

Veterans Day 2013

HONOLULU — Helping to display the colors, future leader Cadet Pfc. Vincent Sage (right), Kahuku High and Intermediate School Junior Reserve Officers' Training Corps, and fellow cadets participate in a Veterans Day ceremony at the National Memorial Cemetery of the Pacific, Punchbowl, Monday. See related stories and photos on p. A-5. (Photo by Sgt. 1st Class Crista Mack, U.S. Army-Pacific Public Affairs)



Patrols enforce standards

**2ND STRYKER BRIGADE
COMBAT TEAM PUBLIC AFFAIRS**
25th Infantry Division

SCHOFIELD BARRACKS — Courtesy patrols began, here, Oct. 7, at the behest of Maj. Gen. Kurt Fuller, senior commander, U.S. Army Garrison-Hawaii, and commander, 25th Infantry Division, and Command Sgt. Maj. Benjamin Jones, senior enlisted leader, 25th ID.

"In starting courtesy patrols, our goal is to help build individual discipline and enduring success, resulting in more-resilient Soldiers and families, but, ultimately, (to) promote a positive, safe and healthy environment here in Hawaii," Jones said.

A courtesy patrol team is comprised of a lieutenant and a sergeant first class, who patrol an assigned area to inform Soldiers and family members if they are violating 25th ID, USAG-HI or Army policies.

Through education and on-the-spot corrections, courtesy patrols reinforce regulations and policies outlined in Army regulations, the Lightning Strong Policy Letter and Garrison Policy Letter 31.

"Most people just don't know the rules," said 1st Lt. Andrew Maitner, 1st Battalion, 21st Inf. Regiment, 2nd Stryker Brigade Combat Team, 25th ID, who recently served as a courtesy patrol team leader.

"We make the correction, and they typically say they weren't aware of the policy," Maitner said.

"It's more than just going out there and just looking for things to correct," added Sgt. Maj. Robert Parker, provost senior enlisted leader, 25th ID, who briefs incoming courtesy patrols and prepares them for their

responsibility.

"It's actually helping educate people on what we want our military culture to be and some standards that we want to follow that are just basic," Parker explained. "It leads to better conduct."

Conduct is increasingly important to Army leaders. The 25th ID wrote and distributed the Standards Blue Book to inform Soldiers of all ranks about basic standards for individual discipline, appearance, conduct and military courtesy, as established by Army Regulations and policies.

"We are Soldiers 24/7, and just because the duty day ends does not mean we stop adhering to Army regulations and policies," Jones said. "As an NCO or officer, it is our responsibility to first of all know what the Army regulations and policies are. Just don't pass it on by word of mouth; look it up."

"Secondly, have the courage to make on-the-spot corrections," Jones continued. "By not doing so, you have just created a new wrong standard for our Army."

As part of the program, four courtesy patrol teams patrol four areas, here and on Wheeler Army Airfield, to include housing areas, the Exchange, the commissary, gyms and the Nehelani and Tropics clubs.

"We want for Soldiers and family members to feel confident in going anywhere on this installation and not have to worry about being exposed to vulgar language, loud music with explicit lyrics, or people in improper civilian attire," Jones said.

Schofield resident Holly Evans is appreciative of the courtesy patrol program.

"Asking people to dress appropriately and act appropriately isn't too much to ask," Evans said. "Some people need to be policed up. I know a lot of people wouldn't agree, especially those who are just spouses and don't think it should apply to them. But, ultimately, the spouses and families represent the Soldier, who represents the Army. Holding everyone to a higher standard is what we need around here."

Parker is hopeful that the initial growing pains of the courtesy patrols, as well as individuals around the installation taking on more of the responsibility to inform and educate standards violators, will ultimately lead to a more professional and courteous culture.

"Small programs like this speak also to the fact that we're a profession at arms and that our Soldiers should be committed to our Army Profession," Parker said. "Things like courtesy patrol, they make sure they do enforce a professional environment across the Army that is free of harassment and promotes and respects the individual dignity of Soldiers and civilians and allows them to realize their full potential."

Evans believes the courtesy patrol program will improve the sense of community and foster a culture of consideration for others.

"I think it will make people more accountable for their actions," Evans said. "There are so many children running around doing what they want, or people not following community rules. It almost makes neighbors resent each other. People might feel a bit warmer to their neighbors if they're all upholding the same standards."



A Soldier from 2-27th Inf. Regt., 3rd BCT, 25th ID, jumps off the high dive during the Combat Water Survival Assessment, Nov. 6. (Photo by Lt. Grace Lu, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division)

Wolfhounds compete to be battalion's 'eyes'

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

SCHOFIELD BARRACKS — The Scouts of 2nd Battalion, 27th Infantry Regiment, "Wolfhounds," 3rd Brigade Combat Team, 25th Inf. Division, held an assessment to evaluate Soldiers on East Range, here, Nov. 5-7.

The physically demanding challenge was to determine if any Wolfhounds could make the cut for the Scout Platoon. Any Soldier within the unit who is in good standing in the eyes of the command and has the desire to part of the scouts may try out for the platoon.

"I like to take every opportunity given to me," explained Pvt. Tyler Szczecina, Company B.

Szczecina has been with the unit less than six months and got the chance to go out for the Scout Platoon because of the outstanding level of physical fitness and professionalism he demonstrated.

As a member of a Scout Platoon, Soldiers often operate in decentralized locations that require highly mo-

tivated, disciplined and competent warriors to be successful.

During the assessment, the candidates began their days as early as 4:30 a.m. Events included the Ranger Physical Fitness Test, Combat Water Survival Assessment, day and night land navigation, a 3-mile run combined with an obstacle course, a 12-mile road march with a three-hour time limit and a selection board.

"The Scout assessment is intense and well-rounded training used to test the knowledge and limitation on how far you will push yourself," said Spc. Edward Marshall, Headquarters and Headquarters Co. "It really introduces a new aspect of battle by introducing reconnaissance and surveillance opposed to focusing primarily on destroying the objective."

In conjunction with assessing Soldiers and their ability to make it in the Scout Platoon, chosen candidates will also be evaluated to go immediately into the pre-Ranger program in preparation for Ranger School.

Of the 29 Soldiers who tried out for the platoon, only 13 were selected.



Sgt. 1st Class Jose Barreiro (center) and 1st Lt. Sherman Perez (right), both with 1-21st Inf. Regt., 2nd SBCT, 25th ID, correct a Soldier who failed to park his vehicle in a designated parking spot. Barreiro and Perez are members of the recently launched courtesy patrols, which walk around their assigned area on post and educate Soldiers and family members on Army policies. (Photo by Sgt. Daniel Johnson, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division)



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SCHOFIELD BARRACKS — Howard Johnston, deputy garrison commander, U.S. Army Garrison-Hawaii, welcomes delegates to the start of the Army Family Action Plan 2014 conference, held at the Main Post Chapel Annex, here, Wednesday.

Over the course of two-and-a-half days, the 60 Army community volunteers, which include Soldiers, spouses, retirees and civilian employees, will examine current services and programs offered by the Army and prioritize those that are most valuable to the quality of life for Soldiers and their families.

"Change is inevitable, but by being part of it, you are being a proactive part of the Army family," said Johnston in his address.

The delegates will present these issues to Army leaders and VIP guests today, Nov. 15, in a Report Out at the Nehelani. Read the full story in next week's "Hawaii Army Weekly." (Photos by Sarah Pacheco, Honolulu Star-Advertiser)



Mele Stender, program manager, Army Family Action Plan; Army Community Service; Directorate of Family and Morale, Welfare and Recreation; USAG-HI, welcomes delegates to the start of the AFAP 2014 conference.

BRIDGING THE BASICS

Leaders must be the example for their Soldiers

SGT. MAJ. TARA BRYAN
516th Signal Brigade
311th Sig. Command (Theater)

As a drill sergeant in 2005, I recall a briefing that focused on Soldiers who were a part of Generation Y. The intent of the briefing was to show each drill sergeant the characteristics of the civilians who would be trained and turned into Soldiers.

These civilians enlisted at the height of the war. They were more tech-savvy, and they were less likely to be driven by a screaming drill sergeant.

What was the plan to ensure these Soldiers would perform to their expected levels? The drill sergeants were told to "lead by example."

Leading by example is not a new idea

in the Army, but it seems that leaders have moved away from it. Some leaders think it is OK to give Soldiers a task yet not supervise them. On the other side of the spectrum, some leaders micro-manage Soldiers to the point where they cannot be creative with their own ideas.

The coined term "toxic leadership" has become closely associated with today's Army leaders. This must be fixed. Leaders have to find the right mix to get their Soldiers motivated to meet their units' missions.

What does it take to lead by example? Leaders who lead by example have the innate ability to motivate their Sol-



Bryan

diers. They lead in thought, word and deed. They sacrifice their time and are committed to the success of the unit. The Soldiers see the genuineness of their character and would go the distance for these leaders.

Leaders who lead by example take the extra step to show their Soldiers what "Back to Basics" looks like.

They give 100 percent of their time to 100 percent of their Soldiers.

Squad leaders in our unit train their Soldiers in Army Warrior Tasks, they conduct squad-level Physical Readiness Training, and senior leaders mentor Soldiers on getting to the next level.

Training events involve all leaders. It is not uncommon to see senior leaders doing PRT, running with the Soldiers or at the NBC chamber. This is leading by example!

Back to the basics begins with committed and competent leaders who are willing to lead by example. One line of the Drill Sergeant Creed says, "I will lead by example, never requiring a Soldier to attempt any task I would not do myself."

If I want my Soldiers to be disciplined, I must first be disciplined. If I want my Soldiers to be physically fit, I must also be physically fit. If I want them to get back to the basics, I must get back to the basics with them and mentor them to succeed. Lead by example!

FOOTSTEPS in FAITH

How does one adjust to being a new mom or dad?

CHAPLAIN (CAPT.) RANDY BELCHER
3rd Battalion
25th Combat Aviation Regiment
25th Combat Avn. Brigade
25th Infantry Division

I am a brand-new father late in life at age 43. My wife and I were blessed to have a son on Oct. 28, 2012.

Like most new moms and dads, we are very proud to be called parents. What scares me the most as a new father is that I might make a mistake that will tarnish my son's life.

Like all Army parents, I watched the new parent video at the hospital about how parents must care for their new baby. The video introduces topics such as what to expect over the next few months as the child develops



Belcher

physically, mentally and emotionally, as well as the warning not to shake the baby if you are feeling stressed.

The video made a strong impact about what is to come over the next few months: No sleep, no time for you and your spouse, sudden joy, sudden fear, diapers galore, excitement about little the accomplishments, and how to handle those cries that do not seem to stop and you cannot figure out why.

As new parents, we are finding that the changes happen quickly, and just when we've figured out one thing, a new challenge emerges.

It is great to have family members around to help out, but for many of us, that may not be an option.

So, to whom can we turn for help?

Where do we find strength? How do we deal with frustrations as a new parent? Here are some words from the Bible that may provide you encouragement during these times:

"Trust in the lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight." (Proverbs, Chapter 3, verse 5)

The book of Proverbs is a collection of timeless wisdom for all aspects of our lives, including words of hope and encouragement. The author, Solomon, offers many encouraging words. Solomon knew how tough life can be; in those darkest times, he suggests that we go beyond our own abilities, thoughts and ideas by trusting the lord with a heart-felt trust. This is good news for new parents, for we can believe that the lord will guide

us down the pathway to help us raise our children in the right way.

If you are struggling in this area, remember, your children are still learning, growing and developing. Seek out help if you need help.

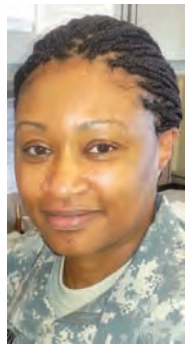
One good place to consider is the Family Life Center, where you can reach a skilled professional counselor. Our current Family Life Chaplain is the father of eight children and knows a lot about the challenges of child rearing. Call the center at 655-6646 for assistance.

Another good practice is looking for an adoptive grandparent to help talk through the struggles and to be there to celebrate the joy of a child with your family.

Last, seek out God's help for those moments that seem so overwhelming. What you do for your child's development today will give them a firm foundation for the future.

Voices of Ohana

With Thanksgiving still two weeks away, we want to know:
"Do you think it's too early for holiday decorations to be up?"
Photos by 9th Mission Support Command Public Affairs



"No, because it gets people in the spirit of the holidays and keeps the depression level down."

Master Sgt. Alma Brown
G-8 NCOIC, 9th MSC



"Yes; it should start the day after Thanksgiving, because you're bypassing it altogether."

Maj. Alfonso Castillo
Budget officer, 9th MSC



"Yes, because it takes away from the fall season."

Sgt. Kristina Sapungay
HR sergeant, USAR TSG-Pacific



"No; it brings joy when you put up decorations."

Sgt. Rosemary Singrattana
HR sergeant, 9th MSC



"Absolutely not, because we are deep in the NFL season and kicking off NCAA, so the sports season tells us the holidays are here."

Master Sgt. Jervie Windom
Military personnel division NCOIC, USAR TSG-Pacific

IMCOM welcomes Nichols as deputy, chief of staff

JADE FULCE
U.S. Army Installation Management Command

SAN ANTONIO — U.S. Army Installation Management Command welcomed Maj. Gen. Camille Nichols to the team as the new deputy commanding general for operations and chief of staff in a ceremony at Fort Sam Houston Theater, here, Nov 1.

“She was handpicked for this position and we are blessed to have her,” said Lt. Gen. Mike Ferriter, commanding general, IMCOM. “She knows the business of taking care of people. She’s knows the business of transforming.”

Nichols enlisted in the Army in 1975 in her home town of Niagara Falls, N.Y. In 1981, she was commissioned as an engineer officer upon graduation from the U.S. Military Academy at

West Point.

In her previous assignments, Nichols was U.S. Army Contracting Command’s first commanding general and served as program executive officer, Program Executive Office Soldier, at Fort Belvoir, Va.

Nichols has more than 25 years of experience in Department of Defense acquisition. She has also served in various engineer jobs earlier in her career as an engineer officer in tactical engineering units. Nichols has a unique distinction as a member of the 1984 U.S. Olympic women’s handball team, serving as manager and assistant coach.

“Thank you for allowing me to be a part of your team,” said Nichols. “I look forward to meeting and spending time with all of you.”



Maj. Gen. Camille Nichols, deputy commander for operations and chief of staff, IMCOM, addresses the audience at Fort Sam Houston Theater during her welcoming ceremony , Nov. 1. (Photo by Neal Snyder, U.S. Army Installation Management Command Public Affairs)

Pilot program focuses on world-class customer service

Story and photo by
AMANDA RODRIGUEZ
U.S. Army Installation Management Command

SAN ANTONIO — Twenty-nine new employees of U.S. Army Installation Management Command headquarters recently participated in the inauguration of the IMCOM Newcomers Orientation class, part of the new IMCOM Onboarding program.

The course is designed to welcome new staff, orient them to the organization and streamline mandatory training with emphasis on the importance of providing world class customer service. Currently, the monthly class is held for all new employees working at IMCOM’s San Antonio campus, including Army Environmental Command and Headquarters and Headquarters Company, though IMCOM workforce developers say they hope installations will adopt parts of the program.

“Specifically, the orientation class is geared towards bringing the new folks in within their first 30 days, showing them the IMCOM way and ensuring that they receive all mandatory training,” said Nick Gonzales, chief of the command’s Workforce Development Branch. “Every new employee will get to hear from IMCOM leaders – the commanding general or his representative – learning first-hand what the highest priorities



are, what’s expected of them. That doesn’t happen in a lot of places and I think that’s something really unique about this program.”

The initial class was diverse, comprised of active duty Soldiers and civilians from both appropriated and non-appropriated fund programs, some new to IMCOM and others long time veterans of civil service, which is precisely the reason why the training is so important said Gonzales — it synchronizes the team.

The monthly class is one part of the overall Onboarding program. The 12-month process consists of six phases: sponsorship, welcome, in-processing, orientation, integration and

completion.

“The Onboarding program will ensure that new employees are properly welcomed into the command ... and treated with the dignity and respect that they deserve. It will equip them with all the training and procedures used in IMCOM necessary to accomplish their mission,” said David Prewitt, chief of the IMCOM Talent Management and Developments Division.

“First and foremost, this is about ensuring that all new (headquarters) employees are welcomed, trained and integrated into the enterprise within the first 30 days,” Gonzales explained, “then we want to push this product out to the garrisons and

let them use it as best suits them. They can take the different parts of the IMCOM Onboarding program — the sponsorship training, the slides, the checklists, the sponsorship letters — and modify it to their garrison’s needs.”

The Onboarding program is a direct result of employee recommendations to IMCOM leadership earlier this year, according to Gonzalez. The recommendations identified areas needing emphasis or a more consistent approach such, as streamlined in-processing and formalized customer service training, he said.

The program includes a snapshot of IMCOM mission, vision and goals, a leadership welcome and IMCOM-specific training in customer service, safety, security, reporting and alcohol and substance abuse. Participant surveys from each welcome session will help fine-tune the training.

The orientation and training blocks are designed to ensure new employees are integrated and immediately effective, and that “each employee knows what’s expected of him, how he’s to treat customers, how to work cooperatively with others,” said Gonzales. “For customers, this means we’ll have an even better-trained workforce, able to handle any type of situation in a positive manner, and (providing) the world-class support they should expect from us.”

9th MSC goes green for consolidated Soldier Readiness

Story and photo by
SGT. ELIZABETH COLE
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — With budgetary constraints top of mind for the Army, one Reserve unit is looking for unique ways to save money without impacting Soldier readiness. The 9th Mission Support Command conducted its biannual consolidated Soldier Readiness Program (SRP), here, Nov. 1-3, using alternative energy sources.

The SRP brings together more than 1,100 Soldiers from Oahu to update records relating to medical, dental, personnel, family readiness, finance, security and legal fields.

When the 9th MSC's U.S. Army Reserve Theater Support Group-Pacific, also known as the TSG, was tasked with running this year's event, Col. Eddie Rosado, commander, TSG, decided the use of solar panels and other alternative energy sources where the only way to go.

"We pay four times the national average for energy within the Pacific," said Rosado. "To be good stewards of the government's money, it's our responsibility to reduce the energy bill and operational energy."

The dental portion of the event, which provides Soldiers with a cost-free way to receive cleanings, examinations and treatments like fillings and extractions, along with the administrative portion were completely run by solar panels.



Spc. Dason Zhang gets an X-ray during the dental portion of the 9th MSC's consolidated SRP. The equipment used for the dental portion was completely powered by solar panels, allowing the unit to save money in a unique and sustainable way.

"It's good for the 9th MSC, as a whole, to use this technology, because it helps for better efficiency and will drive down our electric costs," said Shelia Woods, medical readiness coordinator for the TSG.

"Normally, on a weekend like this, we will have more than 1,000 Soldiers on campus, so electricity, as a whole, is being consumed more," Woods added. "By using solar power, it's taking

a strain off the current infrastructure, and we're able to use natural energy to help run this particular SRP."

The benefits of using this type of equipment go further than just cost effectiveness.

Rosado explained the use of the technology also allows Soldiers the opportunity to train on the equipment, so they are ready in case of a natural disaster.

"The number one reason to use this equipment is to save (the) Earth for the future of our children, but also to be ready and have a system that can be used in case of a natural disaster," said Rosado. "When we have an event like this, it gives our Soldiers the opportunity to get hands-on training with the equipment and actually use it."

In addition to the solar panels, the TSG used the Aspen 2000, a water purification system, to train Soldiers on effectively purifying creek water. Once purified, the water tested by a Fort Shafter veterinarian to ensure it's safe for consumption.

"We'll be able to purify water from any source during a natural disaster," explained Rosado. "We can purify from the ocean or a creek with all kinds of bacteria. It will be a backup system in case we have any kind of water disruption during a natural disaster."

The SRP was not the first event the equipment has been used in; the TSG has made it a point to incorporate the technology into several events throughout the year, including its Earth Day celebration and annual training exercise in March.

The 9th MSC plans to use alternative energy sources in other locations around the command.

"Since we've been so successful in Oahu, our goal is to use the same energy sources in Guam and American Samoa and train our Soldiers there on this equipment, because we have the same package at each site," said Rosado.

2nd SBCT lawyer teaches military law, justice at UH-Manoa

STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

HONOLULU — The afternoon of Oct. 29 was not a typical one for Maj. Nathan Jacobs, judge advocate for 2nd Stryker Brigade Combat Team, 25th Infantry Division.

The afternoon was spent downtown at the University of Hawaii-Manoa, not in his office, but in a classroom, where Jacobs had been invited to speak as a guest lecturer for UH's Reserve Officer Training Corps.

"Having an officer like Maj. Nate Jacobs come down from 2nd Brigade to support Army ROTC at the University of Hawaii is like having a key enabler who you would need on a battlefield in order to come in and completely destroy the enemy," said Maj. John Carson, the new professor of military science (PMS) at UH-Manoa.

"His ability to be able to come in and add value and realism based on his background, based

on everything he knows as an Army officer and as a JAG lawyer, and enable and enhance our instruction at the University of Hawaii ROTC is absolutely critical," Carson added.

Jacobs is no stranger to teaching college students or cadets. While this is his first time as a guest instructor in Hawaii, Jacobs spent three years as a professor at the United States Military Academy at West Point.

His topics this day were military justice and Law of War.

"I'm very excited to have the opportunity to do this and ensure it's done right, because it's something that not every cadet gets," Jacobs said. "It's part of the standard curriculum at West Point, where it's a semester-long class, but you don't have the opportunity with ROTC cadets to give them the same amount of training."

"I'm excited to ensure that they get the baseline legal training that cadets at a different university may not get, because there are some imme-

diated things they need to learn as lieutenants so that they get them right, and there's also the long-term development of setting them up for success as commanders someday," Jacobs noted.

Most of the cadets attending the lecture — all of whom are seniors and will receive their commissions in May of next year — felt the same way.

"Classes like these are invaluable, especially when you're dealing with a lot of cadets who don't have prior service experience," said Cadet Lt. Joseph Keliihanui, a former Army staff sergeant with 12 years of prior service.

"(The class) will give them a leg up on what they'll know as the left and right limits of a lieutenant in respect to (Rules of Engagement), the Law of War and everything down to performing investigations and health and welfare inspections," Keliihanui explained.

This is not the first time Carson, former exec-

utive officer at 1st Battalion, 14th Inf. Regiment, 2nd SBCT, has reached out to his old brigade to bring his cadets training from those with firsthand experience. Earlier in the semester, he had a platoon leader and platoon sergeant come and talk to the cadets.

"I like the new PMS's way of bringing active duty Soldiers down here to give us briefings," Keliihanui said. "He's a liaison between 2nd Brigade because of his experience over there, and now being the commanding officer of our ROTC battalion. It will be invaluable to cadets, because the more exposure they get to active duty enlisted (Soldiers) and officers, the more prepared they will be when they commission."

At the end of the day, Jacobs was just happy to have had a chance to help these future lieutenants.

"It's exciting to do something positive and fun to help future leaders in the Army," Jacobs said.



Gen. Vincent Brooks, commander, USARPAC, thanks veterans for their service to the country during the official Veterans Day ceremony at the National Memorial of the Pacific, Monday.

NMCP honors veterans

Story and photo by
SGT. 1ST CLASS CRISTA MACK
U.S.Army-Pacific Public Affairs

HONOLULU — Veterans were officially recognized at the National Memorial Cemetery of the Pacific, Punchbowl, with a commemoration ceremony, Monday.

The ceremony was officiated by Gen. Vincent Brooks, commander, U. S. Army-Pacific, and narrated by retired Col. Ralph Hiatt, vice president, Oahu Veterans Council.

“We are here to honor our veterans, past and present, for their unwavering service to the nation and for the sacrifices to the nation and their families,” said Brooks. “All of our veterans have given something of themselves to defend this country, and some have given all to defend the freedoms we hold so dear. Today, we especially honor those great veterans who have made the ultimate sacrifice in defense of liberty.”

Sponsored by the Oahu Veterans Council, more than 20 veterans service organizations laid wreaths, and retired Marine Corps Master Gunnery Sgt. Bob Talmadge led the audience in the Pledge of Allegiance.

Also participating in the ceremony were a joint service color guard, a 311th Signal Command (Theater) rifle squad, and the Kahuku High School Junior Reserve Officer Training Corps cadets conducted a flag detail with a massive U.S. flag and assisted with escorts during the wreath laying.

Congresswoman Tulsi Gabbard, who is a captain in the Hawaii Army National Guard,

was the featured distinguished speaker. She paid tribute to all veterans, including the late U.S. Sen. Daniel Inouye, a Medal of Honor recipient.

“He is a man who served our country with tremendous courage and honor in uniform, kicking down doors of prejudice and discrimination while always leading by example,” said Gabbard. “He went on to dedicate the rest of his life to the service of Hawaii and our country, and set the standard for what it means to be a servant leader.”

Gabbard, herself a veteran of two tours downrange, wore her uniform to the event, rather than civilian attire.

“Remember that the heavy responsibility we carry, both as veterans and civilians alike, is to honor those who made that ultimate sacrifice for us,” she said. “We (as veterans) remember to be grateful for the breath in our bodies and the life in our souls, and for the blessings that surround us every day.”

According to the U.S. Department of Veterans Affairs website, 23 million veterans and 57 million military members were recognized Monday.

“Let us remember the price veterans pay and their families pay — physically, mentally, emotionally — to keep this nation free and safe,” said Brooks. “To honor them, we must keep the promises made to properly care for the injured, to remember those that died and support those still serving.”

The ceremony concluded with the playing of taps and retiring of the colors.



Wahiawa — The Tropic Lightning Band marches in the Wahiawa Veterans Day Parade, Monday, one of many annual events honoring veterans. (Photo by Sgt. Brian Erickson, 3rd Brigade Combat Team, 25th Infantry Division Public Affairs)

25ID supports local parades

SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

WAIANAE — More than 20 organizations, including the 2nd Stryker Brigade Combat Team, 25th Infantry Division and Junior Reserve Officer Training Corps cadets, participated in a Veterans Day parade, here.

This was the 31st consecutive year of participation. The 25th ID Band provided live music at the head of the parade, immediately following the color guard.

Although Veterans Day was observed Monday, the annual parade on Oahu’s west coast got an early start Nov. 2. It was the first Veterans Day parade on Oahu this year, viewed by hundreds of onlookers lining Farrington Highway between the harbor and the mall. The parade ran approximately 1 mile.

Twenty-four organizations, including more than 500 JROTC cadets from 11 schools participated in the parade, said Rocky Naeole, chairman of the Waianae Military Civilian Advisory Council (WMCAC).

“This is to show our community that we live

in a great nation supported by the military,” said Naeole.

“We’re excited to be here and support the local community,” said Sgt. Brandon Holt, infantryman, 1st Battalion, 21st Infantry Regiment, 2nd SBCT. “I enjoy meeting new people and letting them see who we are as people, and not just as Soldiers.”

Members of the Koa Puna Motorcycle Club acted as road guards for the parade, shutting down the highway for about an hour, using their motorcycles to block side streets as the parade progressed.

“These events brought the community and the military together to get to know one another,” said Albert Silva, a member of the Royal Order of Kamehameha. “Whatever we can do together is important.”

Following the parade, Soldiers of 2nd SBCT opened Stryker vehicles for members of the community to explore.

The tradition of the parade began 31 years ago when the WMCAC was founded between the local civilian population and military stationed on Oahu.



More than 500 JROTC cadets march in the 31st annual Waianae Veterans Day Parade, Nov. 2. (Photo by Sgt. Daniel Johnson, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division)

ESGR accepting nominations for 2014 support award

National Guard, Reserve encouraged to nominate employers for top honor

BETH SHERMAN
Employer Support of the Guard and Reserve Public Affairs

ARLINGTON, Va. — Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, is now accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. ESGR encourages Guardsmen and Reservists, or family members acting on their behalf, to submit nominations at www.FreedomAward.mil by January 20, 2014.

Guard and Reserve members comprise nearly one-half of the nation’s military force, providing essential services to national security and humanitarian efforts at home and abroad. Supportive employers, with their enduring commitment, have helped keep our military strong and



our Nation secure.

“Across the Nation, employers have shown noteworthy support to their service member employees and families,” said Paul Mock, ESGR National Chair. “Whether on routine duty, responding to natural disasters or serving in a deployed location, employers who encourage military ser-

ESGR and the Freedom Award

Employer Support of the Guard and Reserve, a DOD office established in 1972, develops and maintains employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between service members and employers. Paramount to ESGR’s mission is encouraging employment of Guardsmen and Reservists who bring in-

tegrity, global perspective and proven leadership to the civilian workforce. On behalf of the Secretary of Defense, ESGR runs the annual Secretary of Defense Employer Support Freedom Award program. Created in 1996, the Freedom Award has been presented to 190 employers.

The Freedom Award is the Department of Defense’s highest honor presented to civilian employers for exceptional support of their National Guard and Reserve employees.

vice make it easier to serve. By submitting a Freedom Award nomination, a member of the National Guard or Reserve can acknowledge and thank their employer for the critical role they play in our Nation’s defense.”

Each year, up to 15 deserving employers are selected as Freedom Award recipients and honored in Washington, D.C. Examples of past recipient support include continued benefits and

healthcare for deployed service members, home maintenance and childcare support and veteran hiring initiatives.

Service members who have received exemplary employer support should submit their nominations for the Freedom Award today.

In 2008, Hawaii was proud to have employer, Bob Barrett from Coastal Windows as a Freedom Award recipient.



The Traffic Report notes Army and Hawaii Department of Transportation advisories received by press time. For an up-to-date and complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

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

Today

AMR Closures — Partial road closures continue along Aliamanu Drive/Bougainville Drive/Sky view Place/Rim Loop through Dec. 20. Short-duration (approximately 10 minutes per activity) closures of these areas will be required.

H-1 Ramp Closures—Ramp closures on the H-1 Free-

way airport off-ramp (Exit 16) in both directions begin at 11 p.m., until 4 a.m. Sunday morning, for traffic signal installations. The arrivals ramps leading down to Aolele Street will be closed during this time. All departure ramps will remain open.

Motorists are advised to use Nimitz Highway underpass as an alternate route to the airport.

16 / Saturday

Reconstruction, continued — Beaver Road, between Trimble and McMahon roads, will be closed for reconstruction, 7 a.m.-4:30 p.m. Project schedule is subject to change, pending weather delays. Appro-

18 / Monday

Reconstruction, continued — Beaver Road, between Trimble and McMahon roads, will be closed for reconstruction, 7 a.m.-4:30 p.m. Project schedule is subject to change, pending weather delays. Appropriate safety signs and barriers will be in place.

21 / Thursday

Safe School Routes — The

Hawaii Department of Transportation will hold a public hearing 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.

The purpose of the proposed rules is to implement Hawaii Revised Statutes section 291C-4, which would provide funds to plan, develop, implement and evaluate SRTS infrastructure and non-infrastructure projects.

The public hearing is scheduled for 9 a.m., Nov. 21, by video conference at HDOT Highways Division district office, 727 Kakoi St., Honolulu.

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/doing-business/hawaii-administrative-rules/>.

Persons with disabilities requiring special assistance should call 692-7696 at least 10 days before the hearing.



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

Today

FEHB Open Season — This is a great time to review your health benefits coverage. Federal Employees Health Benefits open season information is now available at: <https://www.abc.army.mil/health/2013fehbopenseason.html>

Your FEHB enrollment or change must be processed through the Army Benefits Center-Civilian. Paper enrollment forms will not be accepted. Visit www.ebis.army.mil/. For information on dental, vision, life insurance and more, visit www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans/. If you need assistance with your election, call 877-276-9287.

CFPB vs. Payday Loans — The Consumer Financial Protection Bureau is now accepting complaints from borrowers en-

countering problems with payday loans. Payday loans, also known as “cash advances” or “check loans,” are often short-term, small-dollar loans, generally for \$500 or less. To submit a complaint, visit www.consumerfinance.gov/Complaint. Additionally, through AskCFPB, consumers can get clear, unbiased answers to their questions about payday loans at consumerfinance.gov/askcfpb or call 855-411-CFPB (2372).

AFCEA Exposition — Register now to attend the Armed Forces Communications and Electronics Association International and AFCEA Hawaii 28th Annual TechNet Asia-Pacific Conference and Exposition at the Hilton Hawaiian Village, Dec. 3-5. Visit www.afcea.org/events/asiapacific.

20 / Wednesday

WAAF Power Outages — Wheeler Army Airfield will require a power outage, 3:30-7:30 p.m., impacting Buildings 104, 105, 106, 112 680, 681, 682, 683 and 508.

26 / Tuesday

USPS —To ensure timely delivery of holiday wishes by Dec. 25, send cards and packages to military APO/FPO/DPO addresses overseas no later than the following mailing dates:

- Nov. 26, space available;
- Dec. 3, Parcel Airlift and Priority/first class to ZIPs beginning with 093.

Ready for Impact



A student from Sunset Beach Elementary School speaks over the radio while familiarizing herself with the technology within a NBC Reconnaissance Vehicle (Stryker) belonging to the 71st Chemical Company, 303rd EOD Bn., 8th MP Bde., 8th TSC, during a school field trip, recently. The field trip, put on by the 303rd EOD Bn., was a culminating reward for students who exemplified the values of the school's SURF program.

303rd EOD Soldiers reward Sunset Beach students

School SURF program offers memorable experience for keiki

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

SCHOFIELD BARRACKS — Spirits were as high as the North Shore winter swells, recently, as the 303rd Explosive Ordnance Disposal Battalion, 8th Theater Sustainment Command hosted a very special field trip, here, for a group of Sunset Beach Elementary School students.

The field trip was a reward for students who had exemplified the values of the school's SURF program throughout the first quarter.

SURF stands for self-discipline, unity, respect and friendliness, four core values that are the foundation of the Haleiwa school's rules.

"A lot of times, people focus on the negative things that children do, and we're trying to turn the focus to the positive," said Michelle Lorne, behavioral health specialist at Sunset Beach Elementary. "This is all positive and in response to all the good things the children did throughout the first quarter of the school year."

The program accentuates and reinforces students' positive behaviors through rewards. For example, students are given little surfboards whenever any school official sees them demonstrating any of the four tenets of the SURF program; the surfboards then are displayed for the whole school to see, and an assembly is held at the end

of the quarter.

During the most recent assembly, students were randomly selected from the "surfboard pool" of awardees to go on a field trip, here, and spend the day with the 303rd EOD Bn.

"It was really cool; my daughter got to learn about the different robots, the way Soldiers X-ray potential bomb materials, and the way Soldiers go in with bomb suits and remove the bombs," said Chaney Padaca, field trip chaperone and mother of a fifth-grade student at Sunset Beach Elementary.

"The students also learned about the Stryker vehicles," Padaca added. "They really liked being able to get inside the vehicle; it was awesome for them."

At the end of day, the 303rd EOD Bn. hosted a pizza party, raffle and cake-cutting ceremony in celebration

of not just the students' accomplishments, but also a thank-you to the teachers for all they do, day in and day out.

"This event is a great opportunity to show the teachers how much they matter to us, said Capt. Maryorie Johnson, commander, Headquarters and Headquarters Detachment, 303rd EOD Bn.

"Sunset Beach Elementary and the 303rd EOD Battalion have an ongoing partnership," Johnson continued. "Our Soldiers really look forward to working with the teachers and the students. It's a way to say 'thank you' by simply celebrating the teaching profession — both the incredible commitment it requires, and the profound impact it has on the lives of students.

"We (the 303rd EOD Bn.) just really enjoy this partnership," Johnson added. "We really have fun doing it; it brings positive feelings for us during the work day. It's amazing that we have this opportunity to take a knee (from our daily responsibilities) and provide mentorship and assistance to the children of Sunset Beach Elementary."

"They (keiki) kept saying 'I love this' ... over and over."

— **Natasha Lowery**
Educational assistant
Sunset Beach Elementary School

As students and faculty prepared to board the buses to return to Haleiwa, Natasha Lowery, educational assistant at Sunset Beach Elementary, reflected on the day.

"This is the best field trip they have ever gone on; they kept saying 'I love this,' 'This is the best field trip ever' and 'This is so much fun,' over and over throughout the trip," said Lowery. "A lot of this is something we did not expect, especially the pizza party, cake, raffle and gifts.

"It was so much," Lowery added, "and we (Sunset Beach Elementary) came here feeling like we needed to give back to them (303rd EOD Bn.) because they are always helping us."



Sunset Beach Elementary School keiki watch as a fellow student attempts to make a basket while operating the Talon robot under the guidance of Soldiers from the 303rd EOD Bn., 8th MP Bde., 8th TSC, during the field trip.



An EOD Talon robot from the 303rd EOD Bn., 8th MP Bde., 8th TSC, delivers candy to Sunset Beach Elementary students.



Briefs

Today

Holiday Craft Sale — SB Arts & Crafts will have its annual winter craft sale during, normal business hours, Nov. 15-16. All pottery, quilts, stained glass, ceramics and more will be on sale. Call 655-4202.

Nagorski Pro Shop Sale — The FS Nagorski Pro Shop is offering 20 percent off all non-sale items more than \$20, through Nov. 30. Call 438-9587.

Aloha Friday Barbeque — Leilehua Grill offers a Friday barbeque lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbeque chicken, pork chops, baked beans, cole slaw, potato salad and corn bread; cost is \$8-\$10. Call 655-7131.

Wine & Blues Night — SB Nehe-lani hosts an evening of music, light pupu and wine, 6 p.m., Nov. 15. This is an adult event. Call 655-4466.

17 / 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 30 minutes before kick-off of first game. Breakfast tailgate buffet costs \$5 until noon; pupu and crowd-pleasers start at 11 a.m. Games and prizes are offered 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.

18 / Monday

Fort Shafter Bowl — A game of bowling will be \$1.50 every Monday and Wednesday, 7 a.m.-3 p.m., and Thursday, 2-9 p.m., during November. Call 438-6733.

19 / Tuesday

Stained Glass Workshops — Learn the basics of foil assembly as



Acclaimed violinist Sarah Chang joins the Hawaii Symphony Orchestra for the opening of HSO’s fall 2013 season during a concert at the Blaisdell Concert Hall, here, Oct. 19. (Photo courtesy Hawaii Symphony Orchestra)

Symphony offers military special

HAWAII SYMPHONY ORCHESTRA

News Release

HONOLULU — Active duty military personnel are able to purchase tickets to any fall 2013 Hawaii Symphony Orchestra concert, listed below, for \$20. Seating offered is best available. Tickets must be purchased at the Blaisdell Box Office, available the week prior to the event. A current military ID must be presented at time of purchase. Two discounted tickets may be purchased for every one military ID.

Sir James Galway

Saturday, Nov. 16, 8 p.m.
Sunday, Nov. 17, 4 p.m.

Grand Russian Music

Sunday, Nov. 24, 4 p.m.

Students with a valid student ID can purchase \$13 tickets the week of the concert(s) listed, except the Dec. 23 date. Tickets can be purchased by phone (593-2468) or in person at the Blaisdell Box Office beginning the week of the concert.

For groups of students and adults, contact jtunnell @hawaiisymphonyorchestra.org or call 380-7724. For more information, visit www.HawaiiSymphony Orchestra.org.

A Night with Bela Fleck

Saturday, Dec. 7, 8 p.m.
Sunday, Dec. 8, 4 p.m.

Beethoven 9

Monday, Dec. 23, 8 p.m.

you select, cut and solder glass into a charming island-theme sun catcher, 5-8 p.m., Tuesdays, through November. Workshop cost is \$70 and includes all supplies except glass. Glass may be purchased in the SB Arts & Craft store. Call 655-4202.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans for \$4.99. Call 655-4466.

Dominoes tournament — Tuesday nights in November at SB Tropics Warrior Zone; finals are Nov. 26. Sign up at 5:30 p.m.; play at 6.

20 / Wednesday

Sgt. Yano Library — Catch Preschool Story Time at the SB library, 10 a.m., each 1st and 3rd Wednesday of the month with a different theme and story. Call 655-4707.

16 / Saturday

Sesame Street/USO Experience — Free live performances featuring Sesame Street favorites, 2 and 5 p.m., Nov. 16, at Sgt. Smith Theater, SB. Open seating will be available on a first-come, first-served basis. Doors open 30 minutes prior to showtime. Call 656-0111.

19 / Tuesday

Family Night Programs — AMR and SB 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.
- SB Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m.
- Call 833-8175 (SB) or 839-4319 (AMR).

22 / Friday

Museum Closure — The Tropic Lightning Museum will be closed Fri-

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts & 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 Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday

day and Saturday, Nov. 22-23, for termite tenting. Museum will resume normal operations Sunday, Nov. 24.

Tell Me a Story — Webling Elementary School will host this event for keiki ages 4-12, 5:30-7 p.m., as part of the Military Child Education Coalition Parent-to-Parent program. Hands-on activities and snacks offered. Admission is free. Email ptop.schofield@militarychild.org to RSVP, or call 785-383-2867. Visit www.militarychild.org.

HPU Winter Concert — Hawaii Pacific University will conduct a free holiday concert, 7 p.m., at the Central Union Church, featuring the HPU Band, International Vocal Ensemble, Chorale and HPU Symphony Orchestra.

23 / Saturday

Bellows Fun Run — Bellows Air Force Station will host its annual Turkey Trot run, 7 a.m. check-in, 8 a.m. start, followed by an all-day Makahiki, featuring Lanai and Augie and a Cyril Pahinui concert. Includes Hawaiian games and ceremonial procession. Free events open to military and family members with DOD ID. Call 864-0144.

30 / Saturday

Hawaii vs. Army Football — College football kick-off is at 6 p.m.,

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.

Tropics Blackjack Tournament — Every Wednesday during November at SB Tropics Warrior Zone. Sign up at 5:30 p.m.; play begins at 6.

The free weekly tournament is open to all ID cardholders, ages 18 years and older. Call 655-5698.

21 / Thursday

Knitting Class — Learn the basics of knitting and complete “Grandma’s Favorite Dishcloth” as your first project at SB Arts & Crafts Center.

See FMWR Briefs, B-6

Nov. 30, at Aloha Stadium, featuring the University of Hawaii Rainbow 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.hawaii athletics.com.

Ongoing

Jewish Services — Weekly worship services are now held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadof hawaii.com.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Children’s Waiting Room — The ASYMCA Children’s Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged.

Worship Services

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

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

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

Protestant Worship

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

This Week at the MOVIES Sgt. Smith Theater

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



Captain Phillips (PG-13)

Fri., Nov. 15, 7 p.m.
Thurs., Nov. 21, 7 p.m.

Closed Saturday Nov. 16



Planes 3D (PG)

Sun., Nov. 17, 2 p.m.

Despicable Me 2 (3D) (PG)

Sun., Nov. 17, 9 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

Miss American Samoa also an Army Reserves ambassador

Tutuila Soldiers are exemplary warriors

CAPT. LIANA KIM
9th Mission Support Command

PAGO PAGO, American Samoa — Long after the sun had set on the south Pacific island, rhythmic drums and chanting voices rang into the night as the final performance marked the end of the 20th annual Miss American Samoa pageant, here, Nov. 1.

“By far the best part, everyone agreed, was when the outgoing Miss American Samoa, who is an Army Reserve Soldier here, had the youth from her village sing and join in her farewell dance,” said Sgt. 1st Class Jancy Shimasaki, an Army Recruiter from American Samoa, who said the payoff for attending the pageant until after midnight was the grand finale.

For her farewell production, Arrielle La’asaga Tuilefano Maloata, Miss American Samoa 2012-2013, had invited her peers from the village of Malaeloa to perform onstage with her before relinquishing the crown.

“I take great pride in my village,

and when I first entered the pageant, Malaeloa had my back to the fullest. So I always said that I entered with Malaeloa, and I would leave with them at the pageant,” Maloata said. “We did an awesome farewell number, and I think it touched everybody, because usually at the end of every pageant, the (outgoing) Miss just says goodbye. Now they have something to top next year!”

Maloata’s focus has always been one of service. During the past year, whether supporting local philanthropic events or performing traditional Samoan dances for distinguished visitors, she served as an ambassador on several fronts — for American Samoa, the U.S. Army and her faith. She said she found great fulfillment in encouraging youth that “living for God is cool.”

As the only daughter and eldest of five children, Maloata joined the Army after high school to make her father proud. She soon discovered soldiering was something she was really good at, and loved. As a truck driver with the 740th Forward Support Company, of the 9th Mission Support Command, headquartered in Hawaii, she wanted to share her



Spc. Arielle Maloata, 740th FSC, attached to Co. B, 100th Inf. Bn., 9th MSC, performs Soldier tasks during her unit’s monthly Battle Assembly, here, Nov. 10. Recently at the range, she achieved the second highest shooting score of her battalion. (Photo courtesy 9th Mission Support Command)

patriotism with the people of American Samoa and the world.

“I stand here before you to let you know that I am a warrior in the United States Army,” Maloata said to the cheering crowd as she shed the tribal coat she wore for her final song in the 2012 pageant that crowned her Miss American Samoa, revealing her Army Combat Uniform underneath.

“We are who we are to protect our culture, to protect our ancestors, and we fight for everything they did for us,” she said.

An Oct. 22, 2012, “Samoa News” article by Joyetter Feagaimaalii-Luamanu tells how the 21-year-old Army Reservist won the MASI crown, was named Miss Float and took the categories of best Traditional Wear, Best Formal Puletasi and Best Talent for personifying the two variations of a Samoan female warrior — both the matriarch of ancient times and today’s modern Soldier.

For Maloata, “warrior” means more than a pose. According to Capt. Charles Scheck, commander, Com-

pany B, 100th Infantry Battalion, to which the 740th FSC is attached, Maloata is an expert marksman who achieved the second-highest shooting score of the entire battalion.

“An articulate young Soldier who does extremely well, Spc. Maloata embodies everything that you’d want in a Soldier. Not only is she an ambassador to American Samoa, she is really an ambassador to the Army Reserve,” Scheck said.

“It is a joy watching Soldiers like her develop and blossom; it’s what makes being in command so rewarding.”

“American Samoans bring a lot to the mili-



Miss American Samoa 2012-2013 Arrielle La’asaga Tuilefano Maloata performs the tauluga at the Future Leaders of the Pacific Conference, earlier this year. (Photo courtesy David Huebner)

tary — especially numbers!” said Maloata. “We also bring a lot of respect, humility and discipline. I love being Samoan.”

“There is a proud military history in American Samoa; their enlistment rate is very high compared to other areas. The culture down here is one of respect and strong religious faith, and I think it parlays right into the military’s discipline,” Scheck said. “We are fortunate to have Samoan Soldiers in the U.S. Army. They are extremely disciplined, hard-working Soldiers. I could not ask for a better group of men and women to lead.”



Miss American Samoa 2012-2013 Arrielle Maloata, also an Army Reserve Soldier in the 9th MSC, pauses for a photo with her commander, Capt. Charles Scheck (right), prior to the 2013 pageant, during which she presented a special farewell song and dance with the youth from her village of Malaeloa and relinquished the crown to the incoming Miss American Samoa. (Photo by J.D. Hall, tautalatala.com)

Schofield Main Exchange shows families appreciation

HAWAII CONSOLIDATED
EXCHANGE SERVICES
News Release

SCHOFIELD BARRACKS — The Schofield Main Exchange, here, was full of fun and entertainment, Nov. 2, as children bounced around the block from activity to activity during a Military Family Appreciation Month Fair.

This year’s theme was “No Family Left Behind,” and the event offered a wide assortment retail concession vendors and fun for the whole community.

Music kept the Saturday event rocking and featured Mel, with an acoustics soul session, along with DJ’s Bennie James (90.3 FM) and Doc Jay, who combined to kept the crowd grooving.

Food trucks and vendors lined the parking lot, serving up various cuisines that included Italian, barbecue, soul food, seafood, Latin, Greek, Irish, Mexican and more. Ms. Armed Forces 2014 also made an appearance.

“This was a fantastic event. My family had a fun time, and we hope to attend next year,” said Jai Bryson, an Army family member whose daughters enjoyed a mid-day Zumba workout. “Events like this are great; the food featured



was an extra bonus,” said Sgt. Williams Antonio, 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. “(The appreciation fair) told the story of all the duty stations that military families PCS to every day.”

During the event, Esperanza (Pini) Duverney, Exchange Services Business manager, received a Success In Stilettoes Award for encouraging and inspiring women of diversity to build their brand, as well as for maintaining a business footprint in the community.

“My team and I are really excited with the turn out,” said Duverney. “We strive to bring new services to the community every day.”

Vendor Opportunities

For more information regarding vending machines, lunch wagons, contacts for unit fundraising and functions, contact the Exchange Hawaii Services Office at 423-7302/7885.



Patrons line up for fusion soul cuisine from the Soul Patrol food truck at the Schofield Main Exchange's community fair, Nov. 2. (Photo courtesy Hawaii Consolidated Exchange Services)

Commissaries to start scanning IDs, gather shopping data

DEFENSE COMMISSIARY AGENCY
Public Affairs Division

FORT LEE, Va. – Commissaries will soon begin scanning customers’ Department of Defense ID cards at checkouts as the Defense Commissary Agency (DeCA) continues its pursuit to deliver a 21st century benefit.

The commissary, here, became the first store to scan ID cards, Oct. 22, as the first part of an agency-wide rollout to all stores that began Nov. 10 and will be completed by mid-January, 2014.

Commissary shoppers are used to showing their ID cards to estab-



lish their eligibility to use the commissary. By scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks.

Scanning will also help improve the commissary benefit for all patrons, according to Joseph Jeu, DeCA director and CEO.

“In addition to verifying customers as authorized commissary patrons, we’ll gain information that will give us a better understanding of our patrons, allowing the agency to provide the commissary benefit more effectively and effi-

ciently,” Jeu said.

Cross-referenced with other DOD data, the scan data will give DeCA useful information about patron usage, by military service, along with customer demographics, that does not identify specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences — information that is essential in today’s retail business environment. It will also allow more-accurate reporting to the military services on commissary usage.

The demographic information DeCA will use is strictly limited to: card ID number, rank, military status, branch of service, age, household size and ZIP codes of residence and duty station. DeCA will not be using any personal

information such as names, addresses or phone numbers.

“The methods, processes and information we’ll use will not compromise our customers’ privacy — they can be sure of that,” Jeu said. “We’re putting technology to work to better understand our customers and ensure the commissary benefit continues to remain relevant to them now and in the future.”

Commissary ID Scans

For more information on ID card scanning, go to http://www.commissaries.com/documents/contact_deca/faqs/id_card_scanning.cfm.



There are two weeks of calm before the holiday storm

As you pop that fun-sized candy bar you just rummaged from your kid’s dwindling Halloween booty into your gullet, consider this: You only have two weeks left.

Two weeks before the commissary starts looking more like a Caligula-era Coliseum, when otherwise mild-mannered citizens try to scratch each other’s eyes out and grocery carts become crashing chariots in an epic battle just to get that last can of pumpkin on the shelf.

Two weeks before your sister-in-law passive-aggressively implies that her stuffing recipe is better than yours. Two weeks before your father complains about the Thanksgiving sleeping arrangements. Two weeks before you have to inspect the fire extinguisher in case Uncle Pete starts another grease fire while frying the turkey.

Two weeks before your wallet begins its annual hemorrhage as you fall prey to holiday shopping pressures, buying a gift for every Tom, Dick, Harry and school janitor. Two weeks before you have to feel guilty, because you bought yourself two pairs of shoes and a handbag while out shopping for Aunt Gertrude.

Two weeks before your neighborhood begins an earlier-than-ever home-decorating extravaganza, attempting to turn your street into the Las Vegas Strip. Two weeks before everyone wraps their houses in more twinkle lights than the Andromeda Galaxy lines their sidewalks with plastic decor, and fills their front yards with giant blow-up snow globes.

Two weeks before little kids you don’t recognize but who claim to be from your neighborhood, and who won’t take “no” for an answer, show up on your doorstep asking you to buy rolls of wrapping paper, tubes of cookie dough, tins of caramel corn, cans of ham, jars of scented candles, kitchen gadgets, poinsettias and wreaths.

Two weeks before you open the mailbox to find piles of holiday cards containing three-page update letters chronicling every significant



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

and insignificant event in the lives of people — and pets — you have not seen in years.

Two weeks before you have to juggle multiple invites to family holiday parties, school hol-



Endless rounds of shopping, exchanging and wrapping are near. Prepare with precious downtime for the upcoming holiday circus. (Courtesy photo)

“Use this petit repose to preemptively rest, relax and brace for the inevitable holiday onslaught.”

iday parties, work holiday parties, neighborhood holiday parties, cookie exchanges, secret Santa gift exchanges, elementary school holiday choral concerts, high school holiday drama productions and middle school holiday band concerts (earplugs not included).

Two weeks before you find yourself stumbling through life in a leftover-turkey tryptophan haze. Two weeks before your body begins its slow transformation from reasonably unhealthy to alarming levels of egg nog-induced cholesterol and Christmas cookie-induced diabetes. Two weeks before your rapidly expanding thighs cause so much friction, you fear you might spontaneously combust if you walk too fast while wearing your favorite corduroys.

Just. Two. Weeks.

With such a short time left before the chaos begins, use this petit repose to preemptively rest, relax and brace for the inevitable holiday onslaught we all know is just around the corner.

Reduce your home décor to a tranquil minimum — throw your skeletons back in the closet and your gnat-infested jack-o-lanterns in the trash. Let your intestines rest up for the impending month-long holiday smorgasbord by eating light meals that are easily digestible. Avoid holiday newspaper inserts, commer-



Soon the mailbox will fill with holiday cards and three-page update letters. Finding time to read everything will be yet another holiday challenge. (Courtesy photo)

cials, emails offering shop-early discounts and those gaudy in-store displays that went up before Halloween was even over.

As for me, I plan to resist any urge to shop, decorate, celebrate, overindulge, photograph or wear novelty sweaters. Instead, I’m going to hibernate with my family of five in our little base house and be thankful for the peace and quiet while it lasts.

I’ll take heed. I’ll take stock. I’ll take two weeks — and I won’t call anyone in the morning.

(A 20-year military spouse and mother of three, Lisa 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.)



Brig. Gen. Todd McCaffrey (left), deputy commander-support, 25th ID, addresses students during a pilot class of the Teen Resiliency Program, Nov. 3. The program’s intent is to bring the same resiliency training Soldiers receive to adolescents.

25th ID teaches teens resilience training

Story and photo by
SGT. ARIANA CARY
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Teens of the 25th Infantry Division participated in a pilot class for teen resilience, here, Nov. 3.

The goal of the class was to teach resilience to military children, 6th through 12th grade, while generating feedback to improve the program before making it available to posts throughout the Army.

The Comprehensive Soldier and Family Fitness (CSF2) program teaches skills to build resilience for Soldiers and family members, and at the beginning of the class, many of the kids had no idea what resilience was or what the class would entail.

“When my mom first told me about the class, I thought it was some sort of workout training,” said Sara Eifler, one of the 40 students in the class.

“But I’m glad I came,” Eifler stated. “I learned a lot of good things that’ll help me later in life.”

The Army trains Soldiers to be resilient when dealing with life’s challenges and setbacks. The program’s intent is to bring the same training to adolescents.

“The great thing about this program is that we’re teaching the teens the exact same materiel as the program being taught to all Soldiers,” said Eric Schrager, manager and trainer of the CSF2 course.

“The teens are going to be learning the exact same skills and using the exact same language that their parents are,” Schrager explained. “The

hope is that, once we’re all speaking the same language, we’ll be able to interact a lot more effectively and take care of a lot of issues before they come up or become major problems.”

The focus of the class was how to strengthen the mind using the theme of superheroes and the “mental powers” each possesses, such as spirituality, positive perspective and ingenuity. The kids took a quiz to determine which popular superhero they could relate to most.

“We tailored the presentation of this class based on suggestions from the parents,” said Schrager. “So we came up with this superhero theme, and it seems to be going really well. The kids are responding to it.”

The long-term goal is to bring the Teen Resilience Program to all posts across the Army.

“I can’t give a specific date, because it’s all currently being developed,” said Schrager. “But it shouldn’t be too long before the program becomes widespread. I would say within a year. My team is very excited to be here and presenting this curriculum to the teens here on the island. We really look forward to continuing this.”

The first lesson taught to the teens was how to “hunt the good stuff,” which means to find all the positive things in one’s life. The kids were taught to ask themselves important questions, such as “why did this good thing happen” and “what does it mean to me.” In doing this, the teens learn to think positively, rather than focusing on the negative.

“One of the reasons this is so impor-

tant for our teens is that these are basic life skills that everyone figures out as they go on through life,” said Maj. Chris Haynes, the 25th ID CSF2 program manager.

“It’s something I wish someone would have told me when I was their age,” Haynes continued. “I know I stumbled a lot through these skills, and I learned along the way, but having that knowledge upfront at the high school level gives them an advantage that we didn’t have. It’s very important that we reach down to them and start teaching them these skills.”

By the end of the six-hour class, the teens received certificates of completion, as well as volunteer hours, and left with a far better understanding of what resiliency is.

“I learned that how you think and how you react to certain things is what determines how your life is going to turn out,” said Sarah Hawley, one of the teens in the program. “It’s your thought process that matters the most.”

Another class is scheduled for spring. Each class will have a different lesson geared toward making Tropic Lightning teens stronger individuals.

“If we have strong families, then we have a strong Army,” said Sherry Eifler, one of the volunteer trainers and a mother of a student. “And that’s the ultimate goal.”



Briefs

CONTINUED FROM B-2

First class costs \$25 (includes yarn and needles); additional classes are \$5 each. Call 655-4202 to register

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday at Leilehua’s driving range for hot dogs and burgers. Menu items are \$3-\$4. Call 655-7131.

22 / Friday

Aloha Friday Barbeque

— Leilehua Grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbeque chicken, pork chops, baked beans, cole slaw, potato salad and corn bread. Items cost \$8-\$10. Call 655-7131.

25 / Monday

Schofield Bowl Special

— Schofield Bowl offers “Monday Dollar Days,” with a \$1 game of bowling, shoes, nachos and hot dogs, 9 a.m.-10 p.m., Mondays, except holidays, through Dec. 30. Call 655-0573.

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., and feature both buffet-style or menu items.

26/ Tuesday

FS Preschool Story

Time — Take your toddlers to the library, different theme and story each week, 10 a.m., every 1st and 3rd Tuesday.

Laughter helps ease depression

JUDITH WOODWARD

Public Health Promotion Officer
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Depression is one of the most common medical conditions. It can affect anyone, at any time.

This year, the Army is joining organizations and communities across the nation to raise awareness about the dangers of depression. The Army’s theme, “The Courage to Seek Help,” emphasizes that depression is one of the most treatable behavioral health conditions.

Getting an early diagnosis and treatment may help reduce the intensity and duration of depression symptoms.

According to the Centers for Disease Control and Prevention, an estimated one in 10 Americans report depression. This means that every year, more than 31 million Americans say they suffer from depression. It can affect men, women, the elderly and even children.

When you hear about depression, you may think to yourself, “I don’t know anyone who is depressed. I will never be depressed. No one around me will ever be depressed. No one I care about will be impacted by depression.

According to the figures above, though, your spouse, mother, sister, child, grandparent — or even you — could become depressed. In addition, depression affects not only the individual who is depressed, but can impact families, friends and co-workers.



The Army is joining organizations and communities across the nation to raise awareness about the dangers of depression. The Army’s theme, "The Courage to Seek Help," emphasizes that depression is one of the most treatable behavioral health conditions. (Photo by Pfc. Paige Pendleton, 1st Brigade Combat Team, 1st Cavalry Division Public Affairs)

It may be hard to believe, but one of the most effective ways to help yourself or someone you love with depression is with laughter. Laughter is such a powerful, inexpensive and dependable tool that is always available. Did you know that laughter can ease stress, pain and sadness? There are many other ways laughter is good for your health:

- *Laughter helps make you happy.* Laughter increases the release of endorphins, which are the body’s feel-good chemicals that make you feel well and can even relieve pain.
- *Laughter helps you relax.* The harder you laugh, the more muscles you use in your face, arms, legs and stomach. Using these large muscle groups increases oxygen flow so that your muscles relax more efficiently.
- *Laughter helps you stay healthy.* Laughter decreases stress hormones, helps protect you against infections like a cold or the flu, and increases your ability to fight off infections.
- *Laughter makes you smarter.* OK, laughter cannot really make you smarter, but it can boost your memory and learning ability by increasing important brain activity in your cerebral cortex, which controls your higher functioning (now you are smarter, right?!).

Consider some ways you can incorporate laughter into your life. The simplest way is to start with a smile — a smile is the beginning of laughter, and it is contagious. Another easy way to start on your path to laughter is to simply make a list of things you are happy about in your life. Another simple idea is to surround yourself with people who laugh and are playful. If you hear laughter, move toward it — most often, people are happy to share what they are laughing about, because it gives them the opportunity to laugh again.

Some events are clearly not occasions for laughter, but most life events do not push you toward either laughter or sadness. Most events fall into the in-between place of simple, ordinary life — this gives you the choice to be sad, or the choice to laugh. Although studies do not show that laughter adds years to your life, there is evidence that laughter will add life to your years!

For those who feel they need more than laughter to deal with depression, primary care or behavioral health care providers can provide screening and care. The Department of Defense also offers anonymous behavioral health assessments for Soldiers, family members and civilians 24 hours a day, seven days a week, at www.militarymentalhealth.org.

Online resources

Take a free depression screening at www.healthyplace.com/depression/depression-information/depression-test-free-online-depression-test/; or Track your mood at <http://www.healthyplace.com/mood-journal/>.

USE YOUR HEAD



WEAR A HELMET