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Reusing rainwater

Outdoor classroom makes its debut at USAG-HI.

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Trick or treat

Check out garrison policies, procedures and community events.

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Spc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Pony up

WAILUA — An Army Polo player rides after the ball during a charity polo match between Army Polo and India, here, recently. Watch Army Gold take on Army Black during the first-ever, Polo Paina event, on historic Palm Circle, Fort Shafter, Saturday, 11 a.m.-6 p.m. This event is free and open to the public. Activities include military static displays, keiki activities, food, music and the polo match at 2 p.m. Call 655-0111/0115 or visit www.himwr.com for more information. Read the full story about this event in next week's paper.

Garrison focuses on energy conservation

STEPHANIE BRYANT

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIR FIELD — In 2010, U.S. Army Garrison-Hawaii's energy bill was \$67 million.

The overwhelming cost every year has become an issue for installations, and garrisons Armywide are making an effort to reduce energy consumption.

"To ensure we are funding the most important programs for our Soldiers and families, we can't waste money needlessly on energy," said Col. Douglas Mulbury, commander, USAG-HI.

October is recognized as Energy Awareness Month, and Mulbury wants to encourage everyone to take an active role in conserving energy.

"Success lies in all of us working together to make smart energy choices and reduce wasteful behavior, so we can all preserve and protect today's resources for tomorrow," Mulbury said.

Water conservation has definitely improved during the years, but there is always room for improvement in energy conservation, said Bambi Bjugstad, manager, Energy Conservation, Engineering Branch, Directorate

RELATED STORY

• Read more about what IPC is doing to conserve energy on page B-3.

of Public Works, USAG-HI.

"I am hoping people are conserving energy, but with the price of gas and oil going up, it is hard to determine exactly how much we are saving," Bjugstad said. "We are having (energy) meters placed on some of the buildings, so we will better be able to determine (the current energy usage)."

One of the ways the garrison ensures energy conservation compliance is to have trained conservation representatives in its units and sections. Bjugstad trains

Energy tips

To do your part in conserving energy, adopt the following tips:

- Turn off excess task lights above desk spaces or lights in a separate, unoccupied office space. Turn on only the lights that are needed.
- Turn off electric desk accessories items like radios, stereos, plugged-in calculators and personal fans when they are not being used during the day and at the end of the day.
- Turn off office equipment like computer speakers and monitors, printers and scanners.
- Consider placing all accessory devices on a power strip, which makes for a quick and easy one-switch turn-off.
- Follow the Army's policy on computers. Turn them off at the end of the day and on weekends.
- Take advantage of natural light. Turn off electric lights when sufficient natural light is available to perform tasks.
- Check items like shared printers, copiers and paper shredders. Printers and copiers should automatically switch to energy-saving mode after no more than 30 minutes of non-use. Call the computer department if these devices don't work properly.
- Keep air-conditioning thermostats set at 74 degrees Fahrenheit. Keep doors and windows closed when the A/C is on, to prevent mold and to conserve energy. If you have window A/C units without thermostats or temperature indicators, request a temperature card from the office's building energy monitor and place the card near the window unit.
- Turn off A/C units in unoccupied areas.
- In kitchen and bathroom areas, turn off lights and exhaust fans when not in use.

SEE USAG-HI, A-8



POHAKULOA TRAINING AREA

Army to conduct HAMET training at PTA

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

POHAKULOA TRAINING AREA — The 25th Combat Aviation Brigade, 25th Infantry Division, will conduct high altitude mountainous environmental training, or HAMET, until Nov. 7, to prepare for its upcoming deployment to Afghanistan.

The training will consist of flying to three landing zones, or LZs, on the slopes of Mauna Kea and Mauna Loa, here.

HAMET training will not occur on weekends or holidays.

Once in the LZ areas, pilots will practice power management, approach, touch-and-go and hovering tasks to prepare them for weather and low-oxygen conditions they will encounter while deployed.

There will be no more than two helicopters in the Mauna Kea LZ areas and three helicopters in the Mauna Loa LZ areas at any one time.

Pilots and aircrews will remain in the helicopters, and no ammunition or heavy loads will be carried during this training.

Helicopters that transit over the occupied palila bird habitat will do so at 2,000 feet above ground level.

Familiarity with this specialized HAMET is critical to save the lives of the Army's aircrews and the Soldiers they transport when operating in support of operations in Afghanistan.

Cult classic

"The Rocky Horror Show" headlines at the Tropics Warrior Zone.

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Building community

84th Eng. Bn.'s CAT builds rapport in Palau.

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Paralegal Warrior Challenge puts competitors through ultimate test

STAFF SGT. CASHMERE C. JEFFERSON & IST LT. CASSANDRA A. SPENCER

FORT SHAFTER — Five noncommissioned officers and five Soldiers representing major U.S. Army-Pacific commands gathered, here, to compete for a title in USARPAC's fourth Annual Paralegal Warrior Challenge, Sept. 19-23.

"It's great that we can bring these Soldiers together for the fourth year to do this," said Master Sgt. David Julius, chief paralegal, 94th Army Air and Missile Defense Command and NCO in charge of the event. "They get to demonstrate not only proficiency in their job field, but that they are warriors as well."

Months of intense physical and mental training are required to prepare for this competition. Each of USARPAC's major support commands and theater enabling commands in Hawaii, Alaska and Japan conducted their own internal competition to select the best NCO and

Soldier to compete in the culminating event, USARPAC's Paralegal Warrior Challenge in Hawaii.

Each command holds its own board, and the winners of those boards are invited, here, Julius said.

The region-wide competition kicked off with an Army physical fitness test on Wheeler Army Airfield. Competitors then moved to Schofield Barracks for a 100-question general knowledge test, followed by warrior task drills on Fort Shafter, where Soldiers were tested on Article 15 knowledge, first aid and numerous other tasks.

The challenge ended with a board, where superiors evaluated Soldiers' skills.

Staff Sgt. Rontino Sharpe, 45th Sustainment Brigade, 8th Theater Sust. Command, and Spc. Allan Mayberry, Headquarters and Headquarters Detachment,



Staff Sgt. Cashmere C. Jefferson | U.S. Army-Pacific Public Affairs

Spc. Allan Mayberry, HHD, 500th MI Bde., takes an exam to test his knowledge during USARPAC's fourth Annual Paralegal Warrior Challenge held Sept. 19-23.

SEE USARPAC, A-6

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or email editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Army bracing for more budget cuts

C. TODD LOPEZ
Army News Service

WASHINGTON — In fiscal year 2011, the government spent an estimated \$1.6 trillion more than it collected in revenue. In fiscal year 2012, it's estimated the government will spend about \$1.1 trillion more than it takes in.

The potential that the Department of Defense may face additional budget cuts of \$500-\$600 billion during the next 10 years keeps him "up at night," said Secretary of the Army John McHugh.

The DOD is already looking at budget cuts meant to save the federal government \$450 billion in the next 10 years.

In addition, lawmakers are looking to find an additional \$1.2 trillion in savings through the same period. If they fail to do so, as much as half of that amount could automatically be taken from the DOD, McHugh said.

"I think we're in a positive position to accommodate at least the \$450 billion or so in cuts that have been scheduled against the DOD to this point," McHugh said during the 2011 Association of the U.S. Army Annual Meeting and Exposition, here, Monday.

Chief of Staff of the Army Gen. Raymond Odierno said that the potential of a "hollow force" would not come to fruition. Instead, he said, a ready and capable force would exist, though size might be affected.

Odierno said that while budget reductions must be made in both DOD and the Army, those cuts must be done in a way that allows the Army to continue to be an elite fighting force. He said the Army must be "smaller, more agile, deployable and capable of meeting whatever our nation's needs are."

Agility, adaptability and deployability are key, he added.

Both McHugh and Odierno agreed that cuts to the DOD would likely be shared equally across the three military departments: the Army, the Navy and the Air Force. The Marine Corps falls under the Department of the Navy.

The secretary pointed out that, while all services contribute to the fight, the Army carries the brunt of the mission in both Iraq and Afghanistan.

"The Army ... has been saddled with much of the burden these past years, providing between 50 to 70 percent of our deployable forces," McHugh said. "I think it is important to remind people that, while the U.S. Army represents half of our nation's entire force, we consume only a quarter to 30 percent of the entire defense budget.

"We have been analyzing the best ways to meet these challenges, and, as such, I can tell you, we are better positioned than at any time in our nation's history to deal with the fiscal realities and do it in a way that truly makes sense," McHugh said.

Part of dealing with fiscal realities, he added, is cuts to end strength, or the total number of men and women in uniform. With drawdowns in Iraq and Afghanistan, McHugh said the Army can handle the challenge of end-strength reductions.

"But what is critically important, is that no matter what the force ultimately looks like, we have sufficient time to ramp down to ensure we do it in a balanced way and that we have what is necessary for training and equipment and reset," McHugh said.

Boots on the ground, he said, are critical for the nation's defense.

"No major conflict has ever been won without boots on the ground," McHugh said. "Our national interests demand that while we set about the task of reshaping this Army for the years ahead, we remain steadfast and continue to support this, the greatest land force the world has ever known."

"These are the kinds of people you want in your Army, or your Navy, or your Air Force or Marines — these are the type of people we need to ensure we can deter (the enemy) or defend our nation as we move forward," Odierno said. "We have to preserve the all-volunteer force."



Spc. Breeanna J. Dubuke | 29th Mobile Public Affairs Detachment

Sgt. John Patton (left), mail clerk, Headquarters and Headquarters Battalion, 25th Infantry Division, and Sgt. 1st Class Keith Johnson, noncommissioned officer in charge, communications help desk, 25th ID, stack mail into a bag to be loaded onto a van at the Joint Military Mail Terminal near Sather Air Base, Iraq, recently.

Postal Service sets holiday mail deadlines

MARK EDWARDS

Human Resources Command Public Affairs

ALEXANDRIA, Va. — The U.S. Postal Service and the Military Postal Service Agency have released deadlines to ensure packages arrive to overseas military and state department post offices by Dec. 25.

Deadlines to ensure arrival by Dec. 25 are Nov. 12 for parcel post mail; Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 17 for Express Mail Military Service.

The Military Postal Service Agency encourages customers to mail packages before the dates for the specific mail category to avoid unplanned transportation delays. Not all military or state department post offices are eligible for Express Mail Military Service; therefore, customers should plan accordingly.

"Express Mail Military Service is not available for holiday packages and mail going to Iraq and Afghanistan," said Faye Slater, deputy director, Military Postal Service Agency.

The Military Postal Service provides mail service around the world to Department of Defense and most Department of State locations. Mail is moved on commercial and military aircraft and commercial sealift vessels to nearly 2,000 military post offices located in more than 85 countries.



FOOTSTEPS in FAITH

God helps us to see that there is always hope, to never stop believing

CHAPLAIN (CAPT.) HEATHER J. SIMON

Rear Detachment Chaplain, 3rd Brigade Combat Team, 25th Infantry Division

I am often asked what Bible verse is my favorite, but my favorite verse changes with the transitions in my life.

Today, this month, this year, I have chosen Jeremiah 29:11, which says, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Why this verse? Because this verse speaks of a plan, prosperity and hope. The Lord has a plan for you and me.

I am so glad that he has a plan for us because I make mistakes. He knows what he wants me to do and where he wants me to go in life.

What is the plan that he has for your life today? Keep seeking him because he will let you know. God gives us prosperity.



Simon

Prosperity is not always what we think of when we hear the word. Prosperity is not just finances. It is way more than that. It is the ability to be content in what the Lord has provided. It is living a life of peace and happiness in a world where there is hate, anger and sadness.

It is a challenge for us to find joy in life, but the Lord will provide that capability. He gives us hope.

Why do we need hope, and what do we need to have hope in?

We need hope in the good times and in the bad times.

We need hope for each day. You can't buy hope, you can't see hope, but you sure can feel hope.

I find hope in my life through my family and in the country where I have chosen to live and serve.

The Lord has also given us the opportunity to provide hope for this country, as we serve daily. We find hope for today in the Lord, and we share in the hope and strength of our brothers and sisters of generations past and present.

Today, I challenge you to seek out the plan, the prosperity and the hope that the Lord has presented to us.

Voices of Ohana



"The fact that I could go to one of the world's most beautiful beaches anytime I want."

Spc. Dianna Aziz
HHBN, 25th ID



"The kindness of the people here. The aloha spirit of the islands keeps me motivated to stay."

Sgt. Henry Carter
HHBN, 25th ID



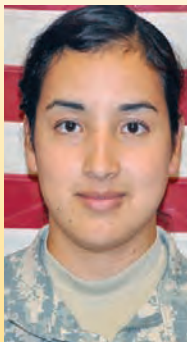
"Beautiful beaches, outstanding scenery, different cultures and the food is awesome."

Staff Sgt. Gary Jordan Jr.
HHBN, 25th ID



"I enjoy spending time with my family at the world's most scenic beaches."

Sgt. 1st Class Victor Rivera
Command group, HHBN, 25th ID



"I am a short drive away from beautiful beaches and wonderful views. I love going out with my family and enjoying a nice day at the beach."

Spc. Sandra Toomer
Command group, HHBN, 25th ID

What is the one thing you enjoy most about being stationed in Hawaii?

Photos by 25th Infantry Division Public Affairs

Ask the Garrison Commander!

Mulbury addresses emergency response



Mulbury

COL. DOUGLAS MULBURY

Commander, U.S. Army Garrison-Hawaii

The “Ask the Garrison Commander” program allows Soldiers, civilians and family members to present concerns and recommend outcomes.

U.S. Army Garrison-Hawaii directorates and support staff research queries and provide responses to me, which are monitored by a customer management team.

A sampling of these questions that have community-wide impact are published in the Hawaii Army Weekly.

Submit questions via the Ask the Garrison Commander email address and through the USAG-HI web link at www.garrison.hawaii.army.mil/comments/contactgc.aspx. Time-sensitive concerns should be directed to the Interactive Customer Evaluation system at ice.disa.mil.

Q: *What steps are being taken to ensure emergency personnel are aware of the location of all homes located on Army installations here in Hawaii? I have called 911 in the past, and it takes a long time for emergency responders to arrive. I have also heard that emergency personnel, at least in the past, sometimes have difficulty locating an address.*

Who is responsible for ensuring our safety and correcting these types of problems? What can you do to ensure emergency responders have the information they need to quickly respond to emergency situations?

A: While our emergency responders routinely meet or exceed established timelines for responding to emergency calls, there will always be exceptions due to factors like weather and traffic, which are beyond our ability to control. We will ensure the City and County of Honolulu is regularly provided updated maps of all housing areas on Army installations.

While the City and County of Honolulu operator may not know the exact location of an address he or she receives, please be assured that military emergency responders have a thorough knowledge of our installations, have current maps and consistently respond to all emergencies within prescribed timeframes.

To submit an “Ask the Commander” question, send an email to AskTheCommander.usaghi@us.army.mil. For more information, call Rosie Stone (655-9033) at USAG-HI’s Customer Relations Team, or call Aiko Brum (656-3155) at USAG-HI’s Public Affairs Office.

Defender 6 sends

AFAP makes progress on top priorities

LT. GEN. RICK LYNCH
Commander, Installation Management Command

SAN ANTONIO – September’s Army Family Action Plan review session showed progress on the top-priority 2011 Army AFAP Conference issues, including survivor identification cards and child care fees.

The session also identified adjustments to AFAP that will better align the process with the Army’s cost culture.

Every month, I meet with subject matter experts from across the Army to review the status of issues submitted through the AFAP process to determine if they are achievable. The recent review session focused on the 16 new issues identified by AFAP delegates during the February 2011 Army AFAP Conference in Arlington, Va.

The top issue identified to senior Army leaders during this year’s conference was issue No. 667, which recommended that ID cards for surviving children with an active duty sponsor annotate both active duty and survivor status.

Surviving family members were required to present both an active duty ID card and survivor status documentation to receive survivor services. The requirement for additional documentation often resulted in emotional stress for survivors, as it caused them to relive their loss.

To address this concern, the Department of Defense Human Resources Activity has authorized the use of a dual status stamp on ID cards of surviving family members. Processes are now being put in place to ensure correct implementation throughout the Army.

Another AFAP success story is the work toward resolving issue No. 671, which seeks to cap military child development program fees at 25 percent of a family’s total income. The Army Child and Youth Fee Policy will require that families who pay more than 25 percent of their monthly income for child care be immediately informed of the financial hardship waiver process and provided information on how to apply at registration. The projected date for this policy change is Nov. 1.

While we are making progress on some issues, others are unachievable due to current fiscal constraints. As our funding

shrinks, we have to be even better stewards of our resources and ask ourselves three fundamental questions: Do we really need it? Is it worth the cost? What are we willing to do without?

“AFAP continues to play a vital role in identifying what is important to the Army community, which is critical to how we decide to make the most of our resources.”



— **Lt. Gen. Rick Lynch**
Commander, IMCOM

These questions must become part of our culture as we move forward in this period of reduced resources. Therefore, the Army now requires that new issues introduced into the process be accompanied by the estimated cost and a recommendation to offset the cost.

We strongly encourage those who have suggestions for improving the quality of life for the Army community to continue to submit new issues, but with an eye towards how their suggestions can be paid for.

Our bottom line is clear: the Army’s commitment to Soldiers and families endures. How we get to that bottom line changes with our resources.

AFAP continues to play a vital role in identifying what is important to the Army community, which is critical to how we decide to make the most of

our resources.
Support and Defend. Defender 6.



AFAP

To track any issue, visit www.myarmyonesource.com, click on “Family Program and Services” and then select “Army Family Action Plan Issue Search,” which allows you to search by issue number or key word.

U.S. Army Garrison-Hawaii’s AFAP Conference is Oct. 18-20, at Schofield Barracks.

USAG-HI teens will hold a separate Teen AFAP Saturday. Teen issues and recommendations will be presented at the regular AFAP, Oct. 20.

Civic Action Team provides community outreach

Deployed Forces

Team immerses itself in Palau’s culture and projects to improve local quality of life

1ST LT. BRANDY KINSTLE
84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command
CAMP KATUU, Republic of Palau — They call themselves the Army CAT.

The CAT, or a Civic Action Team, is a small group of Soldiers who deploy to a region to provide technical engineering, mechanical assistant, medical support and outreach, and relationship building between U.S. service members and local communities.

A team of 13 Soldiers from the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, recently set out for a seven-month CAT mission, here.

The CAT is known for the skills and assistance its members provide. Since the team’s arrival, it has taken on a wide variety of missions and has immersed its members in the local culture.

A large part of the mission, here, is engineer civic action projects in the communities. The CAT is currently involved in two major projects: the construction of a combination police and fire substation and repairs of a vital road.

Melekeok Road is also significant to the community and team members for another reason. The first Palauan casualty of



Courtesy of Verlisa Oblical

Maj. Mitch Hibbard, medical officer, CAT, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, checks the tonsils of Kaii Dixon, 7, during a community outreach project in the Republic of Palau, recently.

Operation Iraqi Freedom, a U.S. Army Soldier, is laid to rest in the cemetery that this road services.

Sgt. Ean Adamson, heavy equipment operator, CAT, 84th

Eng. Bn., takes special pride in his job, because “it is important to honor our fallen comrades whether they are American born or not,” he said.

Another partnership between the CAT and the local community is the apprenticeship program. Young adults apply for jobs and are hired by the CAT through the Palau Community Action Agency. The apprentices learn valuable skills in construction trades, mechanics, office administration and medical trades.

Verlisa Oblical is the administrative assistant scheduled to graduate from the program in December. She joined the program because she said she “wanted to learn everything I can to get a good job and support my family.”

The medical civil action project is another portion of the mission that greatly benefits the people in the communities.

Maj. Mitch Hibbard, medical officer, CAT, 84th Eng. Bn., has screened and treated more than 300 patients during the past month in a make-shift clinic he set up in outdoor pavilions.

The final piece to the CAT mission is community relations, which is probably the most fun.

“I get to go out and have fun in the local communities and call it work,” said Spc. Shawn Gregory, steelworker, CAT, 84th Eng. Bn.

The CAT will remain in Palau until mid-February. The team will continue to serve the community and learn about the local culture.

8th TSC celebrates newest NCO inductees, farewells plans sergeant major



Sgt. Maj. June Pugh, plans sergeant major, 8th TSC, receives a folded American flag during her retirement ceremony at the 1st Lt. Brostrom Community Center, Fort Shafter.

SGT. GAELN LOWERS

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The 8th Special Troops Battalion, 8th Theater Sustainment Command, recently hosted a non-commissioned officer induction ceremony at the Pacific Aviation Museum Pearl Harbor at Ford Island.

Ten inductees were the first NCOs to go through an official 8th STB NCO induction ceremony.

The ceremony gave tribute to all fallen Soldiers who have paid the ultimate sacrifice, and it included a tribute to NCOs, the history of the NCO Creed and a speech made by the guest speaker, Command Sgt. Maj. Nathan Hunt, senior enlisted leader, 8th TSC.

“This is a bittersweet day,” said Maj. Gen. Michael J. Terry, commander, 8th Theater Sustainment Command, during a later speech.

Terry said the “sweet” came from inducting the 10 newly promoted NCOs into the NCO Corps, and the “bitter” came from a retirement ceremony for Sgt. Maj. June Pugh, plans sergeant major, 8th TSC, at the 1st Lt. Brostrom

Community Center, here, later that day.

“She’s made her bones in the Army, and she’s done it with dignity and honor,” Terry added. “She’s made those bones by not taking the easy path, but by taking the hard one. To me, that’s how you earn your stripes as you go along in your service.”

As a special honor, Pugh read the NCO Creed, and spoke of duty, responsibility and obligation to the Corps’ newest inductees during their NCO ceremony.

“As (an NCO) who has paved the way and is now out of the way, I was able to hand the reins over to the Army’s future leaders,” Pugh said.

She told the inductees to take the creed to heart and to allow it to become part of their lifestyles.

“Be the best you can be on duty as well as off duty,” she said. “You are Soldiers (24/7) and 365 days a year. Be flexible and always be prepared for whatever may come your way, because as (NCOs), you will be expected to get the job done.”

“It’s those characteristics (gumption



Photos by Spc. Tiffany Dusterhoft | 8th Theater Sustainment Command Public Affairs

Sgt. Maj. June Pugh (at podium), plans sergeant major, 8th TSC, recites the NCO Creed at the 8th STB, 8th TSC, NCO induction ceremony at the Pacific Aviation Museum Pearl Harbor at Ford Island.

and leadership) that we look for in our leaders in our Army,” Terry said. “(Pugh) never took the easy path (or) the easy road. She had a lot of tough assignments. She is a big person, not in

stature, but in spirit.”

During the ceremony, Pugh was awarded the Legion of Merit Award for her continuous dedication to duty and her Soldiers.

58th MPs take a walk through an Afghan community

Deployed Forces

2ND BRIGADE COMBAT TEAM PUBLIC AFFAIRS, 4TH INFANTRY DIVISION
News Release

KANDAHAR CITY, Afghanistan — Soldiers from the 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, and the Afghan Uniformed Police joined for a patrol through the community around Police Sub Station 16, here, recently.

Their joint mission was to speak with people in the community about their concerns, connect with them and to inform them about the good things they are doing.

1st Lt. Danelle Gamble, 2nd Platoon leader, 58th MP Co., used this opportunity to discuss concerns with Afghan Police Sub Station 16 community members and to inform them about the Government of the Islamic Republic of Afghanistan and how it can help community members.

The AUP and American Soldiers handed out communication packets for adults and toys for children, while allowing for an up-close and personal view of Soldiers and police officers.

During the community circulation patrol, Spc. Jody Hyde, MP, 58th MP Co., befriended young Afghani boys and girls; Sgt. Brittany Deters, MP, 58th MP Co., had a chance to arm wrestle with a young Afghan boy; Spc. Annette Sisk, MP, 58th MP Co., took the opportunity to show pictures that she had taken with her digital camera to Afghan children; and Pfc. Jessica Dostie, MP, 58th MP Co., handed out toys and blew up balloons for young children.

Staff Sgt. Gordon Williams, MP, 58th MP Co., spoke with community members about security in the area, while Cpl. Justin McDonald, MP, 58th MP Co., allowed young Afghan children to get a closer look at his gear.

Children then showed off their sporting and English language skills for the Soldiers.

“The event was pretty positive,” said Capt. Megan Spangler, commander, 58th MP Co., during an earlier visit. “We were able to have a lot of AUP participate and actively interact with the community. It’s pretty exciting. This is actually one of the things my Soldiers and I really look forward to.”



Photos by Spc. April York | 2nd Brigade Combat Team, 4th Infantry Division Public Affairs

Spc. Annette Sisk, MP, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, shows pictures on her digital camera to Afghan children. Sisk, fellow MPs and their AUP counterparts from Police Sub Station 16 were conducting a community outreach patrol to reach out to the people of Kandahar City, Afghanistan, recently.



Pfc. Jessica Dostie (center), MP, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, blows up a balloon to give to children.



Sgt. Brittany Deters, MP, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, arm wrestles with a young Afghan boy.



Spc. Marcus Fichtl | 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Measuring up

WHEELER ARMY AIRFIELD – A contractor with BAE Systems measures a Fox Reconnaissance vehicle belonging to the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, here, recently. The 71st Chem. Co. was rehearsing for deployment, should the need arise.

USARPAC: Challenge sets the bar

CONTINUED FROM A-1

500th Military Intelligence Bde., were the winners of this year’s challenge, as NCO and Soldier of the Year, respectively.

“I could hear my heartbeat; that’s how nervous I was,” Mayberry said. “When they finally called my name, I was relieved.”

This year is the second that the 500th MI Bde. has won the competition in the Soldier’s category.

Command Sgt. Maj. Joseph Lister and 1st Sgt. Guadalupe Sorola Jr., both with the Judge Advocate General’s Legal Center and School in Charlottesville, Va., agreed that the tasks set for USARPAC’s paralegal Soldiers were challenging enough to kick off the first-ever Armywide JAG Corps competition.

“It was interesting to see how USARPAC brought these Soldiers together from Alaska, Japan and (Hawaii), and how these Soldiers are doing things in the field,” Sorola said. “We will take these lessons learned back to the JAG school and incorporate USARPAC’s methods into our program.”

“I think it’s important that Soldiers see senior leaders supporting them and ... Soldiers doing the

Paralegal Warrior Challenge

Soldier of the Year

Spc. Allan Mayberry, HHD, 500th MI Bde.

NCO of the Year

Staff Sgt. Rontino Sharpe, 45th Sust. Bde., 8th TSC

right thing, and this is the right thing,” Lister said.

USARPAC tested Soldiers on scenarios they could face in combat and in the courtroom.

“I felt that the training was very realistic, and Soldiers were put through stresses that they would normally endure during day-to-day operations,” Lister said. “This competition also enforces the standard that we are Soldiers first, and that we are paralegal Soldiers second, and that’s what I’m going to incorporate in our JAG Corps-wide competition.”

USARPAC’s Paralegal Warrior Challenge has set the stage for paralegal competitions across the Army, and the Soldiers competing next year will face trials even more challenging.

(Editor’s Note: Jefferson is with USARPAC Public Affairs, and Spencer is with the 500th MI Bde. Public Affairs.)

25th ID celebrates Hispanic culture

Story and Photo by
SGT. EDWIN GRAY
29th Mobile Public Affairs Detachment

BAGHDAD – Soldiers with the 25th Infantry Division came together, Oct. 7, to celebrate National Hispanic Heritage Month at Camp Liberty, here.

The purpose of the gathering was to reflect upon the history and modern traditions of the Hispanic culture.

The cultural backgrounds of 22 Hispanic countries were displayed and represented at the celebration, and many Soldiers were pleased with the diverse turnout.

“I think the diversity is important, because it creates the dynamics for our force to be multidimensional, as opposed to being one dimensional with one type of Soldier,” said Staff Sgt. Emanuel Alvarez, platoon sergeant, Personal Security Detachment, Headquarters and Headquarters Company, Headquarters and Headquarters Battalion, 25th ID. “This Army is a melting pot of people all over the world, and that is a great contributor to our success as a military.”

“I am proud of who I am and where I come from,” said Spc. Gina Palacios, administrative specialist, 25th ID. “We work very hard to have what we have here today, and I am so proud of the turnout and everyone that I worked with.”

Several Hispanic Medal of Honor recipients were recognized and honored during the event.

“I believe being deployed made this event that much (more) special, because I actually got to see all of the different Hispanic (people) from different Latin American countries that serve along with me that I rarely get to see,” Alvarez said. “It also shows that the Army actually does recognize its roots from other cultural backgrounds, so it was very special.”



Staff Sgt. Esmeralda Hernandez, supply sergeant, Sig. Ops., 25th ID, and Chief Warrant Officer 2 Aaron Sargent, targeting officer, 25th ID, dance at a National Hispanic Heritage Month celebration, Oct. 7, at Camp Liberty, Iraq.

Staff Sgt. Esmeralda Hernandez, supply sergeant, Signal Operations, 25th ID, and Chief Warrant Officer 2 Aaron Sargent, targeting officer, 25th ID, performed four types of Hispanic dance, including the salsa, in tribute to Hispanic history.

“We should all be proud of who we are and who we fight for,” said Sgt. Dolores Rivera, communications noncommissioned officer in charge, 25th ID. “We are many countries united with many stories, but we are all just one Army.”

National Hispanic Heritage Month

National Hispanic Heritage Month is celebrated from Sept. 15-Oct. 15.

Throughout American history, Hispanic Americans have always come together in service to our nation and our Army.

For this year’s National Hispanic Heritage Month, we celebrate the theme of “Many Backgrounds, Many Stories. One American Spirit.”

During this observance, the Army emphasizes the value of diversity. We are “Army Strong” because we not only place great value in having different perspectives, approaches and skills, but also because we value having ethnic and cultural diversity. We leverage and draw strength from the rich diversity within our ranks.

The Army recognizes the commitment and ef-

fort of its Hispanic Soldiers. Hispanic American Soldiers have shown their true American spirit and commitment to our Army and our nation.

This spirit is alive and well in our Soldiers serving in harm’s way today, in Afghanistan and Iraq. At a crucial time in history, Hispanic Americans, military and civilian, are playing critical roles in strengthening our nation’s presence around the world.

Throughout our history, Hispanic Americans have made sacrifices for our nation. They have proven that, when freedom is threatened, they are equal to any task, and when their country calls, they respond.

Find out more at www.army.mil/hispanicamericans.

(Editor’s Note: Information was compiled from an Army news release.)

‘TF Bronco’ disrupts insurgent activity in Wanat village

Story and Photos by
PFC. ZACKARY ROOT
7th Mobile Public Affairs Detachment

NURISTAN PROVINCE, Afghanistan – Three years ago, Combat Outpost Kahler and Observation Post Topside were the target of a Taliban attack that left nine U.S. Soldiers dead, 27 wounded and an area void of any coalition force presence – until now.

Soldiers from 3rd Brigade Combat Team, “Task Force Bronco,” 25th Infantry Division, and the Afghan National Army conducted a two-day mission to disrupt insurgent activity in and around Wanat, here, recently.

Wanat is a small village that straddles the border between Nuristan and Kunar provinces in the Waygul Valley, here.

“We went into the enemy’s backyard easily, and we were able to operate there freely,” said Lt. Col. Colin Tuley, commander, 2nd Battalion, 35th Infantry Regiment, 3rd BCT, whose Soldiers took part in the ANA-led mission.

Conducted as part of a border-wide effort to disrupt movements of insurgents throughout the area, the mission in and around Wanat was a response to insurgent activity reported in the area. The mission carried what Tuley called a “clear message about ANA and coalition capabilities.”

“The Taliban and the enemy networks understand there is no place to create a safe haven,” Tuley said. “The ANA and coalition (forces) can reach out and touch them anywhere.”

Sending this message was important in dispelling the myth that some areas of the country were off-limits to Afghan and coalition forces, according to Brig. Gen. Gary Volesky, deputy commander, Combined Joint Task Force-1 and Regional Command-East.

“A lot of people were worried that Nuristan and northern Kunar (provinces were) an area where the enemy had free movement,” he said.

Volesky and Tuley both say this isn’t the case, highlighting this mission as further evidence that ANA can increasingly lead security efforts wherever they need to.

“The real significance was bringing our Afghan counterparts,” Volesky said. “They led the clearance and proved their security forces can go anywhere as well.”

Soldiers of TF Bronco played a supporting role by settling down in a fire-support position on a hillside and providing watch for their Afghan partners in the village.

To clear up any confusion about the intent of their presence, ANA and coalition forces also handed out cards to villagers with the words “We are back.” The message left little doubt as to the ANA’s and coalition’s capabilities, according to Pfc. Deken Marmen, rifleman, 2nd Bn., 35th Inf. Regt.

“We are still willing to push forward and continue the mission to help the Afghan people and to let the Taliban know we are not afraid of them,” he said.



A Soldier with 3rd BCT, “TF Bronco,” 25th ID, organizes his gear while in a dug-out fighting position overlooking Wanat village, recently. The 3rd BCT and the ANA conducted a two-day mission to disrupt insurgent activity in and around the village.



A Soldier with 3rd BCT, “TF Bronco,” 25th ID, looks through his scope during a border-wide effort to disrupt movements of insurgents throughout the area.



A Soldier with 3rd BCT, “TF Bronco,” 25th ID, looks out into a valley while manning a .50-caliber machine gun during a recent mission.

News Briefs

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

15 / Saturday Exchange Updates – The Army and Air Force Exchange Service has made or will be making the following changes:

- Fort Shafter**
 - The Fort Shafter Burger King Trailer will close Oct. 15, due to lack of customer traffic. The PX Market offers roasted chicken, fresh poke, Subway and Dominos pizza
- Schofield Barracks**
 - Starting Oct. 16, the Military Clothing Sales Store will be open 9 a.m.-4 p.m., Sundays, on a trial basis.
 - An auto detailing service opened Oct. 1, next door to Army Leisure Travel Services. Appointments aren't necessary. Hours are 9 a.m.-3 p.m. Call 423-7302/7885.
 - For more details, call 423-7694.

20 / Thursday TARP Training – Threat Awareness and Reporting Program, or TARP training, replaces Subversion and Espionage Directed Against the U.S. Army, or SAEDA training, and is held every Thursday at 9 a.m.

October training dates and locations follow:

- Oct. 20, Main Post Conference Room, Schofield Barracks.
- Oct. 27, Main Auditorium, Camp Smith.

Call 655-1306/9501.

First-Term Financial Training – Mandatory training will teach students basic financial skills and financial planning, 8 a.m.-4 p.m., Oct. 20, at Army Community Service, Fort Shafter Aloha Center. Call 438-9285.

31 / Monday Education Counseling Services – On the last workday of each month, the Schofield Barracks Army Education Center and Fort Shafter/Tripler Education complexes will curtail Army guidance counselor services, 1-5 p.m., to allow for employee training. Call 655-0800.

Ongoing "Go Army – Beat Navy" Spirit Videos – The U.S. Military Academy's Public Affairs

Office is seeking submissions for the "Go Army-Beat Navy" spirit video for the Army-Navy football classic, Dec. 10.

- Submissions will be considered for use on CBS's national broadcast of the game, inside the stadium on the Jumbotron and at the academy during Army-Navy Spirit Week activities.
- Videos should be 30 seconds in length on high-quality tape and should be action- or theme-based, as opposed to static or group shots of Soldiers.
- Identify units and locations; the more action the better. Submission shouldn't use any images or music that violates copyright.
- Mail videos to the West Point Public Affairs Office, Building 600, Taylor Hall, West Point, NY, 10996, no later than Nov. 1. Call (845) 938-2006, or email francis.demaro@usma.edu.

Temporary Lane Closure – A lane closure affects the westbound lane of Trimble Road, Schofield Barracks, through Jan. 25.

Lane closures are 6 a.m.-4 p.m., Monday-Friday, and affect 300-foot sections of Trimble Road.

Any work to occur in the street will be covered with a steel plate, making the road passable after hours. Call 656-7051.

Report Suspicious Activity – "iWatch Army" is a community program to help your neighborhood stay safe from terrorist activities. iWatch Army asks you to report behavior and activities that are unusual or seem out of the ordinary.

Report all suspicious activity to the Military Police:

- Schofield Barracks, Wheeler Army Airfield and Helemano Military Reservation: 655-7114.
- Fort Shafter, Aliamanu Military Reservation and Tripler Army Medical Center: 438-7114.
- Fort DeRussy: 438-2650.
- Pohakuloa Training Area: 969-2429.

Suicide Prevention – For a listening ear, call (800) 273-TALK (8255).

Single Soldier Survey – Choose the types of programs and activities you want by filling out the Directorate of Family and Morale, Welfare and Recreation survey. Based on your location, go to one of these sites:

- North
<https://www.surveymonkey.com/s/North-Single-Soldiers>.
- South
<https://www.surveymonkey.com/s/South-Single-Soldiers>.

USAG-HI: IPC's live billing cuts energy costs

CONTINUED FROM A-1

the energy conservation officers, or UECOs, and building energy monitors, BEMs.

"(These representatives) encourage and remind people to conserve energy, (like to) turn off lights, computers and air conditioners at the end of the work day," Bjugstad said.

Island Palm Communities has also taken measures to assist in the energy conservation program.

In July 2010, IPC implemented a mock utility billing program, after the Office of the Secretary of Defense's policy requiring Sol-

diers and families to be responsible for their utilities was put in effect.


In August 2011, the first live utility bills went out to IPC residents to reduce energy consumption in the on-post communities.

Last month, IPC received the "Project of the Year: Green Award" from Multifamily Executive, a trade publication. According to IPC's news release, sustainability initiatives taking place at IPC and USAG-HI stood out from among more than 200 nominations. A big contributor for the award-winning programs is that IPC's energy comes from renewable energy sources, including photovoltaic systems and solar hot water.

Energy conservation

For more information on conserving energy at USAG-HI, call the garrison's energy conservation manager at 656-2922.

For more conservation tips, visit www.garrison.hawaii.army.mil and click on "Sustainability and Environmental Management."





THE ROCKY HORROR SHOW



Cast members of "The Rocky Horror Show" welcome the arrival of Dr. Frank-N-Furter, played by Scott Lewis. Additional photos and video from this event are available at www.flickr.com/usaghawaii.

Cast members, who are Army and Navy service members, military family members, and government and local civilians, portray Transylvanian chorus members and belt out cult-classic tunes like "The Time Warp" during nightly performances occurring Fridays and Saturdays through the end of October.

Soldiers, families and civilians, older than 18, are encouraged to attend shows, held at the Tropics Warrior Zone, Schofield Barracks.

'I would like, if I may, to take you on a strange journey...'

Story and Photo by
LACEY JUSTINGER
Managing Editor

SCHOFIELD BARRACKS — Surrounded with tubes of discarded costume pieces like cargo netting and wigs, it's hard to believe these service, family and local community members are the same people who walk around post daily, without garnering a second glance.

Add flashing lights, pulse-pounding beats and swirling backdrops, and these everyday neighbors are transformed into pop-culture stars, unrecognizable in wigs, feathers and heavy stage makeup.

Starting Friday, "The Rocky Horror Show" debuts at the Tropics Warrior Zone, here.

"I'm excited to be home on (rest and recuperation) to watch my wife do something she loves," said Spc. Justin Colley, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, who attended a dress rehearsal to watch his wife, Courtney, perform.

"It shows the community that there's a need for the arts here, because we have a lot of military in the show," Courtney said, while transforming herself into "Columbia."

Attendees will experience an unforgettable show as Army and Navy service members and family members sing and gyrate through the crowd.

Shows will be held every Friday and Saturday through October, with a special performance on Halloween.

"I'm getting to know a lot of other people around post," said Bettina Adragna, a family member in Company B, 3rd Bde. Special Troops Bn., 3rd BCT, who plays a Transylvanian. "It's neat to see Soldiers dancing around, and I can't think of a better way to celebrate All Hallows Eve."

"This is a great show for Soldiers. It's the first time it's been here; it's more risqué and will improve troop morale," said Kalei Scoggins, a member of the cast who also works for U.S. Army Garrison-Hawaii's Directorate of Family and Morale, Welfare and Recreation.

With adult-only content, pre- and post-show activities, and audience participation, attendees will be hard-pressed not to laugh, gasp and, ultimately, enjoy a night out on post.

"It appeals to all adults from 18 to 88," said Kimberly Defenbaugh, a Transylvanian. "The interaction really draws you in, and there's no need to be worried about crying babies in the middle of the show."

Due to explicit and suggestive behavior, clothing and language, no one under the age of 18 will be admitted to the show.

"The arts educate you and take you away from your troubles for an hour or two," said Elliott Dimacali, a Transylvanian.

Prop bags will be sold at the door, which opens at 7 p.m., and pub food and beverages will be available throughout each evening's entertainment. Advance tickets can be purchased at www.himwr.com and at any military ticketing office.

"I enjoy being a part of a cast that's active duty military and military family members," said Jennifer Sojot, who plays "Janet."

"To be able to serve the military community in this way (with a theater production) and serve alongside military adds extra satisfaction," she added.

"It's an amazing honor playing in this musical," said Brett Halvorson, an Army family member who plays the drums during the show. "It's scary because people already know the music, and you have to live up to that, while still being you. But, you will not regret seeing this show."

USAG-HI installation trick-or-treat hours set, safety guidelines released

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS
News Release

WHEELER ARMY AIRFIELD — Authorized Halloween trick-or-treat hours for the Fort Shafter and Schofield Barracks areas are 5:30-9 p.m., Oct. 31. Children under the age of 10 require an adult escort.

The Directorate of Emergency Services, U.S. Army Garrison-Hawaii, will provide increased 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.

Residents not participating should indicate so by placing a "SORRY, NO TRICK OR TREAT-ING HERE" sign

on their door. If no one answers a door after one or two knocks/rings, move on to the next residence.

Children should carry a flashlight or a chem-lite and be dressed in light-colored clothing or have reflectors on dark clothing.

•Take precautions when crossing streets and using crosswalks.

•Wait for proper traffic signals.

•Look both ways before crossing the street.

•Watch out for cars turning at intersections and leaving or entering driveways.

•Stay on the sidewalk, whenever possible.

•If there is no sidewalk, walk on the left side of the roadway facing traffic.

•Never enter vehicles or homes when invited.

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

Families wishing to have their treats examined should report to the TAMC

Radiology reception area, 3G, mountainside or SBHC Radiology, Building 685, first floor, 7-9 p.m., Oct. 31.

The X-raying of candy will not detect non-metals, such as fine particles, liquids, powders and chemical contaminants. Individuals who want their treats examined may have to wait since patients have priority.

**SEE HALLOWEEN
HAPPENINGS, B-4**





Today
“**The Rocky Horror Show**” — Army Community Theatre performances of this live musical are Oct. 14-15, 21-22 and 28-29, with a special Halloween night performance, Oct. 31, at the Tropics Warrior Zone, Schofield Barracks.

Doors open at 7 p.m., with a preshow at 7:30. Show starts at 8 p.m., with after-parties on Saturday nights. Purchase tickets for \$15 at the door, online at www.hiwmr.com or at Army Leisure Travel Services. Beverages and pub food will be available.

Due to adult situations and sexual content, no one under the age of 18 will be admitted; IDs will be checked. Call 438-4480.

See videos of the cast performing a “Time Warp” flash mob at www.flickr.com/usaghawaii.

Friday Night Entertainment Series — Enjoy live entertainment each Friday night at Kolekole Bar and Grill, Schofield Barracks. From Latin and hip-hop to open mic night, there’s something for everyone. Call 655-0664.

15 / Saturday
Read to the Dogs — Keiki who can read on their own can sign up for a 15-minute session to read to a therapy or service dog, Oct. 15. Preregistration is required; call 655-8002.

Polo Match — Watch Army Gold versus Army Black in this inaugural polo match, 11 a.m.-5 p.m., Oct. 15, Palm Circle, Fort Shafter. This event is free and open to the public.

Activities include military static displays, keiki activities, food, music and retreat. Guests can bring chairs and umbrellas; small pop-up canopies are permitted. Personal coolers are permitted; however, open containers aren’t allowed. Guests may purchase alcoholic beverages on site.

Call 655-0111/0115 or visit www.himwr.com.

16 / Sunday
Teen Read Week — Teens age 12 are invited to stop by an Army Hawaii Library, Oct. 16-22. To celebrate the week, libraries are hosting button-making sessions from 4-5 p.m. Call to register.

•Sgt. Yano Library, Oct. 18; call 655-8002.

•Aliamanu, Oct. 19; call 839-2821.
•Fort Shafter, Oct. 20; call 438-9521.

17 / Monday
Knit & Crochet Workshop — Bring your yarn, tools and works in progress to the library. All sessions are 5-6:30 p.m. Location and dates follow:

•AMR Library, Oct. 17, Nov. 21, Dec.



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

Today
Pretty in Pink Luncheon — RSVP by Oct. 14 for this Hui O Na Wahine all-ranks Army spouses club luncheon, Oct. 20, at the Nehelani, Schofield Barracks. The event opens at 10:30 a.m. for shopping, with a buffet lunch 11 a.m.-1 p.m. Cost is \$15 and includes lunch. Wear pink to support National Breast Cancer Awareness Month.

To make reservations, last names beginning with A-L are to email huireservationsal@gmail.com; M-Z, email huireservationsmz@gmail.com. Spouses must be 2011-2012 members of the Hui to attend the luncheon. Email huionawahine@gmail.com or visit www.SchofieldSpousesClub.com.

Food and New Product Show — This annual event is 5-10 p.m., Oct. 14; 10 a.m.-9 p.m., Oct. 15; and 10 a.m.-5 p.m., Oct. 16, at the Blaisdell Exhibition Hall, Neal S. Blaisdell Center, 777 Ward Ave., Honolulu. General admission is \$3, and \$1 for military with a valid ID. Keiki 12 and under are free with an adult. Call 732-6037 or visit www.PacificExpos.com.

15 / Saturday
Volunteers — Help with the Spe-

19; call 839-2821.

•Fort Shafter Library, Nov. 1 and Dec. 6; call 438-9521.

Martinez PFC Closures — Portions of Martinez Physical Fitness Center will be closed at various times in October to move exercise equipment and paint. Call 836-0338. Locations and dates follow:

•Nautilus equipment room, through Oct. 17.

•High-ceiling cardio equipment room, through Oct. 19.

Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.

Classes are held the following days and locations:

•Mondays, Kalakaua Community Center, Schofield Barracks.

•Tuesdays, AMR Community Center.

ESL — English as a Second Language classes are 9 a.m.-1:30 p.m., Monday and Wednesday, through Nov. 21, at ACS, Schofield Barracks. Call 655-4227.

19 / Wednesday
Baby Knits — Learn to knit booties, hats, scrubbies and more. Knit Now students pay \$10 plus yarn; new students pay \$30 (includes supplies). October classes are 1-3 p.m., Oct. 19 and 26. Call 655-4202.

20 / Thursday
Theater Thursdays — Learn the basics of stage acting in a theater program for teens (12-18) and adults, 4-5:30 p.m., Oct. 20 and 27. Call 655-8002 to register. Walk-ins are welcome.

Oil Painting for Beginners — Learn oil basics and technique at the Schofield Barracks Arts and Crafts Center. Finish a completed painting by the end of the fourth session. Classes run 6-8 p.m., Oct. 20-21 and 27-28. Cost is \$45 and includes supplies. To register, call 655-4202.

22 / Saturday
Snorkeling — Snorkel with Outdoor Recreation, 6 a.m.-1 p.m., Oct. 22. Cost is \$25. To register, call 655-0143.

23 / Sunday
Adult Book Club — Join the discussion of “Lord of Misrule” by Jaimy Gordon at this event, 3:30-5 p.m., Oct. 23, Fort Shafter Library. Call 438-9521.

Ongoing

2012 NFL Pro Bowl Presale — Tickets will go on sale at the Schofield Barracks Army Leisure Travel Services office, Nov. 5. Tickets will be sold on a first-come, first-served basis. Limit six tickets per person on the first day of sale. Ticket purchaser must have a military ID card and be 18 years of age or older. Purchasers must be in line; no

cial Olympics Central Honolulu Bowling Tournament, Oct. 15, Schofield Barracks Bowling Center. Shifts are 7 a.m.-1 p.m. Call 943-8808, ext. 112.

17 / Monday
Wahine Forum — Register by Oct. 17 and get a \$15 discount for this women’s conference, 8 a.m.-5 p.m., Oct. 18, at the Hawaii Convention Center. Military attendees can use the discount code to get \$15 off the registration price through Oct. 17. Discount code is MIL2011; register at wahine.hawaiibusiness.com.

19 / Wednesday
Splash and Dash Biathlon — Online Registration closes at 4:30 p.m., Oct. 19, for this biathlon. Start your morning with a brisk 500-meter swim, 7 a.m., Oct. 22, in Kaneohe Bay, finishing with a scenic 5K that begins and ends at the Hangar 103 pad, Marine Corps Base Hawaii.

This race is open to the general public. Entry fees are \$20 for individuals and \$36 for relay teams. Visit www.mccshawaii.com/cgfit.shtml; register at www.active.com.

21 / Friday
Craft and Gift Fair — This event is 5-9 p.m., Oct. 21; 9 a.m.-7 p.m., Oct. 22; and 9 a.m.-4 p.m., Oct. 23, at the Blaisdell Exhibition Hall. Cost is \$3 and more than 225 booths will be offered. Call 683-6064.

23 / Sunday
Hawaii International Film Festival — This annual event runs through

AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services



Courtesy of Schofield Barracks Health Clinic

Staff members at the Schofield Barracks Health Clinic display foam apple give-aways at APLSS Awareness Day, Oct. 3.

‘Apple-themed’ awareness day focuses on health care survey

APLSS surveys are tied to funding of services

LT. COL. GERMAINE OLIVER & TANISHA BROWN
Schofield Barracks Health Clinic

SCHOFIELD BARRACKS — With staff members attired in red shirts, green hats and “Ask me about APLSS” buttons, more than 400 patients at the Schofield Barracks Health Clinic, here, learned about Army Provider Level Satisfaction Survey, or APLSS, and Tricare Online services.

The events were part of SBHC’s first APLSS Awareness Day, here, Oct. 3. Patients could either visit the apple-themed information booth or speak with staff members to increase patient knowledge of the satisfaction survey and its importance.

The SBHC wanted to bring this information to its patients in a fun way, while letting them know that APLSS is a critical component of providing exceptional patient care.

The Office of the Surgeon General, or OTSG, mails APLSS surveys to a sample of SBHC patients to ask how Army providers and facilities are meeting the needs of the patients they serve. The survey focuses on a single out-patient appointment.

APLSS tells the clinic staff what its beneficiaries like and how the clinic can succeed and improve. Also, since APLSS is tied to funding, returning the surveys provides funding that SBHC can use for equipment and services for its patients.

“It was fun,” said Cheryl Keopuhiwa, advisor, Tricare Health Benefits Office. “Most people were familiar with Tricare Online Services, but they were really receptive and glad to learn about the APLSS survey. We’re thinking about having another APLSS Day around the holidays.”

The family readiness group for Medical Company C, SBHC, also held an apple-themed bake sale fundraiser during the event.

stand-ins are allowed. Call 655-9971.

Pool Closures — HMR & AMR pools are open on a seasonal basis. HMR Pool is closed through May 30; AMR Pool is closed through May 28.

TAMC and Richardson pools at Schofield Barracks are open year-round. Richardson Pool operating hours will be reduced until Feb. 28. Visit www.himwr.com for specific hours of operation.

Single Soldier Survey — Choose the types of programs and activities you want by filling out the Directorate of FMWR survey now.

Based on your location, go to one of these sites:

Oct. 23 at Regal Dole Cannery Stadium, 735 Iwilei Rd., Honolulu. Recent releases and films from around the world will be screened daily. Visit www.hiff.org.

29 / Saturday
Women’s Celebration — This annual Distinctive Women in Hawaiian History program is 7:30 a.m.-5 p.m., Oct. 29, at the Hawaii Convention Center, Honolulu. Presentations will bridge academic history and community memory through dance, multimedia presentations, music, poetry and film. Register now at www.distinctivewomenhawaii.org.

Ongoing

RAP Meeting — Get involved in your community by attending your community’s Resident Advisory Panel. IPC residents can develop and strengthen their relationships with property management and fellow residents through the RAP. All IPC communities have RAP groups; contact your community manager for details and volunteer opportunities. Visit www.IslandPalmCommunities.com.

“Operation Kid Comfort” — This local quilting group creates comfort quilts and pillows for children of deployed service members. Call 473-3398 or email pearlharbor@asymcahi.org.

Art on the Zoo Fence — This event is 9 a.m.-4 p.m., every Saturday-Sunday. Fence

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

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



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 and FD
•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

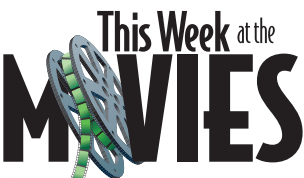
Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

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

Protestant Worship
•Sunday Services
– 9 a.m. at FD, MPC and TAMC chapels
– 9 a.m. at WAAF chapel, Lutheran/Episcopalian
– 10 a.m. at HMR
– 10:30 a.m. at AMR

Single Soldiers’ Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.



Joint Base Pearl Harbor-Hickam Memorial Theater

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

Mr. Popper’s Penguins
(PG)
Fri., Oct. 14, 6 p.m.

2030 Warrior
(PG-13)
Fri., Oct. 14, 8:30 p.m.

Kung Fu Panda 2
(PG)
Sat., Oct. 15, 4 p.m.



Apollo 18
(PG-13)
Sat., Oct. 15, 7 p.m.
Thurs., Oct. 20, 7 p.m.

The Smurfs
(PG)
Sun., Oct. 16, 2 p.m.

Bucky Larson: Born to be a Star
(R)
Wed., Oct. 19, 7 p.m.

No shows on Mondays or Tuesdays.

New ‘green’ outdoor classroom features rainwater harvesting

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — A big surprise is in store for students when they return to school following the fall break.

A new outdoor classroom — the first of its kind in U.S. Army Garrison-Hawaii — is being constructed at Hale Kula Elementary School, here.

Known as the Saving Your Nation’s Energy, or SYNERGY Outdoor Classroom, it’ll feature aboveground gardens, a rainwater harvesting system and curricula that will enhance sustainability programs in fifth-grade coursework.

“The SYNERGY Outdoor Classroom represents a great partnership between Island Palm Communities, garrison directorates, the school and local businesses,” said Mark Frey, project director, IPC. “More importantly, it’s a smart investment in the education of our children.”

The outdoor classroom recently got underway, following nearly a year of planning and with support from Jan Iwase, school principal, and teachers.

School educators are now developing activities and projects that will enhance their current program to teach students about sustainability, using the facility.

At the center of the classroom is an 8-foot-wide, 9-foot-high tank that can store 3,000 gallons of rainwater collected from the school’s roofs. Downspouts have been modified to deliver rainwater to the tank that will be used to maintain the classroom’s gardens.

The rainwater harvesting system was the idea of Haley Diamond, Clean Water Program, Environmental Division, Directorate of Public Works, USAG-HI.

“The rainwater harvesting system provides a wonderful opportunity to teach kids about conserving one of our most important natural resources, and they’ll also learn about the many benefits of reusing rainwater,” Diamond said.

Reusing rainwater makes efficient use of a valuable resource by conserving water and energy. Also, used rainwater is good for irrigation, and plants thrive.

Used and stored rainwater is free of pollutants, salts, and natural and man-made contaminants.

Other classroom features include raised planter boxes and an area where students can sit during class presentations and demonstrations. Initial plans for the garden include the propagation of native plants.

Lend Lease established the SYNERGY program to help create awareness about environmental, social and economic sustainability through information, resources and activities. Funding for the classroom was received through a \$10,000 grant from the Lend Lease Community Fund. Also, local businesses donated more than \$10,000 in materials and 100 hours of labor.

The SYNERGY Outdoor Classroom will be completed this week, and students will celebrate the classroom’s opening Oct. 25.



Mark Brown | Lend Lease

The newly constructed outdoor classroom at Hale Kula Elementary School at Schofield Barracks will feature aboveground gardens, a rainwater harvesting system and curricula to complement sustainability programs that are part of fifth-grade coursework.

AFTB provides opportunities to meet new people, make connections

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

SCHOFIELD BARRACKS — Army Family Team Building is a series of training modules designed for Soldiers, family members and Army civilians that enhances knowledge about the military and develops leadership skills.

The program also strengthens self-confidence and independence, and it provides opportunities to meet new people and get involved in the community.

AFTB contributes to the growth of high-performing Soldiers and self-reliant families.

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

ages the program and offers three levels of classes:

Level I is an introduction to the military lifestyle and is for families new to the military. Classes include “Chain of Command” and “Basic Military Benefits and Entitlements.”

Level II promotes personal development. Classes include “Communication” and “Stress Management.”

AFTB Level III helps develop positive attributes. Classes include “Leadership Styles” and “Managing Group Conflict.”

Active duty Soldiers can earn promotion points by participating in this training. Classes are also available to units and family readiness groups, and they can be modified to meet the needs of the community.

Hourly child care is available for those attending classes during the day.

AFTB classes

AFTB classes are offered at Schofield Barracks and Fort Shafter. To learn when classes are scheduled or to volunteer as an instructor, call 655-0671 or contact ferne.r.conroy@us.army.mil. An online version of classes is offered at www.myarmyonesource.com.

The concept for AFTB originated in 1992 from a need to educate family members as a result of lessons learned following the Gulf War. AFTB became an official Army program in December 1994.



Courtesy of 18th Medical Command (Deployment Support)

Lt. Col. Shauna Snyder, chief, Human Resources, 18th MEDCOM (DS), prepares to pitch a golf ball onto the green for a putt during the annual Armed Forces Golf Championship, Fort Jackson, S.C., recently. She finished fourth overall for the ladies and first for the Army ladies. The championship was held Sept. 28-Oct. 1.

18th MEDCOM golfer tops All-Army, Armed Forces contest

SGT. 1ST CLASS RODNEY JACKSON

18th Medical Command (Deployment Support) Public Affairs

FORT JACKSON, S.C. — A Soldier assigned to the 18th Medical Command (Deployment Support) finished first in overall All-Army golf trials and in the female Soldiers category during the annual Armed Forces Golf Championship, here, Sept. 28-Oct. 1.

The All-Army golf trials were Sept. 22-25. The top six men and top three women for the Army then remained to compete in the Armed Forces competition, Sept. 28-Oct. 1.

After four rounds of the Armed Forces competition, Lt. Col. Shauna Snyder, chief, Human Resources, 18th MEDCOM (DS), finished fourth for all Armed Forces ladies and first within her respective service.

“I put in a lot of hours of practice at the driving range (and) on the putting greens, hitting balls in the park and playing as many rounds as I could fit in to prepare for this com-

petition,” Snyder said.

“This was my second year competing; last year, at Fort Lee (Va.), I missed the Army ladies team by one stroke,” said Snyder. “I was determined to make it this year.”

Snyder said this year’s competition was mentally tougher, and rain delays during the competition had everyone stressed. During the first few days, the downpours started within 15 minutes of tee off and caused many delays.

Snyder will represent the Army during the nationally televised Children’s Miracle Network Classic Pro-Am at Disney, Orlando, Fla., later this month. During the event, Snyder will be paired with one of the pros for two days of competition. This event will be Snyder’s first time playing with professional golfers.

Each level of competition works a different set of nerves, Snyder said.

“This is a great opportunity to represent the Army,” she said.

Halloween Happenings

Today

Haunted Lagoon — The Haunted Lagoon at the Polynesian Cultural Center, or PCC, 55-370 Kamehameha Hwy., Laie, consists of a spooky canoe ride through the PCC lagoon and runs through Oct. 31. A keiki-friendly ride is available. Visit www.HauntedLagoon.com.

15 / Saturday

Spooktacular Swap Meet and Craft Fair — This event offers household items, handmade gifts and more, 8 a.m.-1 p.m. Oct. 15, Waipio Shopping Center, 94-1040 Waipio Uka St., Waipahu. Call 722-6467 or email marisa@pcfvirtual.com.

Pumpkin Patch Festival — This annual event is 8:30 a.m.-5 p.m. weekends, at Aloun Farms, 91-1440 Farrington Highway, Kapolei, through the end of October. Pick your own pumpkin and enjoy tractor-pulled hayrides, pony rides. Cost is \$1; free for ages 2 and under. Cash only. Call 677-9516, ext. 14; or visit www.alounfarms.com.

17 / Monday

Halloween Recycled Art — This event is 9:30 a.m. to 12:30 p.m., Oct. 17 and 24, Foster Botanical Garden, 50 N. Vineyard Blvd., Honolulu. Create a Halloween skeleton using plastic milk bottles. Materials will be provided. Bring craft scissors and a hole punch. Reservations are required; call 522-7064. Cost is \$10 with regular admission to the garden. Visit www1.honolulu.gov.

22 / Saturday

Exchange Halloween Events — The Schofield Exchange is sponsoring the following events:

•Halloween dessert contest: Set up your homemade entry at the Exchange, 10 a.m., Oct. 22; judging begins at 11 a.m. Sign up at the Schofield Exchange Customer Service Center. Prize is a \$100 Exchange gift card.

•Costume contest and trick or treat: For babies and youth up to age 17, 4 p.m., Oct. 29.

•Scary poem contest: Youth 6-17 years of age can drop off entries by Oct. 29 at the Schofield Customer Service Center. The winning poem will be read

Oct. 29 at the costume contest.

•Halloween book reading and keiki costume event: Starts at noon, Oct. 30, at the flower shop; for babies and youth up to age 10.

25 / Tuesday

Halloween Costume Contest — Keiki can show off their spooktacular costumes, Oct. 25 at the Fort Shafter Library. Keiki ages 5 and under and ages 6-12 can win prizes for the best costumes. Judging will be from 3:30-4:15 p.m.; winners will be announced at 4:20 p.m. Keiki can make a Halloween craft also.

26 / Wednesday

Pajama Storytime — Keiki can listen to spooky stories, 6:30 p.m., Oct. 26, at the Sgt. Yano Library, Schofield Barracks. Call 655-8002.

28 / Friday

Haunted House — This annual event is 6-9 p.m., Oct. 28-29, Ewa Beach Community Center, Ewa Pointe Marketplace, 91-1001 Kaimalie St. Admission is \$7 for adults and \$5 for students. Keiki ages five and under are free. Call 330-8438 or 595-2865.



New enrollees in Tricare Prime pay adjusted annual fees

DEPARTMENT OF DEFENSE
News Release

WASHINGTON — Military retirees enrolling in the Tricare Prime health plan are now paying slightly higher annual fees, Pentagon officials said recently. The fee change for fiscal year 2012 means the plan will cost \$260 per year for individual members and \$520 per year for members and families. The increase amounts to an additional \$2.50 per month for individual members and \$5 per month for families. Active duty service members receive health care with no out-of-pocket costs. Annual fees for retirees enrolled in Tricare Prime prior to the Oct. 1 change will remain at \$230 and

Survivors of deceased active duty sponsors ... will be exempt from an annual increase, from the time they renew their enrollment or first enroll in Tricare Prime.

\$460 until Oct. 1, 2012. Tricare Prime copays are not changing. “We are committed to offering the best possible health care system for our entire military family,” said Dr. Jonathan Woodson, assistant secretary of defense for Health Affairs. “This modest annual fee increase allows us to responsibly manage our costs in line with other secretary of defense initiatives announced earlier this year.” Survivors of deceased active duty sponsors and medically retired services members and their dependents will be exempt from an annual increase, effective from the time they renew their enrollment or first enroll in Tricare Prime. All service members, military retirees and their eligible family members have Tricare benefits regardless of prior health conditions. “(We are) committed to maintaining the same unique health care protection we have always offered our warriors, both current and retired,” Woodson said. “To sustain our military health system, we are working hard to streamline, become more efficient and achieve cost savings. Together, we can manage our costs responsibly and continue to provide care for our service members, retirees and their families.”

Think P.I.N.K. to reduce breast cancer risk

THERESA K. JACKSON
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — October brings with it many great things: the start of autumn, football games, candy corn, pumpkin lattes at Starbucks ... and a lot of pink. In October, we see pink ribbons, pink candies, pink T-shirts, pink bracelets, pink sneakers and pink accents on our favorite football players. The pink we see is to raise awareness for women's health because October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer in women worldwide. About one in eight women in the U.S., or 12 percent, will develop invasive breast cancer during the course of their lifetime. This year, in the U.S. alone, more than 230,000 women — or nearly 600 women per day — will be diagnosed with breast cancer. Therefore, the U.S. Army Public Health Command encourages all of our female Soldiers and Army wives, sisters, mothers and daughters to think P.I.N.K.:

•Participate in screening.

The chances of survival are better if cancer is detected early and before it spreads to other parts of the body. When breast cancer is found early and confined to the breast, the five-year survival rate is 98 percent. To promote early detection, the American Cancer Society recommends that women in their 20s and 30s receive a clinical breast exam, or CBE, every three years, and women age 40 and older receive a yearly CBE and a yearly mammogram.

•Invest in prevention.

Women often struggle with balancing family, work and taking care of themselves. Be sure to eat right, get enough sleep, exercise and avoid alcohol use. These actions will help you feel better and may also reduce your risk



National Breast Cancer Awareness Month

Resources

For additional information on Women's Health Month and National Breast Cancer Awareness month, visit these sites:

- American Cancer Society, www.cancer.org/Cancer/BreastCancer/index.
- National Cancer Institute, www.cancer.gov/cancertopics/types/breast.
- National Women's Health Resource Center, www.healthywomen.org.
- Susan G. Komen for the Cure, www.komen.org.
- U.S. Department of Health and Human Services Office, www.womenshealth.gov.

of cancer.

In a study from the Women's Health Initiative, briskly walking for at least one to two hours per week reduced a woman's risk of developing breast cancer by 18 percent.

•Note your risks.

All women are at risk for breast cancer. The two most important risk factors are being female and getting older. Most breast cancers and associated breast cancer deaths occur in women ages 50 and older. Risk also increases if you have a first-degree relative (mother, daughter or sister) who has been diagnosed with breast cancer.

Knowing your risks, communicating them with your health care provider and following the appropriate screening recommendations is key to early detection.

•Know your body.

No matter your age, you should become familiar with how your breasts look and feel. If you notice any changes such as a lump, swelling, dimpling, pain or redness, see your health care provider right away. Finding a breast change does not necessarily mean that you have cancer. Your provider will be able to offer you additional information and next steps.



Hurricane season in Hawaii runs through Nov. 30

If a hurricane is approaching Hawaii, you will learn about it from radio and TV news, collected from the National Weather Service in Honolulu.

- Tune to installation channel TV2 in Island Palm Communities for specific guidance.
- Monitor www.facebook.com/usaghawaii or www.twitter.com/usaghawaii.
- Respond to instructions from the IPC CallMax automatic telephone system.

- Comply with directives from Military Police via public address systems.
- Proceed to assigned emergency shelters when advised, and take your Emergency Readiness Kit with you.
- Review the Hurricane Readiness Guide, which lists emergency shelters and readiness kit items. Download the pamphlet at www.garrison.hawaii.army.mil, under the Emergency Management link on the left side. Off-post military can find the closest area shelter from their local phone book, at www.oahucivildefense.com or call 523-4122.