reminded to abide by USAG-HI Policy #34 – Child Supervision, which states



File photo

**Children under age 10 must be accompanied by an adult for trick or treating.**

the following:

- Children under the age of 10 require an adult escort.
- Children 13 years of age and younger must be inside their or a friend’s residence by 9 p.m.

- Children 14-17 years of age must be inside their or a friend’s residence by 10 p.m.

Exceptions are unless children are under the direct supervision of a parent, guardian or a family member 18 years of age or older or returning from a community facility, installation activity, a youth service program or from paid employment.

Tripler Army Medical Center and the U.S. Army Health Clinic Schofield Barracks Radiology departments will X-ray candy for all personnel who are eligible for care at TAMC or USAHCSB.

Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, or USAHCSB Radiology, Bldg. 685, first floor, 5-7 p.m., Oct. 31., or any time during the workday on Nov. 1st.

The X-raying of candy will not detect nonmetals, such as fine particles, liquids, powders and chemical contaminants.

# Halloween Happenings

## 24 / Friday

### HPU Halloween FunFest 2014

— Get into the Halloween spirit with more than 20 carnival booths, games, prizes, music, trick or treating and costume contests for all ages, followed by a screening of “Hocus Pocus.”

HPU Halloween FunFest 2014 is at HPU’s downtown campus, 1188 Upper Fort Street Mall. Event begins at 5 p.m.; movie screening starts at 7:30 p.m. Free. Visit [hpu.edu/funfest](http://hpu.edu/funfest).

## 25 / Saturday

### An Out of this World Halloween

— There will be crafts, games, mall-wide trick or treating and keiki costume contests for various age groups with categories for

## 26 / Sunday

### Halloween Parade

— The Exchange at Hickam Air Force Base is hosting a parade, trick or treating, costume contests, games and goodies, 11 a.m.-1 p.m. Bring a container to carry candy. Call 422-5395.

## 29 / Wednesday

### Haunted Garage

— The Honolulu Academy of Performing Arts is hosting its four-day fundraiser with a Halloween theme. Stop by for any of the following events:

## 30 / Thursday

### Halloween Bash 2014

— Come out for a costume contest, prizes, scavenger hunt, apple-bobbing races, treats and more at the WZ Entertainment Center in Kaimuki.

## 31 / Friday

### Boo in the Zoo

— A family friendly event that includes a costume contest, a haunted house, crafts, food and drinks from 5:30-8:30 p.m. at the Honolulu Zoo. Tickets are \$5 at the door. Children 2 years old and younger get in free. No presale tickets available. Call 971-7195.

## 31 / Friday

### Trick or treating at Ala Moana

— Merchants at the state’s largest shopping center will be handing out treats to children dressed up for Halloween. Participating merchants will also be offering in-store specials, 5-7 p.m. Visit [www.alamoanacenter.com/events](http://www.alamoanacenter.com/events).

## 31 / Friday

### Schofield Trick or Treating

— The Exchange at Schofield Barracks is hosting a trick or treating event with face-painting, 4-6 p.m. Call the Schofield Main Exchange at 622-1773.

## 31 / Friday

### Nightmare at Dole Plantation

— Dole Plantation is transforming from family friendly to ultra spooky 7-11 p.m., Oct. 24-25 and Oct. 31; transformation is 7-10 p.m. on Oct. 19 and 26. Four separate attractions occur:

- Warehouse 31, a classic haunted house that explores one woman’s chilling tale.
- Haunted Train, a train ride accompanied by chilling ghost stories by Lopaka Kapanui.
- Coulrophobia, a labyrinth featuring killer clowns.
- The Trail of Terror, a dark and terrifying maze that may have no escape.

Children under 13 must be accompanied by an adult. Costs \$11 per attraction. Visit [www.doleplantation.com](http://www.doleplantation.com).

## 31 / Friday

### Halloween Spooktacular

— Dress up with your pet and enter this costume contest at Town Center of Mililani, 95-1249 Meheula Pkwy. There will be prizes for scariest, most creative and funniest costumes. There will also be games and pumpkin decorating, 11 a.m.- 2

## 31 / Friday

### Boo Fest

— Scare actors and themed décor will transform five log cabins into unique and immersive environments at the 15th annual Bellows Air Force Station BooFest. Magical princesses and killer clowns will descend on the haunted attraction.

All ages event starts at 5 p.m.; haunted house opens at 7 p.m. at Turtle Cove (Reservations, Bldg. 220).

Event is open to active duty military, retirees, reservists, National Guard and DOD civilian employees. Call 259-4112.

## 31 / Friday

### Hallowbaloo Music + Arts Festival

— This year marks the seventh anniversary of this free Halloween celebration in downtown Honolulu’s Chinatown district. There will be music, dancing, performance art and more, 5:30-10 p.m. Visit [www.hallowbaloo.com](http://www.hallowbaloo.com).

## 31 / Friday

### Pumpkin Festival

— Aloun Farms, 91-1440 Farrington Hwy., opens its pumpkin patch to the public. There will be hayrides, pony rides, food, picture booths and games. Pumpkins will be priced according to size, 8:30 a.m.-5 p.m., Oct. 25 and 26. Visit [www.alounfarms.com](http://www.alounfarms.com).

## 31 / Friday

### A screening of the 1975 cult classic “The Rocky Horror Picture Show,”

8 p.m., Oct. 29-31; 11 p.m., Nov. 1-4. Tickets are \$15 online and \$20 at the door.

- A Halloween dance party with music by Anton Glamb and Rooks Royal, 10 p.m.-12:30 a.m., Oct. 31. Tickets are \$50 online and \$65 at the door.
- A Day of the Dead Cocktail Party, featuring DJs, a mariachi band and performances by the dance theatre company Waterfall Monkey, 8-10 p.m., Nov. 1. Tickets are \$15 online and \$20 at the door. Visit [www.artsatmarks.com](http://www.artsatmarks.com).

## 31 / Friday

### patch and go trick or treating at Kapolei Shopping Center,

590 Farrington Hwy. from 5-7 p.m.

## 31 / Friday

### Nightmare on Beretania Street

— Celebrate Halloween with a nod to a classic horror film at the Honolulu Museum of Art, 2411 Makiki Heights Dr. There will be a haunted maze, a monster mash, face-painting, a costume contest, food and drinks, 6-9 p.m. Visit [www.honoluluuseum.org](http://www.honoluluuseum.org).

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# Dust is on my furniture



THE  
**MEAT & POTATOES** OF LIFE

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**LISA SMITH MOLINARI**  
Contributing Writer

Dust bunnies are the bane of my existence. Well, that might be a tad dramatic, but let’s just say that I pretty much hate dusting. Then again, my mother taught me to never use the word “hate,” so let’s go with this: Dusting is an activity of which I am not particularly fond. (And I get bonus points for not ending with a preposition.) You see, I just spent all last week cleaning my 100-year-old base house for a neighborhood party. Even though every military family on my street has the exact same old house with its government budget linoleum floors and gazillion layers of paint, we still try to spruce things up when we host each other. So, I cleaned the house for my guests. Sure, housework is pretty lousy all the way around, but dusting is, by far, the most frustrating and futile of household chores.



Lisa Smith Molinari

**It’s the 21st century, but there has yet to be a product that takes the monotony out of dusting.**

Take, for example, vacuuming. On the cleaning satisfaction scale (this doesn’t exist, but just go with it), vacuuming is a 10. There’s something about the whirring, the amps and the way you can hear debris being slurped up the suction tube. Other tasks, such as folding laundry and ironing, are not as exhilarating as vacuuming, but the monotony can be minimized by simply turning on the television. Putting a crease in my husband’s cammies is actually quite riveting, if done while watching a catfight on “The Real Housewives of New Jersey.” And I must admit, there are days when I’d rather chew my own arm off than empty the

dishwasher for the umpteenth time, but it’s really not so bad if I can catch a rerun of “House Hunters” on the kitchen TV, too. I think it’s safe to say that there’s not a soul on this planet who truly enjoys cleaning bathrooms. However, the revolting nature of this foul chore is so universally recognized, that there are a plethora of products on the market to make the job palatable. Flushable toilet scrubbing wands, automatic shower sprayers, disinfecting wipes, bleaching toilet tank tablets, and just in case you can’t even stomach harmless soap scum, there are Scrubbing Bubbles who will gladly do it for you.

But dusting? Dust is one of those sad facts of life, like stretch marks and male pattern balding. It’s always going to be there, so you’ve just got to deal with it. And, unfortunately, no one has invented anything to make dusting any easier. Here we are in the 21st century, and in order to dust your house, you’ve still got to grab a rag — your son’s old football T-shirt is as good as anything else — and a can of furniture polish and get to work. You may be able to catch a few minutes of a favorite show while tackling the family room, but that brief distraction is short-lived. You’ve still got to plod, slowly and methodically, room to room, spraying, rubbing and wiping. Starting with the cob-webby ceiling fan blades and hitting every last desk, lampshade, molding, photo frame, table, piano key and baseboard, all the way down to the tumbleweeds of dusty dog hair on the floor. Then, to make matters worse, the instant your ionically-charged ShamWow glides over the coffee table, there are millions more minute particles depositing themselves right back on the surface. We can’t see the little buggers, but every minute of every day, they’re there, coursing through our ductwork, wafting from room to room, floating from the ceiling to the floor, landing silently on every horizontal surface in our homes. Where do these particles come from and why are they hell-bent on banishing us to a lifetime of dusting drudgery?



**We Recycle** Did you know that when you recycle, the Garrison earns money? **Keep recycling!**





# Early detection is key for treating breast cancer

**TRICARE**  
News Release

October is National Breast Cancer Awareness Month.

The goal is to raise awareness about the importance of early detection in treating breast cancer.

The Centers for Disease Control and Prevention (CDC) report that breast cancer is the most common cancer among American women.

The Department of Health and Human Services estimates that about 1 in 8 women born in the U.S. today will get breast cancer at some point.



File photo

**Women should get screened with mammograms to detect breast cancer. TRICARE provides annual screenings at age 40 — at 30 for women with a 15 percent higher risk.**

It is important that all women, especially those with a higher risk of breast cancer, get screened and know when to start getting mammograms.

Mammograms are an X-ray picture of the breast used to look for early signs of breast cancer. When breast cancer is found early, many women go on to live long and healthy lives.

Breast cancer affects women of all ages and ethnicities. TRICARE covers clinical breast exams for women under 40 years old during a covered periodic preventive health exam.

Annual mammogram screening for women starts at 40. For women who have a 15 percent higher risk, TRICARE covers screening mammograms annually starting at age 30.

For women who don't fall into one of these categories, the CDC's National Breast and Cervical Cancer Early Detection Program works with health departments and other groups to provide low-cost or free mammograms for women who qualify.

### Mammograms

U.S. Army Health Clinic Schofield Barracks (USAHC-SB) is now offering walk in mammograms weekdays, 1-3 p.m., at its Radiology clinic, Bldg. 685, first floor. Call 433-8355.



### More Online

For information about mammograms and how they are done, visit [www.cdc.gov/cancer/breast/basic\\_info/mammograms.htm](http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm).

Go to [www.cdc.gov/cancer/nbccedp/screenings.htm](http://www.cdc.gov/cancer/nbccedp/screenings.htm) to find out about screenings.

For more information on your TRICARE coverage, go to [www.tricare.mil/breastexams](http://www.tricare.mil/breastexams).

## USE YOUR HEAD WEAR A HELMET







# Triad enters week 21

U.S. ARMY GARRISON-HAWAII  
Public Affairs

The Performance Triad is speeding to its end. In a couple weeks, the health challenge will conclude.

How have you been faring with sleep, activity and nutrition goals?



File photo

**Sleep Goal**  
Keep your sleep area dark and quiet. Cover windows with darkening drapes/shades or wear a sleep mask to block light.

**Activity Goal**  
Household activities like vacuuming and gardening count

**Household chores can help you keep fit when done with intensity.**

### Recipe Links

For recipe ideas, visit the Food, Nutrition and Consumer Services recipe box at [www.fns.usda.gov/fncs-recipe-box](http://www.fns.usda.gov/fncs-recipe-box). Also check out recipes from Operation Live Well at [www.health.mil/Libraries/olw-materials/201310\\_FINAL\\_OLW\\_CookingTips\\_1.pdf](http://www.health.mil/Libraries/olw-materials/201310_FINAL_OLW_CookingTips_1.pdf).

On a budget? Check out [www.fruitsandveggiesmorematters.org/30-ways-in-30-days-to-stretch-your-food-budget](http://www.fruitsandveggiesmorematters.org/30-ways-in-30-days-to-stretch-your-food-budget) and [www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide](http://www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide).



as exercise as long as they are done with moderate intensity.

### Nutrition Goal

Find at least two new healthy recipes to try this week.



CONTINUED FROM B-2

**Family Movie Night** — Enjoy a free movie in the great outdoors with IPC at its Helemano Community Center, Nov. 8. Food trucks will offer food for purchase beginning at 5 p.m. Movie starts at 6 p.m. Bring your blankets, mats or low-sitting lawn chairs. Call 275-3159.

## 14 / Friday

**Wounded Warrior Golf Tournament** — Across the nation, proceeds from golf tournaments are going to benefit the Military Golf Program, which provides golf lessons, golf equipment and golf outings to Wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii takes place 12:30

p.m. at Hoakalei Golf Club in Ewa.

**Dance Performance** — Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American heritage observance, 1-2 p.m., at SB Sgt. Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

## Ongoing

**Operation Homefront** — Nominate an outstanding child for the 2015 Military Child of the Year Award. Operation Homefront will present an award to a military child from each branch (Army, Navy, Marines, Air Force and Coast Guard) and honor the winners at an annual gala in Washington, D.C.

Nominees must be between 8 and 18 years old, and able to travel to Washington, D.C., for the gala. Deadline is Dec. 12. Visit [operationhomefront.net](http://operationhomefront.net) and [militarychildoftheyear.org](http://militarychildoftheyear.org).



# Family Sports Day is Nov. 5 at Stoneman complex

ADAM FABEL

Army Community Service  
Directorate of Family and Morale, Welfare and Recreation  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Wednesday, Nov. 5th, the Army Community Service (ACS) Exceptional Family Member Program (EFMP), in partnership with the Directorate of Family and Morale, Welfare and Recreation (DFMWR), will host Family Sports Day at the newly renovated Stoneman Athletic Complex, here, from noon till 4 p.m.



Photos by Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

**Military children learn the basics of basketball at last year’s Family Sports Day. The annual event allows children to gain athletic skills in a fun, noncompetitive environment.**

The event will allow all military youth an opportunity to participate in an athletic setting, regardless of experience or ability, and without the pressure of competition.

At least eight “clinics” will be set up to expose youth to different sports and to practice basic athletic skills.

At the football clinic, youth can learn the fundamentals of throwing, kicking and receiving a football. For basketball, the focus will be on dribbling and passing.

“Not every child will have the athletic ability of (professional basketball player) Michael Jordan,” said Leonard Webster, ACS EFMP coordinator, “but that shouldn’t prohibit him or her from trying the sport or enjoying the game.”

The idea that athletic development should be encouraged at all levels of ability is not new. Special Olympics Hawaii, a partner of ACS EFMP, maintains the philosophy that, through sports training and competition, people with intellectual disabilities benefit physically, mentally, socially and spiritually. They believe that families are strengthened and that the community, at large, can participate in and observe an environment of equality, respect and acceptance.

This same philosophy can be seen on display throughout the course of the event.

Children of all abilities will have the opportunity to participate in a variety of different sports including bocce ball, soccer, football, track and field, obstacle course, softball, golf and basketball.

After completing the various events, the first 300 children will be awarded a prize. Also available will be a variety of informational booths on available community supports. These all-inclusive events will be fun for the entire family.

Whether you have a child with a disability, or not, you are

welcome to this event, which seeks to promote inclusion of all community members in a friendly athletic environment. This event will be an opportunity to expose your child to a broad range of sports and activities, all in one day, where they will have the opportunity to find their inner athlete.

Once your child falls in love with a particular sport, there will be knowledgeable staff on hand who can direct you in how to sign up for the various youth sports.

It is the goal of the EFMP to expose as many children as possible to the joys of athletics to foster growth, find potential and turn disabilities into possibilities.

These events seek to build family resiliency through boosting your child’s confidence, making new friends and building a network of natural supports. Come out and join the EFMP and its partners for a fun-filled day of family friendly activity.

*(Note: Fabel is the EFMP Systems Navigator at ACS.)*



**Military children gain golf skills at last year’s Family Sports Day. The event introduces kids of all levels to various sports.**



**Military children learn the fundamentals of football at last year’s Family Sports Day.**