

SAMC Hawaii inducts four, continues tradition

Story and photo by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Four Soldiers from the 8th Theater Sustainment Command were inducted into the prestigious Sgt. Audie Murphy Club in a ceremony aboard the Logistics Support Vessel 7, the Staff Sgt. Robert T. Kuroda, Oct. 16.

The Sgt Audie Murphy Club is an elite organization of noncommissioned officers who have demonstrated inherent leadership qualities and abilities characterized by those of Sgt. Audie Murphy, the highest decorated Soldier in U.S. Army history.

The ceremony began with a presentation of “I am the Sergeant,” featuring Soldiers in historical military garb. Then, three members of the SAMC recited the NCO Creed, reinforcing the standards to which all NCOs hold themselves.

Next, Command Sgt. Maj. Richard Woodring, senior enlisted adviser, 8th Military Police Brigade, SAMC member and guest speaker for the event, spoke to the crowd about Audie Murphy, the man and the Soldier, and why, besides his decorations, we hold him in such high regard.

“As I did a little deeper dive into the life of Audie Murphy, one word repeatedly came to mind, and that word is ‘relevant,’” said Woodring. “There is no doubt that Audie Murphy was relevant in his actions on the battlefield; his awards show he clearly had bearing on the matter at hand. But what I found most interesting was that

he was relevant in just about everything he did after his military life as well.”

Woodring then spoke on how Murphy demanded the government do more to help veterans, about how his book should not be written solely about him, but through the perspective of the men who had fought the battles, and about how Murphy wanted his headstone “plain and inconspicuous,” so that he would be remembered as an ordinary Soldier.

“Providing for the homeless, mentoring and assisting Junior ROTC clubs, and doing fundraisers are just a few of the relevant things being a Sgt. Audie Murphy Club member represents,” Woodring said, in closing. “The club and its members’ efforts certainly have bearing on the matters at hand.”

8th TSC SAMC Inductees
These Soldiers were inducted Oct. 16:

- Command Sgt. Maj. Bradley Cross, senior enlisted adviser, 728th Military Police Battalion, honorary membership;
- 1st Sgt. Derick Graham, first sergeant, 25th Transportation Company, 524th Combat Service Support Bn., 45th Sustainment Brigade, honorary membership;
- Sgt. 1st Class Roberto Orozco, 58th MP Co., 728th MP Bn., 8th MP Bde., who was the quarter’s inductee; and
- Command Sgt. Maj. Toese Tia, senior enlisted adviser, 45th Sust. Bde., honorary membership.



Three members the the Sgt. Audie Murphy Club of Hawaii recite the Noncommissioned Officers Creed during the quarterly SAMC Induction Ceremony held aboard the Logistical Support Vessel 7 Staff Sgt. Robert T. Kuroda, Oct. 16. (Photo has been altered from its original form; background elements have been removed.)

PTA

POHAKULOA TRAINING AREA

Air Cav qualify at PTA

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Soldiers and pilots from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, recently conducted training to increase skills and confidence within the squadron.

They also established a relationship with units from Schofield Barracks to operate efficiently as the Pacific Contingency Response Force (CRF) Task Force.

“The training has been going great,” said Maj. Matthew Scher, operations officer, 2-6th Cav. Regt., 25th CAB.



Soldiers from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, load a simulated casualty onto a UH-60 medevac Black Hawk assigned to Company C, 3rd Battalion, 25th Avn. Regt., 25th CAB, during convoy live-fire training, recently.

“All Soldiers assuming CRF in October and all of 2-6 Cav. were trained during this rotation,” Scher said. “It is imperative we maximize our efficiency now to provide the max capabilities with the smallest force to protect the Pacific.”

The training ranged from small-arms ranges to aerial gunneries with forward arming and refueling point, downed aircraft recovery team and convoy live-fire operations.

“OH-58D pilots provided convoy security, route reconnaissance and close-combat attack support during the convoy live-fire training and completed their aerial gunnery at the same time,” Scher said.

The 2-6th Cav. Regt. also integrated units from Schofield Barracks into the training to familiarize its Soldiers with how the other units operate in the CRF.

“By training with other units now, we were able to build a working relationship with the ground Soldiers calling for support,” said Scher. “This put us in a good position to operate effectively as a whole CRF Task Force.”

The Kiowa Warriors also worked with fire support teams from 2nd Battalion, 35th Inf. Regt., 3rd Bde. Combat Team, 25th ID as well as Soldiers from 2nd Bn., 11th Field Artillery Regt., 2nd Stryker BCT, 25th ID to mark targets and coordinate for air support.

“We served as an observer role in the 2-6

Cav. gunnery by identifying and walking them onto targets,” said Capt. Bryan Painter, fire support officer, Company B, 2-35th Inf. Regt., 3rd BCT, who coordinated with CAB elements during target identification for the OH-58Ds.

“This gave my younger Soldiers the opportunity to develop and hone their proficiency with controlling CCA (close combat attack),” Painter explained. “I have seen an exponential increase in knowledge and experience in controlling close combat attack with my Soldiers.”

“Working directly with the aircraft was a great experience and opportunity that benefited the training,” added Pvt. Tyler Blanchard, Co. B, 2-35th Inf. Regt.’s newest Soldier.

Following training, 2-6th Cav. Regt. earned validation as mission command for the overall task force.

DEPLOYED FORCES

524th CSSB sees end of OEF era with massive retrograde convoy

CAPT. JERRY GARNER
524th Combat Sustainment Support Battalion
45th Sustainment Brigade
8th Theater Sustainment Command

KUNDUZ OPERATING BASE, Afghanistan — As coalition forces work feverishly to prepare for the 2014 withdrawal, Soldiers from the 524th Combat Sustainment Support Battalion made one last retrograde run to Kunduz.

This run was to be the cumulative event moving hundreds of trucks full of military equipment, fuel and supplies in and out of the north in a massive effort to close this key military base.

Reminiscent of the initial days of the Kunduz Operating Base, chow halls, tents and unit headquarters were nowhere to be seen. Soldiers slept their last night on the ground, strategically circled around their trucks in an attempt to get enough rest for the long-haul back to Camp Marmal in Mazar-i-Sharif.

Kunduz province in northern Afghanistan is under the command of the German military and Regional

Command-North. The population of Kunduz district is roughly 775,000 with almost three-fourths of its citizens living in rural, outlying communities.

After 9/11, U.S. Special Forces began to work with the Northern Alliance to force the Taliban out of Northern Afghanistan. It was the last stand for the Taliban in the north, and the fight became known as the “Siege of Kunduz.”

Gen. Mohammed Daud Daud led the Northern Alliance from Mazar-i-Sharif (current day Regional Command Headquarters) through Taloqan and up to Kunduz.

Upon arrival, the Northern Alliance found itself in a heavy firefight. Daud decided to surround the city and allow American air support to bomb the Taliban in an attempt to weaken its positions. After 11 days of bombing, U.S. forces had destroyed 44 bunkers and 12 tanks.

Prior to 9/11, Pakistan had hundreds of advisers and fighters in Afghanistan to assist in the fight against the Northern Alliance. Pakistan used this time to evacuate several

See 524th, A-3



Showing the colors and ready to roll, a massive retrograde move from Kunduz Operating Bast to Camp Marmal in Mazar-i-Sharif prepares to move out with tons of cargo. This move was the last big convoy as the base shuts down. (Photo courtesy 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sustainment Command)

Halloween Happenings

SEE P. B-1 FOR A LIST OF EVENTS



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Police Call

Bike patrol plays active role in community

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

The Directorate of Emergency Services bike patrol officers are Military Police and Department of the Army civilian police officers who specialize in community outreach and policing. They are easily identifiable in their black and yellow uniforms.

Bike patrol officers conduct regular patrols in the housing areas to enforce laws, educate the community and raise safety awareness. They also interact with children in schools and in the community after school hours.

Below are just a few of the many community activities in which our bike patrols participate.

•**Bike Rodeo.** One of the major community events our bike patrols organize is our bike rodeos. The rodeos are held several times a year at various locations throughout USAG-HI. These events aim to teach kids how to safely ride their bikes by going over proper riding techniques, basic traffic laws and good safety practices, such as how to negotiate a crosswalk or maneuver through a busy intersection.



Jackson

Officers will also setup a “beer goggles” station, where participants will be able to experience the difficulty of riding a bike while simulating being intoxicated. The bike rodeo culminates with an obstacle course that tests the riding skills of participants following a day of practice.

•**Keiki IDs.** Keiki IDs are issued at most community events. Parents can enroll their children into the program by completing a quick form, which collects basic identification information (name, age, name of parents), fingerprints, a hair sample and photograph.

Completed forms are stored in the corresponding MP station and referenced in emergencies, such as a lost child or medical emergency, to expedite investigations and police assistance.

Participation is voluntary. Interested parents can contact their local MPs.

•**Neighborhood Watch.** The Island Palm Communities Neighborhood Watch Program (NWP) recently underwent a major revision and is now being conducted with the close cooperation of bike patrols. Participants of the NWP work hand-in-hand every day with bike patrol and other law enforcement officials in order to enhance community safety.



Bike rodeos are a great way to introduce children to DES bike patrols and traffic safety. MPs on bike patrol wear a distinctive uniform and interact directly with the Army community. (File photo)

Bike patrols regularly conduct classes covering topics such as how to describe a suspect, how to report suspicious activity and what to look for when conducting neighborhood security walks. The classes also go over safety tips when using the phone, walking in

the street and when driving.

NWP classes are normally held in community centers and classrooms, but if necessary can also be held in someone’s garage or backyard based on prior coordination. Groups can request Crime Prevention Classes and/or more information on the NWP by contacting their local Military Police Station or by emailing NWP@IPCHawaii.com.

•**Drug Abuse Resistance Education (D.A.R.E.).** The Hawaii Department of Education and bike patrol have teamed up to educate students on drug abuse prevention awareness through the Keeping it Real program. This program targets realistic situations students may encounter and educates them on 10 lessons to help them develop skills that could be used to combat those situations.

Our bike patrol officers are always looking for additional ways to get involved in the community. Please feel free to interact with them and offer any suggestions you may have.

Bike Rodeos

Organizations and groups can request bike rodeos in their communities by contacting their local Military Police Station for more information.

- Schofield Barracks: 655-5555
- Fort. Shafter: 438-7114

BACKTObASICS

Garrison leadership is a lost art after 10 years

COMMAND SGT. MAJ. RODERICK TAYLOR
Headquarters and Headquarters Battalion
25th Infantry Division

As a sergeant major working division- and Corps-level staff jobs, I have always looked for ways to continue to develop the junior leaders around me.

Upon arrival at each assignment, I have carefully assessed the capabilities of these junior leaders, and time after time, I have observed the same deficiencies: The junior leaders of today don’t have a complete picture of what right looks like.

I recall briefings with Sgt. Maj. of the Army Raymond Chandler in theater and at Fort Leonard Wood, Mo., upon my selection to the command sergeants major list. In these briefings, he encouraged senior noncommissioned officers to get “back to the basics” and stressed that because we have been a nation in conflict for the past 10 years, we have lost the art of leadership in garrison, un-

intentionally sacrificing the basic leadership skills focused on during the late 1980s and 90s in favor of combat, technical and tactical training.

I have used several approaches to get junior leaders back to the basics.

I began with reinvigorating our NCO Professional Development Program and selecting topics that allow young leaders to foster thought, interact with each other and gather from each others’ experiences. These sessions included instruction on standards and discipline, and lessons learned on the different blotter incidences occurring within the battalion and how they could have been better handled.

We discussed topics such as Army Physical Fitness Test statistics, profiles, weapons qualification, vehicle and weapons maintenance, immunizations and missed appointments, and I stressed



Taylor

how important these statistics are to unit readiness.

Finally, we capped off the discussion with things that could re-establish esprit de corps, bring tradition back to the unit and continue to instill pride in our time-honored NCO Corps, such as NCO induction ceremonies.

All these topics we discussed collectively and developed a plan to assist platoon sergeants and squad leaders to develop better skills to manage and monitor our Soldiers.

Solicited thoughts and ideas on how we can continue to develop our junior leaders — with an emphasis on the word “our” — fosters relationships with senior leaders, charging them with the responsibility of assisting with getting at the issue of back to the basics. I hoped this way of thinking would get them to see that this just wasn’t my problem, but a

problem that we, as senior leaders, have to tackle together.

The area that I continue to work on today is the re-establishment of the Sgt. Audie Murphy Club (SAMC) within my unit. The SAMC re-emphasizes professionalism, selfless service, caring and understanding — all of which are the characteristics we want our junior leaders to embody — and is a forcing function for senior squad leaders and platoon sergeants to get back into the regulations.

It is my hope the passing of information at our NCOPDs, bringing back the fine tradition of NCO induction ceremonies and the prestige of the SAMC will draw more junior leaders back to the basics and restore the lost art of leadership in my unit and units across the Army.

RELATED STORY

- See SAMC article on p. A-1.

FootSTEPS in FAITH

Army service answers deep questions of life’s meaning

CHAPLAIN (CAPT.) JONATHAN TODD
84th Engineer Battalion
8th Military Police Brigade
8th Theater Sustainment Command

I recently asked some of the members of my unit: “What is the meaning and purpose of your life?”

Some responded with quick one-word answers; others took more time and reflected on the question.

For many people, the answer goes beyond what we want, what we see right in front of us, even beyond what we are striving to build in our personal, professional or spiritual lives. It’s a question that challenges what we believe about ourselves and our lives, values, futures and ability to impact it all.

Toward the end of my last Afghanistan deployment, I recall sitting at the base of a guard tower looking over the beaten

blast wall, through the twisted strands of concertina wire, into the valley north of Assadabad. The days had been long and tedious, with back-to-back missions. I sat quietly with a few infantry Soldiers and enjoyed the rare gift of a peaceful twilight as the adrenaline and caffeine worked their way out of our bloodstreams.

As the darkness fell, I remember looking at family photographs of a newborn son and the proud father. The conversation turned to home and family.

It was in the midst of this sacred time one Soldier asked, “Why do we do this?” It is a question that deserves careful thought.

I am convinced that every member of our nation’s military proved his courage the day he raised his hand and swore an oath to defend the Constitution. Most of the Soldiers on active duty

today joined during a time of war, and many did so because they desired to defend our country against those who would threaten our freedoms. Their service and their sacrifice is a standing testimony of their dedication to make the defense of our nation and its citizenry their personal responsibility.

Our military community knows well their quality of sacrifice. Living out this quality is perhaps the greatest act of godly love of which we’re capable. In the Gospel of John, chapter 15, Jesus said, “Greater love has no one than this: *than to lay down one’s life for one’s friends.*”

Indeed, true love cannot exist without sacrifice.

We talked late into the evening that night in Afghanistan. We spoke of life, love, family and sacrifice. We talked of dedication, legacy, faith and God. We pondered why we left behind lives of comfort and safety in exchange for hardship and peril, and considered why we “stand at the door,” look into the night

and step forward into the fight, knowing the cost.

For many, it was the ultimate cost. “What is the meaning and purpose of your life?”

The answer can be elusive, but I believe this question is answered in our love for God and for each other. The most important commandment ever given is recorded: “*Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it, love your neighbor as yourself*” (Matthew 22:37-40).

Perhaps one of the most difficult questions ever asked has one of the simplest answers ever offered. Our lives have greater meaning when we are dedicated to something greater than ourselves.

My life has meaning because of the good God has done for others, through me, because of the love he has shown through me for his purpose and to his glory.



Todd

Voices of Ohana

Halloween is Oct. 31.

“What gives you the heebie-jeebies?”

Photos by 599th Transportation Brigade Public Brigade



“I never liked spiders. I’m not really crazy about heights, either.”

David Bertao
Traffic management specialist,
599th Trans. Bde.



“I don’t like anything that crawls, any kind of bug. Centipedes are the worst.”

Sgt. 1st Class Darrell Earnest
Operations NCOIC,
599th Trans. Bde.



“Snakes give me the heebie-jeebies, but geckos kind of bother me, too.”

Sgt. 1st Class Paula Henderson
First sergeant, HHD,
599th Trans. Bde.



“Centipedes bother me the worst, because when you step on them at one end, they come up and bite you with the other!”


Rosalind “Roz” Rosaldo
Forward planner,
599th Trans. Bde.



“I don’t like snakes, because you can’t tell the tail from the head. Serpents ... they’re terrible!”

Fred Vandersys
Forward planner,
599th Trans. Bde.

Energy awareness needed



Army Energy Awareness = Action Month
Enhancing Mission Effectiveness
October 2013

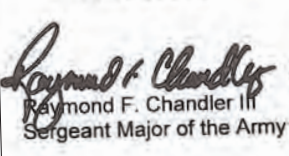
Changes in the character of modern conflict demand that the Army continues to evolve as an institution. As part of that evolution, we must learn to use energy to its maximum effect, making "energy informed operations" an integral part of our doctrine, culture and management practices.

In this era of constrained resources, we must leverage the Army's culture of discipline to change our energy usage to make energy informed operations a consideration in all that we do. The amount of energy needed to power a Soldier's equipment in the field impacts reach, mobility, agility, interoperability and sustainability. The sheer volume of fossil fuels needed to maintain contingency operations constitutes the majority of our logistical tail. The installations on which Soldiers and their Families live and train are almost completely dependent on commercial power grids that can be disrupted by weather, nature and acts of terrorism. We are all accountable and responsible to focus on making energy performance, energy management systems, energy discipline and energy conservation a priority in our daily lives. By doing this, we are all contributing directly to overall mission success.

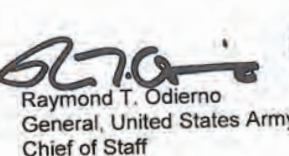
Through partnering with industry, we are leveraging and expanding our investments and building renewable energy resources. We are reducing energy demand, increasing efficiency, reducing costs and improving our operational capabilities. We are using industry expertise – and working with the other Services and federal agencies – thus enabling us to focus on core competencies.

During the month of October, it is our responsibility to become energy informed and aware so that we may carry this knowledge through the rest of the year. By taking action, becoming champions of change, promoting energy awareness and making energy informed operations a key consideration in all that we do, we possess the power to succeed.

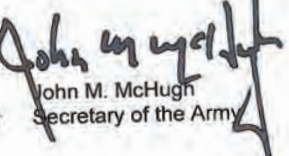
Army Strong!



Raymond F. Chandler III
Sergeant Major of the Army



Raymond T. Odierno
General, United States Army
Chief of Staff



John M. McHugh
Secretary of the Army

Wolfhound acts fast, rushes in to extinguish kitchen fire

SGT. KARENLEE AXE
2nd Battalion, 27th Infantry Regiment
3rd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — Pvt. Nicholas Gibson, assigned to Company F, 2nd Battalion, 27th Infantry Regiment "Wolfhounds," 3rd Brigade Combat Team, 25th Infantry Division, and his wife Bobbie were taking an evening walk around Kahape'a Lane, when their calm evening stroll took an unexpected turn, Oct. 15.

The couple saw two young children and their mother run out of their home.

When the pair approached the mother, she explained that her husband was still inside and that a grease fire had started in the kitchen. Gibson quickly entered the house where he found the husband with a fire extinguisher.

"I was worried when my husband had gone into the house," said Bobbie.

Without hesitation, Gibson retrieved the fire extinguisher from the man so he could get closer to the fire and extinguish it.

"The blinds had completely melted from

the heat," Gibson said. "It had started to grow up the cabinets and to the ceiling when I got to it."

As the two men continued their efforts to put out the fire, a third man came into the house with a neighbor's fire extinguisher.

Despite their efforts, the fire couldn't be extinguished until Gibson realized that the electrical stove was still on, giving it life. He decided to search for the breaker panel to turn off the power and prevent the fire from flaring back up again.

Once the fuse was switched off, the men were able to put out the fire. It was completely extinguished by the time authorities got to the scene.

Gibson was recognized by Command Sgt. Maj. Benjamin Jones, senior enlisted leader, 25th ID and received a coin to commend his heroic actions.

"Most people would have just remained outside and called for help from there," said Jones.

(Editor's note: Axe is the 2-27th Inf. Regt. unit public affairs representative.)



Pvt. Nicholas Gibson, Co. F, 2nd Bn., 27th Inf. Regt. "The Wolfhounds," receives a coin from Command Sergeant Major Benjamin Jones, senior enlisted leader, 25th ID. (Photo by Sgt Ian Crockett, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division)

524th: German-American partners transfer Kunduz to Afghan security forces

CONTINUED FROM A-1

thousand fighters, later coined the "airlift of evil." With the dissipated support of the foreign fighters and their deteriorated position, the Taliban surrendered Kunduz on Nov. 23, 2001.

After the fall of Kunduz, Northern Afghanistan was regarded as one of the safest areas in Afghanistan. Under the control of Regional Command-North, North Atlantic Treaty Organiza-

tion (NATO) troops rarely encountered the Taliban. This fact earned Kunduz the German nickname "Bad Kunduz" or "Kunduz spa".

Things changed in 2009. The three months between April and June resulted in more fire-fights than the previous seven years combined. By early 2010, U.S. forces began to flood into the Kunduz area. The U.S. and Germany increased troop levels to 6,000 in an effort to provide security in the Kunduz area. In January of 2010, Op-

eration Wolf Pack commenced with the goal to establish outposts in the troublesome district.

In what was an end to an era, Germany transferred the base of Kunduz to Afghanistan's security forces officially on Oct. 6. This transfer completed 10 years of German effort and dedication to combat in the Kunduz district.

Nearly 20,000 German troops cycled through the Kunduz base. Of Germany's 35 combat-related deaths, 20 were a result of enemy activity in

and around Kunduz.

The transfer ceremony was attended by the German Defense Minister Thomas de Maiziere.

"Nowhere else since World War II have more German soldiers died in combat. ... (We) built, fought, cried and consoled, killed and fell here."

(Editor's note: Garner is the 524th CSSB adjutant. The attribution of information included in this story can be found with the online version at www.HawaiiArmyWeekly.com.)



Soldiers of 4th Platoon, 95th Engineer Company (Clearance), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, attach the first set of chains used to secure a T9 dozer to a trailer during transport from the South Range engineering training area, here, earlier this month.

95th Engineers practice moving T9 dozers

Story and photo by
2ND LT. TREVOR FOOTE
130th Eng. Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers of 4th Platoon, 95th Engineer Company (Clearance), 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command conducted earthmoving operations at the south range engineering training area this month.

The event served to familiarize Soldiers with the specific version of T9 dozers in the 95th Eng. Co.’s arsenal and teach them how to work in equipment teams to complete a mission efficiently.

During training, Soldiers worked in dozer teams in order to create rectangular tank ditches. They also learned all the steps necessary to get the equipment from one location to another, from binding the dozers to the trailers, to coupling the tractors and trailers.

While Soldiers did not train on the dozers, concurrent training was done to teach them how to get the dozers on to the trailers, how to secure them and how to couple the trailers to tractors for transport.

“Winching a trailer onto a (tractor) ... there’s a lot of coordination required,” said Pfc. Eric La Cuesta, heavy equipment operator, 95th Eng. Co., 84th Eng. Bn. “It’s not as easy as it looks.”

Most Soldiers in 4th Platoon came into the training with very little to no equipment operating time outside of their advanced individual training (AIT). But all came out of the training with a better understanding of the equipment’s capabilities, as well as their individual ability to use those capabilities to complete the mission.

“This opportunity provided a great experience for team leaders to help coach and mentor the new Soldiers coming straight out of AIT,” said Spc. Kouadio Signo, team leader, 2nd Squad, 4th Platoon, 95th Eng. Co., 84th Eng. Bn.

The skills learned during this range will serve as the foundation from which the Soldiers of the “Equipment Platoon” will expand their abilities to use various earthmoving equipment and to complete a variety of engineering tasks in future training events.

(Editor’s note: Foote works in the 95th Eng. Co., 84th Eng. Bn., 130th Eng. Brigade.)



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For a list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

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

Today
Electrical Work — There will be road closures on Paalaa Uka Pupukea Road from Paalaa Uka Pupukea Road north to Lolohe Court and continuing South to the electrical substation by Holo Kia Court. Work will be performed weekdays, 8 a.m.-4:30 p.m.
Closures will be as followed:
•10/28-11/1: Ala Hia Court to



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

26 / Saturday
Take-Back Day — Turn in unused or expired medication for safe, anonymous disposal on National Prescription Take-Back Day, 10 a.m.-2 p.m. The military community can dispose of unwanted and unused prescription drugs inside the Schofield Barracks Main Exchange, near

Apono Court,
•11/4-11/8: Apono Court to Kai Ehu Court and Kai Ehu Court to Ka Ni’o Court,
•11/12-11/20: Ka Ni’o Court to Lolohe Court and Lolohe Court to Paalaa Uka Pupukea Road, and
•11/21-11/26: Crossing Paa-aa Uka Pupukea Road north.

November
12 / Tuesday
AMR Construction — A lane will close on Aliamanu Drive near the hairpin turn, just south of Valley View Loop from 8 a.m.-3 p.m., Nov. 12-14. Through traffic will be maintained with flaggers controlling traffic for alternating flow.
The lane closure is necessary for the design/build contractor on the Valley View Neighborhood Housing Project to perform required electrical connection work.

WAAF Power Outages — Wheeler Army Airfield will require two separate power outages after normal working hours impacting buildings 104, 105,

106, 112 680, 681, 682, 683 and 508. The first outage is today; the second is Wednesday, Nov. 20.

21 / Thursday
Safe School Routes — Hawaii Department of Transportation will hold a public hearing, 9 a.m., Nov. 21, by video conference at DOT Highways Division district office, 727 Kakoi St., Honolulu, to consider adoption of the proposed Chapter 19-109, Hawaii Administrative Rules, “Safe Routes to School Program Special Fund.” Safe routes to school (SRTS) is an international effort to increase safety and promote walking and bicycling to school. This statute would provide funds to plan, develop, implement and evaluate SRTS infrastructure and non-infrastructure projects.

A copy of the proposed rules may be requested by calling 692-7696 or can be viewed online at <http://hidot.hawaii.gov/highways/home/doingbusiness/hawaii-administrativerules/>. Persons requiring special assistance should call 692-7696 at least 10 days prior.

the flower shop. Call 541-1930 or visit www.dea.gov.

Holiday Mailing — USPS advises that today is the first deadline of the 2013 holiday season to ensure Space Available Mail (SAM) parcels sent to APO/FPO addresses arrive by Dec. 25.

SAM parcels are paid at Standard Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

31 / Thursday
CFC Ends — The Hawaii-Pacific Combined Federal Campaign ends Oct. 31. Make your pledges online or turn in your

pledge form to your office CFC unit project officer. Some agencies received a Nov. 15 extension.

November
12 / Tuesday
Suicide Prevention — Dr. Michelle Linn-Gust will discuss understanding the language of suicide at Schofield Barracks’ Sgt. Smith Theater, and again Nov. 15 at Fort Shafter Flats, Building 1554, 9:30 a.m. She’ll address how language can harbor stigmatizing statements and attitudes detrimental to Soldiers seeking help. Open to all Soldiers and Army civilians. Call 438-4173 or visit <https://portal.usarpac.army.mil/staff/g1/USARPACSUICIDEPP/Pages/USARPACSUICIDEPP.aspx>.

MEDCOM partners with Sri Lanka for de-mining ops

Story and photo by
STAFF SGT. NICOLE HOWELL
18th Medical Command (Deployment Support)
Public Affairs

VAVUNIYA, Sri Lanka — Sri Lankans called on U.S. forces for assistance with teaching techniques on how to reduce the danger of landmines and unexploded ordnance (UXO) with minimal injuries.

Soldiers, Sailors and Airmen supported the 18th Medical Command’s (Deployment Support) humanitarian de-mining mission through the creation and implementation of a course to free Sri Lanka of landmines.

The initial site survey took place November, 2012, said Sgt. Maj. David Galati, chief of clinical services, 18th MEDCOM, and leader of the mission.

During the site survey, the two countries agreed the training should consist of explosive ordnance disposal (EOD), basic first responder (BFR) and veterinary training tailored specifically for them and their missions, and then Sri Lankans could teach the material to their countrymen. The approved training was divided into three phases.

“By February 2013, the first phase kicked off,” said Galati. “Each phase was built on each other. Phase one consisted of our team giving classes to their engineers and medics. For phase two, we led the training to a group of engineers with their medics assisting us, and during the second week, we had their medics lead the training for another group of engineers.”

Phase three evaluated the Sri Lankan trainers as they taught the course without any assistance, with feedback provided at the end of each day, Galati added.

“We designed the course as a train-the-trainer model, so there is a continuation of the program within the country,” said Navy Chief Petty Officer Sidney Sykes, senior enlisted adviser and chief hospital corpsman, Defense Institute for Medical Operations. “Hopefully, once we finish the train-the-trainer course for the Advanced First Responders course (AFR), the U.S. will only come to monitor and assist in the programs, when asked.”

As AFR, EOD and veterinary courses are planned, self-sustainment and implementation of the new courses are the current focus of U.S. forces who have partnered with Sri Lankans.



Air Force Senior Master Sgt. Nicole Phillips (right), 35th Med. Ops Sqdrn., and Staff Sgt. Danielle Diaz, 374th Med Ops Sqdrn., provide oversight for the Sri Lankan engineer’s basic first responder course.

“The past nine months have been focused on building up the de-mining training and preparing the Sri Lankans for the next level of training,” said 1st Sgt. David Silva, 74th EOD. “Having the basic and advanced EOD capabilities equips them with the ability to remove landmines, as well as UXOs that would’ve slowed down the progress during de-mining missions.”

The ongoing collaboration gives Sri Lankans the ability to refine and tailor the material for their de-mining mission. Galati said both sides of the partnership are aiming for a well-developed training program that Sri Lankans can self-sustain with little help from the U.S.

“I am glad that they took the time to pick some of the best people to come teach us,” said Lance Cpl. Neel Pushpakumara, technician and instructor, 5th Engineer Regiment, Sri Lankan Engineers. “They are very smart, and if one does not know the answer, the other person does.”

The ultimate goal is the integration of these classes into their basic training, so that Sri Lankan soldiers arrive to the unit fully trained. Currently, they have basic first aid in their basic training that will be replaced by BFR by the end of 2014.

“With the implementation of this training, they are ensuring an increase in safety and real-time health support in case of any catastrophic event,” said Sykes.

Trooper pushes parkour limits, improves platoon’s fitness

Story and photo by
SGT. ARIANA CARY
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Spc. Jonathan Acevedo stands a short distance away, preparing himself to run.

His next move is already calculated as he gazes at the obstacle before him.

He takes a running start toward the climbing wall in front of him and runs up its side. Just as he nears the top, he twists his body, pushes away from the wall, and jumps onto a bridge across a 4-foot gap. He lands deftly on his feet with a smile.

Acevedo, a mechanic with Troop D, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, keeps physically fit by doing parkour in his spare time. Parkour is a style of movement to get from point A to point B in the fastest and most efficient manner, traversing over obstacles rather than going around them.

“Parkour has really helped my physical fitness,” said Acevedo. “It helps develop core strength, balance, and it’s an amazing cardio workout.”



Spc. Jonathan Acevedo, mechanic, Troop D, 3rd Sqdrn., 4th Cav. Regt., jumps from a playground ladder onto a bridge while demonstrating parkour, an unusual sport he’s practiced since 2007.

Before he discovered parkour, Acevedo wasn’t particularly physically active.

“I occasionally played recreational sports,” he said. “It wasn’t very often, though. It was the desire to get better at parkour that caused me to get out and practice every day.”

Acevedo first became interested in parkour after a friend showed him a video of someone jumping off a building on the Internet. Fascinated, he began researching other such videos and decided to try it out for himself.

“It wasn’t easy,” he said. “I never went into gymnastics nor had anyone teach me. I first started practicing on the beach, where the sand could break my fall if I made a mistake. I continually threw myself backwards into the sand until I grew confident that I’d be able to do a proper flip on concrete.”

After he developed his confidence on pavement, he began to work on different and more advanced moves. Eventually, Acevedo was vaulting, climbing, flipping through his hometown of Perth Amboy, N.J.

While parkour looks impressive and easy to do when done by someone with experience, it can be a dangerous activity. Various specialized gyms across the country not only provide a safe, padded environment in which to train, but also offer classes for beginners.

Years of training in parkour allowed Acevedo a smoother transition from civilian to Soldier.

“Parkour really helped during Basic Combat Training,” he said. “It made the physical aspect much easier, as opposed to if I’d just rolled off the couch one day and decided to join the Army.”

Today, Acevedo continues to practice parkour and incorporates his favorite workouts during physical training.

“Not everyone can do what he does,” said Spc. Renise Holmes, a chemical specialist in Acevedo’s squad. “He’s always pushing himself. The kinds of workouts he does revolve around upper body and core strength that include flexibility.”

Not only does Acevedo work to improve his and his platoon’s physical fitness with his parkour training, but also his training has developed his self confidence and a more optimistic outlook on life.

“Teaching yourself to climb walls and do flips off of things makes you realize you can do much more than you ever really thought,” he said. “It makes you think, ‘if I can do this, what else can I do?’ It’s an attitude I can apply to anything. Even if it’s not parkour, if you find something you love to do and it helps you to be a more positive person, don’t make excuses. Get out there and do it.”

HALLOWEEN HAPPENINGS

Hawaii plays host to festive tricks and treats

SARAH PACHECO

Staff Writer

WHEELER ARMY AIRFIELD

— Hawaii’s history is rich in tales of supernatural beings, occurrences and mythology.

From mischievous demigods who would play tricks on the earliest Hawaiians, to 21st century spirits who continue to linger at their favorite Honolulu haunts well past their expiration date, the islands are home to countless tales of “spooky-kine” encounters that are guaranteed to give even the bravest of souls some major “chicken-skin.”

For instance, it is believed the ghosts of service members killed during the attacks that took place Dec. 7, 1941, still roam military sites on Oahu, with Soldiers and civilians alike reporting seeing dark figures or hearing low voices, knockings and even laughter coming from empty rooms, here and on Schofield.

Other unexplained phenome-

na have occurred at Wahiawa Middle School, Joint Base Pearl Harbor-Hickam, Kipapa Gulch in Mililani, Camp H.M. Smith and the sacred birthstones in Wahiawa, while the Nuuanu Pali, Manoa Valley and Morgan’s Corner on the Old Pali Road are well-documented locations where bloody battles and murders took place ... and where angry beings from beyond have decided to stick around.

It’s not hard to hunt down a good Hawaiian ghost story, especially during this time of year. Just ask around and odds are someone will have a tale to tell.

Also not hard to find: Halloween happenings.

To follow is just a sampling of activities planned in the days leading up to All Hallows Eve.

And who knows, maybe you’ll have a creepy encounter of your own to retell during a dark and stormy night.

Happy Halloween!

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

The Directorate of Emergency Services 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.

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 will hand out chemical-light souvenirs to children over the course of the evening.

Children under the age of 10 require an adult escort.

X-Raying Candy

Tripler Army Medical Center

and the Schofield Health Clinic Radiology departments will X-ray candies for all personnel who are eligible for care at TAMC or SBHC.

- SBHC Radiology: 12-7 p.m., Oct. 31 and regular business hours, Nov. 1.

- TAMC Radiology: 5-7 p.m., Oct. 31 and regular business hours, Nov. 1.

Activities

Halloween-related activities on post and around Oahu include the following:

Today

8th Special Troops Battalion Haunted House — Fort Shafter Dining Facility, 6-9 p.m., Oct. 25-27 and 31.

Schofield Barracks Health Clinic Haunted Hospital —Runs 7-11 p.m., Oct. 25-26, SBHC Pharmacy entrance. Keiki Corner is for ages 2-6. Admission by donation is a fundraiser for the holiday ball.

Hawaii Pacific University

FunFest — Features costume contests, prizes, food, live music and an appearance by HPU’s mascot, Sharky, 5-7 p.m., Oct. 25, Upper Fort Street Mall. The Viewpoints Film Series will then present the film “The Rocky Horror Picture Show” at 7 p.m. The event is free and open to the public. See www.hpu.edu/funfest.

Nightmare at Dole

Plantation — Three Halloween attractions run through October:

- “13” haunted house, 10 a.m.-3 p.m., daily;
- “Nightmare Express” train ride, 7-11 p.m., Fridays and Saturdays; and
- “Trail of Terror,” a frightening maze experience, 7-11 p.m., also Fridays and Saturdays.

Visit www.dole-plantation.com for prices and discounts.

ARTafterDARK: Ghost

Story — Honolulu Museum of Art hosts, 6-9 p.m., Oct. 25. Visit www.honolulu-museum.org.

Gunstock Zombie

Hayride — Departs every 10 minutes, 7-11 p.m., Oct. 25-26 and 28, Gunstock Ranch, 56-250 Kamehameha Hwy. in Laie. Features 25-minute ride through zombie-infested woods and twisted fields. Costs \$20 at the door. Visit www.gunstockzombiehayride.com.

26 ○ Saturday

Slime Time — Kapolei Public Library, 10:30 a.m., helps keiki, ages 3 and older, create their own slime and sidewalk chalk. Call 693-7050.

Halloween Fall Festival and Food Drive — Wahiawa town hosts this family event, 10:30 a.m.-1:30 p.m., at the Wahiawa Shopping Center and Wahiawa Town Center.

Includes mini-pumpkin decorating, a magic show at 11:30 a.m. and a costume contest. Call 221-2774.

Halloween Spooktacular

— Mililani Town Center hosts this family Halloween event with a keiki costume contest, games and giveaways, 11 a.m.-2 p.m. Visit goo.gl/fGFAUV.

Bellows BooFest

— Family event at Bellows Air Force Station begins with a costume contest at 5 p.m., followed by trick or treating, a haunted house, games and movies on the lanai. Open to authorized military, DOD and family members. Call 259-4136 or visit www.bellowsaifs.com.

Ghost Tours

— Historian Steven Fredrick hosts his “Walk with the Dead” ghost tour throughout October, beginning Oct. 5. The four-hour walking tour covers 2

miles and visits haunted sites related to the dark side of historic Honolulu, including a haunted tavern.

Tours begin at 6:30 p.m., Oct. 26-31. Cost is \$30 with military ID, \$40 for general public. Reservations are required. Call 395-0674 or email filmguy54@hotmail.com.

31 ○ Thursday

Schofield Exchange

“Mall-o-Ween” —Trick-or-treating and costume contest for ages 12 and under, 4-6 p.m., Oct. 31. Halloween Bingo open to all ages.

USAG-HI Halloween

— Authorized Halloween trick-or-treating hours for Army Hawaii areas will be 6-9 p.m., Oct. 31.

Mililani Shopping

Center — Features trick-or-treating, pumpkin patch picture-taking area and keiki costume contest, 5-7 p.m. Visit www.mililanishoppingcenter.com.

Pearlridge Center

— Halloween event features free photos and trick-or-treating for costumed keiki under 12, 5-8 p.m.

Kapolei Shopping

Center — Trick-or-treating from 5-7 p.m. for costumed keiki.

Waianae Fall

Fest — Waianae Mall hosts festival, 5-7 p.m.

This Halloween event presented by the Learning Disabilities Association of Hawaii and includes carnival games, arts and crafts and goodie bags for keiki ages 5 and under. Visit goo.gl/DHKLu3.



Parent tricks bag Halloween treats

Right about now, parents across this country are calculating, planning and scheming.

Their minds are racing with clandestine plots, subversive strategies and covert operations.

They’re not talking because their plans are on the “DL,” very hush-hush, absolutely top secret.

You see, it’s Halloween, and as much as we won’t admit it, we parents are just like our sticky, chocolate-smearing, sugar-mongering little rug rats.

We want candy too, and lots of it.

The only problem is, unless we want to be involuntarily committed to the local mental ward, parents aren’t willing to dress up in ninja and princess costumes, carry plastic pumpkin buckets and knock on neighbors’ doors beg-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI

Contributing Writer

ging for treats. And we certainly can’t walk into stores and buy bags of candy for ourselves.

Aside from the embarrassment of publicly exposing a fondness for sinking our crowns into copious amounts of snack-sized candy bars, we know that as long as we sneak the candy without anyone knowing, we won’t gain 10 pounds on Halloween.

In order for us to enjoy Halloween treats without unwanted stigma and calories, we must resort to fraud, trickery, embezzlement and, occasionally, bold-faced lying. And here’s

how to do it:

Before buying Halloween treats, ascertain which candy your kids will NOT eat, and then go out and buy them. Generally, that candy will be something with coconut, nuts or some other kid-offending substance, which, ironically, tends to be exactly the kind of candy we adults love to stuff into our gullets.

Personally, I fancy Almond Joys, so I always mix several dozen of them together with the Pixie Sticks, Kit Kats, Laffy Taffy and other candy I give out to trick-or-treaters on Halloween night.

Interestingly, those Almond Joys parents give out on Halloween night will get traded, re-



cycled back into other treat bowls, and eventually end up in our own kids’ treat bags.

When our kids sort through their candy at the end of the night, we will be there to kindly accept their discards.

It’s a win-win for everyone!

Additionally, once the sugared-up little goblins have toddled off to bed, parents may get a hankering for pumpkin-shaped peanut butter cups or bat-shaped chocolate bars. What to do? Just tiptoe right on over to your kids’ pumpkin buckets and take what you want, silly.

However, be mindful that some kids take in-

See TREATS B-5



Briefs

Today

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) host local-style food, 11 a.m.-1 p.m., every last Friday of the month, for \$14.95.

USARPAC Golf Scramble — Happens every last Friday of the month. Registration begins at 11 a.m., with a shotgun start at 12:30 p.m. Registration is \$5 per player. Call 438-6923.

26 / Saturday

Cosplay Party — Teen-oriented party at SB Sgt. Yano Library for manga and anime fans. Dress as your favorite character and register for the Cosplay contest, 3 p.m., Saturday. Features refreshments, anime playlists, manga swap and prize packs for registered guests. Preregistration encouraged. Call 655-8000 or “like” us on Facebook @ Army Hawaii Library.

Bowl Halloween — Special party night, 6:30 p.m.-1 a.m., at Schofield Bowling Center features live DJ from Dynamic Sounds, games and goodie bags for every bowler in costume. Call 655-0573.

27 / Sunday

NFL Sundays — SB Tropics Warrior Zone offers all the NFL games. Facility opens half-hour before the first game starts. Tropics also will feature Monday night and Thursday night NFL games. Patrons 18 and older are welcome; call 655-5698.

Kolekole Sunday Football — Doors open one-half-hour before kick-off of first game. Breakfast tailgate buffet \$5 until noon; pupu and crowd pleasers, games and prizes throughout the morning. Are you SB Kolekole’s hardest working fan? Punch in every time you watch football at Kolekole, and get a chance to win a 32-inch TV at the Super Bowl party. The fan with the most clocked hours by Jan. 30, 2014, wins. Call 655-4466.

28 / Monday

Schofield Bowl Special — Mondays, except holidays, 9 a.m.-10 p.m., through Dec. 30, Schofield Bowl will offer “Monday Dollar Days,” with a one dollar game of bowling, shoes, nachos and hot dogs. Call 655-0573.

“Seek the Unknown” — Teens are invited to FS library to create an original promotional flyer with this theme



“Take-back Day” reclaims drugs

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — The public is urged to turn in unused prescriptions as part of the National Prescription Drug Take-Back Day, 10 a.m.-2 p.m., Saturday Oct. 26, here, and at other locations on Oahu and around the state. The initiative allows disposal of unwanted or unused prescription drugs. “It should be everyone’s responsibility to dispose of unwanted, over-the-counter medication prescriptions properly,” said Brent Oto, instructor, at the Army Sub-

stance Abuse Program. Rates of prescription drug abuse in the U.S. are on the rise, According to the most recent National Survey on Drug Use and Health, with twice as many Americans currently abusing prescription drugs than the number of those using cocaine, hallucinogens, inhalants and heroin combined. To date, more than 2.8 million pounds (1,409 tons) of prescription medications have been removed from circulation since the take-back initiative began three years ago.

RX Drop-off Locations

- National Prescription Drug Take-Back Day is scheduled 10 a.m.-2 p.m., Saturday Oct. 26, at various sites on Oahu. Bring all unwanted, unused or expired medications in a sealed plastic bag for safe, anonymous disposal to any of these locations:
- Schofield Barracks PX, main lobby, near flower shop;
 - Navy Exchange, main lobby;
 - Marine Corps Exchange, Kaneohe Bay, in front;
 - Kapolei Police Station, parking lot;
 - Town Center of Mililani, north end of mall;
 - Kaneohe Bay Shopping Center, middle of mall;

- Kahala Mall, inside; or the
 - Hawaii State Capitol, Beretania Street drive-through.
- The service also is offered at the following neighbor island locations:
- Big Island of Hawaii’s Army Aviation Support Facility (adjacent to Civil Air Patrol), or the Hawaii Police Department Kona Police Station (parking lot);
 - Maui County Police Department (parking lot); or
 - Kauai Police Department (parking lot).
- Only solid medicines may be turned in; no liquids, injectables or needles will be accepted. For more information, call 541-1930 or visit www.dea.gov.

“Seek the Unknown,” a favorite book, theme interpretation and more during October. Bring your creation in to the FS library for display. Judging will be done the first week of November and prizes will be awarded. Call 438-9521.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch from 11 a.m.-1 p.m. Enjoy buffet style or menu items.

29 / Tuesday

Stained Glass Workshop — SB Arts and Crafts Center instructors teach, 5-8 p.m., Oct. 29 and Nov. 5, the basics of foil assembly as you select, cut and solder glass into a charming island theme sun catcher. Workshop cost is \$60 and includes all supplies except glass. Call 655-4202.

Taco Tuesday Night — SB

Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

Tropics Chess Tournament — Every Tuesday, 5:30 p.m., sign-up. In October, SB Tropics hosts tournaments, with the finals scheduled for Oct. 29. Competition begins promptly at 6 p.m.

30 / Wednesday

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Wednesdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for registration.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130. Attend these meetings:

- North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 11 a.m., 2nd and 4th Wednesday, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

8-Ball Pool and Ping Pong Tournaments — Join this popular weekly competition, starting at 6 p.m., Wednesdays, at SB Tropics Warrior Zone. Monthly champions crowned last Wednesday of the month. Free to play. Call 655-5698.

See FMWR Briefs,B-7



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

Today

Gospel Concert — Gospel Artist Vashawn Mitchell performs at the Hickam Officer’s Club Lanai, 6 p.m., Oct. 25. Call the AMR Chapel (839-4319) or email Maj. Lawanda Warthen at warthen3@aol.com.

Hawaii vs. Colorado State Football — College football kick off is at 6 p.m. at Aloha Stadium featuring the University of Hawaii Warriors. Active duty military, DOD civilians and retired military eligible for 50 percent discount on select adult tickets (eight maximum) to all UH home sporting events. Valid ID required when purchasing tickets at event. Visit www.hawaiiathletics.com.

27 / Sunday

North Shore Polo — The 50th

season of the Hawaii Polo Club includes a military ticket discount and matches every Sunday through Oct. 27. Visit www.hawaiipolo.com.

29 / Tuesday

Family Night Programs — AMR and Schofield chapels invite the public to family night programs. The weekly event features dinner, classes and activities for children ages 4 through high school and adults. A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC. Weekly schedule follows:

- AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.
- Schofield Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m.

Call 833-8175 (SB) or 839-4319 (AMR).

November 7 / Thursday

Hawaiian Culture — IPC offers Hawaiian culture classes and activi-

ties, 4 p.m., every first Thursday of the month at SB Kaena Community Center, 5485 Gallup St. Free to IPC residents. Call 275-3159 or email events@ipchawaii.com.

9 / Saturday

ASYMCA Father/Daughter Dance — Nehelani hosts this annual event, 5-9 p.m., Nov. 9. Activities include face painting, buffet dinner, dancing, picture taking and balloon twisting. Cost is \$60 for father/daughter and \$20 for each additional daughter. Call ASYMCA at 624-5645 or visit ASYMCA at 1262 Santos Dumont Ave., Bldg. 122.

11/ Monday

Veterans Day Train Rides — Round trip from Ewa to Kahe Point leaves approximately 9:30 a.m., and lasts 90 minutes. Seats range from \$8-\$12. Visit www.4ewa.org.

12 / Tuesday

North SIM — The North Spouse Information Meeting is 10-11 a.m., Nov. 12 at the SB Nehelani.

13 / Wednesday

South SIM — The South Spouse Information Meeting is 9-10 a.m., Nov. 13, at the FS Hale Ikena.

15 / Friday

Holiday Card Lane — Unit entry forms should be completed Nov. 15, and sponsoring unit/staff office/agency should purchase supplies to provide necessary labor, materials and funding for display. Both SB and FS host the holiday lane card competition for display, Nov. 25-Jan. 6, 2014. Entry forms are located at the FMWR website, himwr.com, or call the FMWR Special Events office, 655-0113. Awards for best presentations will be presented at the Holiday Tree Lighting ceremonies on Dec. 3 (SB) and Dec. 5 (FS)

Ongoing

New DOE Website — The Hawaii Department of Education’s new website has a section specifically for military families. Visit www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/Home.aspx.



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 noon at 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)

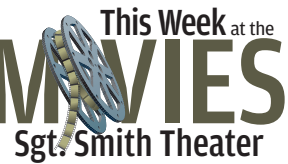
- Friday, 7:30 p.m. at PH

Pagan (Wicca)

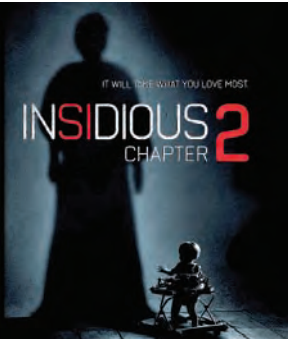
- Friday, 7 p.m. at MPC Annex Room 232

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



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



Insidious Chapter 2

(PG-13)
Fri., Oct. 25, 7 p.m.
Thurs., Oct. 31, 7 p.m.

The Family

(R)
Sat., Oct. 26, 2 p.m.

Prisoners

(R)
Sat., Oct. 26, 6 p.m.



The Smurfs 2

(PG)
Sun., Oct. 27, 1 p.m.

Mortal Instruments: City of Bones

(PG-13)
Sun., Oct. 27, 5 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

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

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

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

Hawaii vendors vie for Commissary, Soldier business

Story and photos by
JACK WIERS
U.S. Army Garrison-Hawaii Public Affairs
HONOLULU — The coordinated opportunity for local Hawaii businesses to have their products sold in Hawaii military commissaries first sprang to life in 1997, and is now in full-flower, as evidenced Oct. 16, as military representatives met with local vendors during the 16th annual American Logistics Association (ALA) Hawaii Show.



Schofield Commissary Store Manager Gregory McGruder interviews a prospective supplier at the Oct. 12 American Logistics Association Hawaii Show.

The show began 16 years ago with six to 10 local vendors, and now features 80 local companies displaying their goods, with a waiting list of additional Hawaii-based companies that are eager to pay the \$495 fee to display their wares.

Schofield Commissary Store Director Gregory McGruder toured the packed and bustling aisles of the show, and searched for new Hawaii-based products to carry.

“This (show) is really important,” said McGruder moments after testing one vendor’s microwavable chili-mac that left the sampler impressed. As a 40-year veteran of the Defense Commissary Agency, or DeCA, he felt single Soldiers would welcome the sampled product.

That type of decision making was central to the process in determining what eventually would merit commissary shelf space.

McGruder aggressively endorsed fostering relationships with local companies through incentives and customer-oriented promotions and has a dedicated area for Hawaii products at the Schofield commissary.

“The amount of space we reserve (in the commissary) for Hawaii products is considerable,” he said.

McGruder was one of an estimated 45 government buyers who touched, smelled and tasted local products, ranging from bakery goods to health and beauty products.

This incorporation of local goods into military commissaries has become an

increasingly big business, worth an estimated \$40 million annually to the local economy, including \$19 million in direct commissary sales, according to show organizers.

“We love working with the military and supporting military families,” said Michael Irish, chief executive officer, Diamond Head Seafood Company.

Irish estimates the military commissaries account for 20-25 percent of his company’s business, which includes delivery of more than 500 pounds of fresh seafood daily to the military.

And he hopes for a bigger slice of the pie, so to speak.

Last year, 169 new items found commissary shelf space, and that included 11 new companies that had never previously done business with DeCA.

Irish’s company this year purchased the Makiki Bake Shop, and now he is expanding the bakery and working to place a line of bakery goods into commissaries. The bakeshop goods were in prominent display during the show at the Hawaii Prince Hotel and received positive reviews from prospective buyers on hand.

Decisions about product purchases will be made in the coming days and weeks, but there was no doubt the buying and selling process was in motion during the six-hour show, with buyers, including McGruder, busy interviewing and taking notes.

“Local companies have the opportunity to meet one-on-one with key military decision makers,” said Sharon Zambo-Fan, show coordinator. “That is important.”

The ALA also works with prospective companies by providing marketing classes to pre-



Owners of Makiki Bake Shop display their wares at the Oct. 12 American Logistics Association Hawaii Show. Defense Commissary Agency buyers use the show to choose new products that best satisfy commissary shoppers.



The sampling of items as diverse as Mac 'n Cheese and Chili Mac dinners were part of the Oct. 12 American Logistics Association Hawaii Show.

pare companies to work within the commissary system and instructs how to meet DeCA requirements.

The results have been impressive. Last year, 169 new items found commissary shelf space, and that included 11 new companies that had never previously done business with DeCA.

Farm produce alone, accounting for \$5 million in sales, provides income to more than an estimated 100 local farms throughout the state.

“Hawaii has small, family-run businesses with unique flavors,” said Zambo-Fan, “and this show gives small businesses an opportunity to do business with the government.”



Maj. Jan Stewart, 45th SB, 8th TSC, knocks out as many kettle bell swings as he can in one minute during the 8th TSC’s Crossfit Challenge, recently.

8TSC Crossfit ‘challenged’

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Company commanders of the 8th Theater Sustainment Command got a chance to get their fitness on during a Crossfit challenge recently.

The tournament, hosted by its 45th Sust. Brigade, saw more than 40 officers participate.

“I’ve done Crossfit before, but this is the first Crossfit challenge I’ve done with 8th TSC,” said Capt. Catherine O’Brian, commander, Headquarters and Headquarters Company, 8th Military Police Bde, and the winner among the female Crossfit competitors. “I thought it was fun. It’s nice to have a little competition.”

Participants were required to cycle through five different exercises two times, each exercise lasting one minute.

The exercises included rowing, the kettle bell swing, burpees and push-press. Scorekeepers tracked the number of reps each indi-

vidual completed.

“The event was a great way to reach out to company commanders in particular,” said Capt. Christel Thompson, coordinator for the challenge. “The routine introduced officers to new ideas for Soldier fitness. It’s something different than the same old push-up, sit-up drills.”

The challenge was also an opportunity for officers to learn their own levels of fitness.

“As an officer and leader, it’s important to maintain a high standard of personal fitness,” said O’Brian. “You can’t have a successful Army career without being physically fit.”

The word isn’t out on whether the tournaments will be a regular event throughout the 8th TSC, but so far it seems Crossfit has dug its heels into the Army fitness program with zest.

Crossfit is a popular strength and conditioning program that combines weightlifting, sprinting and gymnastics with high intensity repetitions.

It’s become increasingly popular among military fitness enthusiasts.

1-14th Inf. shares PT with Nanaikapono Elementary keiki

1ST LT. TIMOTHY MCCrackEN
1st Battalion, 14th Infantry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

WAIANAE — Soldiers of the 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, gathered at Nanaikapono Elementary, recently, as they do every Tuesday, to work on physical fitness with the students as part of their local school partnership program.

The program was first created when Nanaikapono’s Kevin Eiker, Health and Fitness teacher, and Maria Marbella, military liaison, met up with 1st Lt. Timothy McCracken, 1-14th Inf. Regt. school liaison in August to discuss how the military could be more involved on a regular basis.

“Right now, each class from kindergarten through sixth grade only gets 40 minutes for every two weeks, which is definitely not enough time,” said Eiker. “Recommended is 60 minutes each day and they’re getting only 40 minutes every two weeks for structured fitness time.”

To address this issue, 1-14th Inf. Regt. reserved time Tuesday mornings to give Soldiers the opportunity to conduct physical fitness with students.

“It’s the best part of my day on Tuesday



A 1-14th Inf. Regt. warrior helps motivate, instruct, and participate with students during Soldier Keiki PT, Tuesdays at Nanaikapono Elementary School. (Photo by Spec. Antonia Heurta, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division)

mornings when you see the kids,” said Spc. Shaun Elder, Company C, 1-14th Inf. Regt. “It’s not just engaging them to become more physically fit, but it’s getting them to see the importance of it and seeing their smiles when they know they’ve reached their goals.

“Little things like showing them how to run better and not sprint right at the start of the half mile assessment was fulfilling,” Elder continued. “Opportunities like this make other Soldiers want to get involved because they

see us volunteering and making a difference within the community.”

Soldiers and keiki are not the only ones who benefit from this program, as it sends a bigger message to those who observe it firsthand.

Marbella said some of the anticipated school programs and activities that the Golden Drag-

ons will support this school year will strengthen the relationships with not only the school and community, but also with other business and organizations.

The Golden Dragons continue to highlight the importance of volunteerism and community outreach by participating in the Soldier Keiki Fit program on a weekly basis.

“The biggest thing which has the most success with the Keiki Fit program, with the military partnership, is that the message of being healthy and taking care of your body is shown to the kids not just by me but by the Soldiers who come and model and talk to the kids about the importance of being fit,” said Eiker.

“The message is something that they are really starting to buy into, and you can see it in the things they do around school. They just want to be fit, and they are taking it very serious, so it’s been a great success.”

Soldiers recently donated additional physical fitness equipment to further assist the program.

(Editor’s note: McCracken is the unit public affairs representative for 1-14th Inf. Regt.)

2-14th Cav. hosts Halloween event

Story and photo by
1ST LT. BRANDON THOMANN
2nd Squadron, 14th Cavalry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers and families of the 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, participated in a Halloween event, Oct. 17.

The event consisted of Trick or Trunk and a Haunted Forest.

“The event started with Trick or Trunk where the kids could walk around and get candy,” said Command Sgt. Maj. Daniel Gustafson, 2-14th Cav.’s senior enlisted leader. “We had a good turnout with about 25 decorated cars.”

Trick or Trunk had volunteers decorate the trunks of their cars and hand out candy to children, while the Haunted Forest was held on an obstacle course decorated and operated by Soldiers of 2-14th Cav.

Volunteers put forth quite an effort in decorating their vehicles, varying from scary to funny. After the families finished with Trick or Trunk, they had the opportunity to go through the Haunted Forest.

“The Troops did a great job decorating the obstacle course,” said Gustafson. “Over 300 people went through.”

“The Haunted Forest was an excellent experience,” said Maj. Scott Horrigan, executive officer for 2-14th Cav. “The troops really put forth an effort to show their support for the squadron and the families.”

With the U.S. Army-Pacific command transitioning to a focus on the Pacific, 2-



The 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, held a Halloween event at Schofield Barracks on Oct. 17. Troops turned an obstacle course into a Haunted Forest for Soldiers and family participation.

14th Cav. strives to maintain resilient Soldiers and families. The focus of this event was to strengthen the bond between the families and the unit.

“This was a great morale booster,” said Staff Sgt. Travis DeGrandi, the personnel noncommissioned officer in charge of Headquarters and Headquarters Troop.

The impressive turnout and the families and Soldiers of 2-14th Cav. generated positive feedback.

“It shows that the squadron really cares about the Soldiers and their families,” DeGrandi said.

With upcoming training deployments throughout the Pacific, the resiliency of Soldiers and families are stated unit priorities as a foundation to a successful mission.

(Editor’s note: Thomann is the unit public affairs representative for 2-14th, Cav. Regt., 2nd SBCT.)



Treats: Be discreet

CONTINUED FROM B-1

ventory of their Halloween booty, so parents must be discreet when poaching kids’ treats. If there is only one Crunch Bar, leave it and take one of the seven Baby Ruths and a couple of stray Tootsie Rolls instead. Also, keep bags of bulky fruit snacks or raisin boxes on hand to pad your kids’ treats in the event that your thievery noticeably depletes their supply.

If the kids become suspicious that someone is eating their candy, act offended while flatly denying the accusations, and for goodness’ sake, do not leave wrappers laying next to your bed. If pressed, blame it on the dog, the accuser’s sibling or Grandma. These usually work.

Now, I know some of you might be thinking, “But we can’t steal from our own children, right?” Wrong!

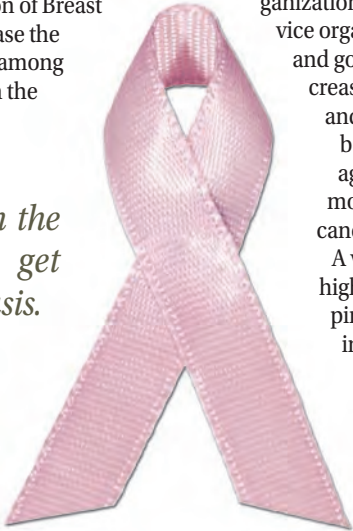
It’s not only acceptable for parents to pilfer candy from their kids’ treat bags on Halloween, it is also arguably our God-given parental duty to reduce our children’s sugar consumption. Yea, that’s the ticket.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Breast Cancer Awareness reinforces ‘Don’t Wait’

VALENCIA DUNBAR, D.M.
Army Medicine Public Affairs

Army Medicine joins the Military Health System (MHS) and other health system partners in recognition of Breast Cancer Awareness Month in an effort to increase the overall awareness and sharing of information among Soldiers, family members and beneficiaries on the importance of breast cancer screening.



If you are age 40 or older, join the millions of women who get mammograms on a regular basis.

The campaign is also designed to communicate how a healthy lifestyle, which includes eating nutritious foods and staying physically active, are essential to maintaining, restoring and improving breast health.

The end state is an environment where Soldiers, family members and beneficiaries have a better understanding of the preventive measures they can take to reduce the risks of developing breast cancer by getting screened early and regularly.

Breast cancer is the second most common cancer (behind skin cancer) in females in the U.S. and the second most common cause of cancer death in women (behind lung cancer). Today, there are about 2.5 million breast cancer survivors living in the U.S. An estimated 39,620 women are expected to die from the disease in 2013.

The good news is that death rates for breast cancer have steadily declined for women in the past 20 years, likely due to progress in earlier detection, improved treatment of breast

cancer and possibly from the declining use of combination hormone replacement therapy.

The National Breast Cancer Awareness Month (NBCAM) organization is comprised of several national public service organizations, professional medical associations and government agencies working together to increase breast cancer awareness, share information and provide access to screening services. NBCAM began on a national level more than 25 years ago in order to promote mammography as the most effective weapon in the fight against breast cancer.

A variety of events are organized in October to highlight NBCAM, including walks, runs and the pink illumination of landmarks. The third week in October was established as “Male Breast Cancer Awareness Week” by several male breast cancer advocacy groups. According to the American Cancer Society (ACS), an estimated 232,340 new cases of breast cancer are expected to be diagnosed among

Resources

To learn more about breast cancer, visit Military Health System Women’s Health at www.health.mil and National Cancer Institute at www.cancer.gov/cancertopics.

women in the U.S. this year; about 2,240 new cases are expected in men. Men are generally at low risk for developing breast cancer; however, approximately 2,140 men are diagnosed with breast cancer each year.

If you are age 40 or older, join the millions of women who get mammograms on a regular basis. If you are a family member, friend or colleague, don’t wait to encourage the women in your life to get mammograms. Breast cancer is more likely to be cured if it is caught early.

If all women adhered to guidelines for obtaining mammograms, the survivability rate from breast cancer would increase significantly. Early detection is key. The key to mammography screening is that it be done routinely. Once is not enough.



complete “Grandma’s Favorite Dishcloth” as your first project at SB Arts and Crafts Center. First class is \$25 (includes yarn and needles); additional classes are \$5 each. Call 655-4202 to register.

Tropics Poker Tournament — Texas Hold’em poker, 6 p.m., at SB Tropics Warrior Zone, every Thursday. The free weekly tournament is open to all ID card-holders, 18 and older.

Briefs
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Knitting Class — Learn the basics of knitting and