



Combat Engineers from Alpha Company, 29th BEB, 3rd BCT, 25th ID, wait in formation before loading onto a CH-47 Chinook.

# 29th BEB Sappers get recon training at Bellows

Story and photos by  
**2ND LT. ANN DAILEY**  
29th Brigade Engineer Battalion  
3rd Brigade Combat Team  
25th Infantry Division

MARINE CORPS TRAINING AREA BELLOWS — While most Soldiers in the 3rd Brigade Combat Team, “Broncos,” were making final preparations to head to the Joint Readiness Training Center, or JRTC, in Fort Polk, Louisiana, the 29th Brigade Engineer Battalion’s (BEB) Alpha Company, “Sappers,” were conducting a three-day field training exercise (FTX), here, at MCTAB, on the windward side of the island.

When asked about the training, Company Commander Capt. Alex Withenbury said, “Eng. Reconnaissance is an important task for our company, and our support to the Brigade Combat Team. We wanted to make sure we refreshed ourselves on reconnaissance tasks before we went to JRTC.”

The company conducted the training extremely light when compared to a normal FTX for a combat engineer company – only packing individual equip-



Combat Engineers from Alpha Company, 29th BEB, 3rd BCT, 25th ID, measure the width of a road as part of a route reconnaissance.

ment necessary to conduct the training.

Sapper Co. split the training into four scenarios, or lanes, with each squad (approximately 10 Soldiers) conducting each lane under both day and night conditions. The lanes consisted of route, bridge, river and obstacle/restriction reconnaissance.

The purpose of these different types of reconnaissance is to provide higher echelons more information about those objectives to determine materials necessary to move through them.

Additionally, leaders can grade Soldiers on their ability to conduct these lanes where they

gather data and perform calculations to determine information, such as curve radius, slope of a hill and ford viability for vehicle crossings.

1st Lt. Sean McGivney, platoon leader, said, “We took full advantage of this opportunity to practice squad, platoon and company SOPs (standard operating procedures), certify new team leaders and conduct decontamination training, all while familiarizing Sappers with the tactics, techniques and procedures to successfully complete a tactical reconnaissance. Also, we practiced helicopter loading operations to and from MCTAB.”

One platoon (approximately 20 Soldiers) conducted patrolling training. They practiced land navigation; conducted raids, ambushes and movement techniques; and established patrol bases – all during both day and night. The training concluded with some squad competition physical readiness training and some classes on the beach.

The helicopter training, provided by Bravo Co., 3rd Bn., 25th Aviation Regiment, 25th Combat

Avn Bde’s “Hillclimbers,” was a highlight for many Soldiers.

“I really enjoyed the different training that we did,” said Spc. Andrew Collins. “We don’t get to do reconnaissance training very often, so it was a nice change. Plus, I liked the flight and the training location.”

In conducting this training, Sappers ensured that they will be prepared to maximize their supported maneuver units’ mobility at JRTC.

“Maneuver commanders rely on engineer disciplines to add breadth and depth to the overall understanding of the operational environment. ... Engineer capabilities are significant force multipliers in joint operations, facilitating the freedom of action necessary for the joint force commander to meet mission objective,” states the policy Army Tactics, Techniques, and Procedures 3-34.22 (in Engineer Operations – Brigade Combat Team and Below).

Maneuver commanders in 3rd BCT will be able to count on Alpha Co. Sappers, thanks to their hard-nosed training at Bellows and throughout the year.

# Missile defense prep, potential furlough focus of CIE

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — “Repeat after me. Get inside. Stay inside. Stay tuned.”

That was the message from Col. Stephen E. Dawson, commander of U.S. Army Garrison-Hawaii, during a missile defense preparedness briefing at this month’s Community Information Exchange, Wednesday, at the Nehelani.

While almost a month has passed since a false missile alert sent to cellphones across the state of Hawaii on Jan. 13, preparedness continues to be a top priority for the Army.

Dawson’s briefing was aimed at making sure the community knows what to do in the event of a real missile threat and dispelling misconceptions.

He reassured those in attendance that his intent was not to cause undue alarm or panic.

“If there is a missile inbound to the Hawaiian Islands, the U.S. Pacific Command will be the first to know,” he said. “They have the capability to detect a missile launch ... and I can assure you ... we have the ability to defend against a missile attack.”

However, he acknowledged that there are gaps in the system. There are several state siren warning systems located on USAG-HI properties that do not currently work. He said the garrison is making it a priority to get those sirens up and running.

In the meantime, the garrison relies on its Giant Voice broadcast capabilities to broadcast the sirens. Because the Giant Voice broadcasts may not reach all areas of the garrison, he encourages Soldiers and their families to sign up for the Army’s AtHoc Mass Warning Notification system.

As far as what to do during an actual missile attack, his message boiled down to three main points:

## Get inside

Hawaii does not have designated fallout shelters or bunkers. Upon receiving notification of an imminent attack or missile threat, individuals and families should seek immediate shelter.

If they are at home, they should remain in their homes, away from windows and turn off their air conditioning and fans. If they are on the road, they should pull over at the nearest building or structure and seek shelter inside.

## Stay inside

Once sheltered, individuals and families should be prepared to stay in place until they are notified that it is safe to leave. It is recommended that homes be stocked with up to 14 days worth of provisions. This includes food, water, prescription medication and other necessities.

## Stay tuned

Keep televisions and radios close by, as emergency information and updates will be broadcast over them.

Hawaii public schools have a shelter in place plan should an attack occur during school hours. Parents should not attempt to pick their children up, but should shelter in place where they are until instructed otherwise by emergency management officials.

Private schools have similar plans. Parents should contact their children’s private schools for more information.

For more tips on what to do during a real missile

See PREPARE A-7

### WHERE TO GO IN A RADIATION EMERGENCY

GET INSIDE

STAY INSIDE

STAY TUNED

If a radiation emergency happens in your area, you should get inside immediately.

No matter where you are, the safest action to take is to: GET INSIDE. STAY INSIDE. STAY TUNED.

- Close and lock all windows and doors.
- Go to the basement or the middle of the building. Radioactive material settles on the outside of buildings; so the best thing to do is stay as far away from the walls and roof of the building as you can.
- If possible, turn off fans, air conditioners, and forced-air heating units that bring air in from the outside. Close fireplace dampers.
- Bring pets inside.
- Stay tuned for updated instructions from emergency response officials.

NOT SAFE

OK SAFER

SAFEST

Adapted from Ventura County Public Health, Ventura County, CA

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention  
<http://emergency.cdc.gov/radiation>

Courtesy of Centers for Disease Control





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# CW5 Panter takes helm as CCWO

Story and photos by

**SGT. 1ST CLASS MICHAEL BEHLIN**

8th Theater Sustainment Command Public Affairs

**FORT SHAFTER —** The 8th Theater Sustainment Command officially welcomed Chief Warrant Officer 5 Ronald Panter as its newest command chief warrant officer during a change of responsibility ceremony, here, at the Hale Ikena, Monday.

Panter took over the position from CW5 Mark Parr, who had held the position since May of 2017.

With the change of responsibility, Panter becomes just the fourth warrant officer in the 8th TSC to hold the position since 2014, and he will be the senior leader for the command’s warrant officers.

“While this event has many formalities surrounding the individuals themselves, the essential thing I hope that you take away is what an important role warrant officers play in our command and in our Army,” said Maj. Gen. Susan A. Davidson, commanding general of the 8th TSC.

“These leaders provide guidance, mentorship and experience to commanders, peers and subordinates alike across 44 MOSs ranging from engineers to CID to mobility.”

The command chief warrant officer of the 8th TSC serves as the senior warrant officer. He/she is the commanding general’s principle assistant and adviser on all matters concerning warrant officers and their families.

The CCWO is also responsible for advising the commanding general on all matters pertinent to warrant officer training, professional development, morale, accessions, retention and other areas impacting readiness.

While a bittersweet moment for Parr, he said he looks forward to his future endeavors and wishes the best for CW5 Panter as he takes on a tough, but rewarding position.

“I truly believe that this position exists to ensure warrant officers have a voice within the command,” said Parr. “I don’t know what the future holds for the Pacific, but I’m sure that with CW5 Ron Panter, you’re in good hands. The job is right, the guy is right and the time is right.”

Chief warrant officer five is the highest rank a warrant officer can achieve. While



**Chief Warrant Officer 5 Mark Parr, the 8th TSC’s outgoing command chief warrant officer, is awarded the Legion of Merit from Maj. Gen. Susan A. Davidson, the 8th TSC’s commanding general, during a change of responsibility ceremony, Monday, at Fort Shafter.**



**Left — Chief Warrant Officer 5 Ronald Panter officially assumes responsibility as the 8th TSC’s command chief warrant officer during a ceremony, Monday, at Fort Shafter.**

staff as well as oversee the professional development of warrant officers with the command and the Pacific theater.

Prior to the position of CCWO, Panter served as the 8th TSC’s support operations materiel management branch chief, a position slotted for a lieutenant colonel.

He said that he is excited to take on his new role, and he looks forward to working with the Soldiers of the 8th TSC.

During his speech, he thanked the 8th TSC’s leadership for selecting him as the next CCWO.

“Maj. Gen. Davidson and Command Sgt. Maj. Garza, thank you for selecting me to be your next command chief warrant officer, senior assistant and adviser for all matters concerning warrant officers and their families,” said Panter. “I am both humbled and honored to be a part of the command team.”

# You should understand what is MSRRA

**VERNDAL LEE**

Legal Assistance Office

Many personnel don’t know what guidelines state in the Military Spouses Residency Relief Act, or MSRRA.

The MSRRA amends the Servicemembers Civil Relief Act, or SCRA, to provide that the spouse of a service member does not lose or acquire a residence or domicile for purposes of taxation by reason of being absent or present in a tax jurisdiction of the United States solely to be with the military member in compliance with the service member’s military orders **if the domicile of the SM and the spouse are the same.**

## Application and explanation

A state cannot tax income earned in that state by the military spouse if the military spouse and service member have established a common tax domicile outside the state and are present in the state solely due to the service member being assigned to that state.

## Proceed with caution

The MSRRA does not change how domicile is established, or maintained, and it does not provide a means for a spouse to simply choose the same domicile as the service member. Also, the MSRRA does not allow a spouse to pick or choose a domicile in any state.

Prior to claiming domicile in a particular state for tax purposes, a spouse must have actually lived there and established and maintained residency contacts. MSRRA does not allow a spouse to automatically assume the service member’s domicile upon marriage. The spouse will need his or her own individual residency contacts in order to take advantage of MSRRA.

MSRRA also does not allow a spouse to recapture a previously abandoned domicile without physically returning to the state and re-establishing the appropriate contacts. Re-

quests to assert MSRRA will, in all likelihood, be met with inquiries from the state into the military spouse’s status, domicile of the service member and domicile of the military spouse.

Furthermore, **MSRRA does not relieve you of filing state tax returns.** You are still responsible for filing a state return with the state in which you are claiming domicile.

Finally, an income tax exemption provided under MSRRA is not applicable to the General Excise Tax, the Use Tax and any other taxes administered by the state Department of Taxation. There are no exemptions under MSRRA for these tax types.

## How is domicile established?

Domicile is established by being physically present in a state and forming an intent to remain for the indefinite future. Intent to remain is established by the following contacts:

- Where you vote, own property, hold professional licenses, register vehicles and/or hold a driver’s license;
- Where you accept tax breaks for registration of a motor vehicle;
- Where you have a declaration of homestead; and/or
- Where you have indicated your last will and testament should be probated.

A determination of domicile is fact specific, but the more contacts you can establish, the stronger your case.

## Example Scenarios

1) Soldier’s domicile is Texas. Texas has no income tax. Soldier is assigned to Virginia. While in Virginia, Soldier meets and marries his spouse who is working in Virginia and whose domicile is Virginia. MSRRA does not permit the spouse to claim Texas as her domicile. Virginia can tax the spouse’s income.

2) Sgt. Orville P. Snorkel’s domicile is North Carolina. While assigned to Fort Polk,

Louisiana, Snorkel meets and marries Louise Lugg, a native of New Orleans. Snorkel falls in love with Louisiana. He and Louise purchase a home in Louisiana. Snorkel decides Louisiana is where he wants to be after he retires from the Army. He registers to vote in Louisiana. He obtains a Louisiana driver’s license. He titles and registers his vehicles in Louisiana. Louise has already done all this as Louisiana is her domicile.

Sgt. Snorkel and Louise file and pay Louisiana income tax the entire time he is stationed in Louisiana. Then, Snorkel is assigned to Hawaii, and Louise moves to Hawaii to live with Snorkel and gets a job in Hawaii. Louise can now assert MSRRA; her domicile and Sgt. Snorkel’s are the same: Louisiana. Hawaii cannot tax Louise’s income earned in Hawaii; however, Louisiana can tax the income. It is incumbent on Sgt. Snorkel and Louise to file and pay Louisiana income taxes.

3) Staff Sgt. Amos T. Halftrack’s domicile is North Carolina. While stationed in Texas (his third duty station), Halftrack meets and marries Martha, whose domicile is Texas. Halftrack then makes a permanent change of station, or PCS move, to Hawaii. Halftrack and Martha have two different domiciles. Martha is unable to claim protection under the MSRRA.

## For More Details

If you have any questions concerning these matters, please call the Legal Assistance Office for an appointment at (808) 655-8607.

The Legal Assistance Office is located at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks.

We welcome service members, retirees and family members from all services, posts and bases.

# Voices of Ohana

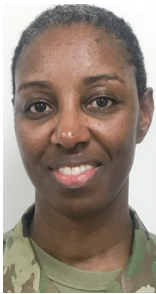
**Because February is Black History Month, we wondered, “Which black leader inspires you and why?”**  
By 8th Theater Sustainment Command Public Affairs



“Bob Marley is who inspires me the most. Coming from the Caribbean, we suffered from poverty, but he gave us a voice of inspiration that we could be anything we wanted to be.”



“I would say Dr. Lars Rascoe III from Indianapolis, Indiana. He was a positive influence on me because he built a nonprofit organization that teaches men to respect women and seek higher education.”



“Dr. Hadiyah-Nicole Green, because she’s a pioneer in STEM (science, technology, engineering and mathematics) and has moved forward in breaking ground for cancer research.”



“Dr. Martin Luther King Jr. because of everything he went through. He remained strong while trying to help African Americans be seen in a better light.”



“The leader most inspirational to me is Dr. Martin Luther King Jr. He was a man led by faith, wisdom, justice and love for all no matter the color of their skin.”

**Staff Sgt. Deandra Adams**  
Executive assistant  
8th TSC

**Sgt. Brandon Harris**  
Information Technology specialist  
8th TSC

**Sgt. Maj. Dialectta Taylor**  
Chief Religious Affairs NCO  
8th TSC

**Sgt. William Waters**  
Human Resources specialist  
8th TSC

**Master Sgt. Nonya Webb**  
Equal Opportunity advisor  
8th TSC



# USARPAC says farewell to DCG-South MG Flynn

Story and photo by  
**STAFF SGT. JUSTIN SILVERS**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — U.S. Army-Pacific bid farewell to Maj. Gen. Charles A. Flynn, outgoing deputy commanding general-South during a Flying V ceremony, Monday, at historic Palm Circle, here.

The Flying V ceremony welcomes or honors senior officials as they assume duties or depart USARPAC. The “V” refers to the way the colors are posted during the ceremony, which is in the shape of a V.

The host of the ceremony was Gen. Robert B. Brown, commanding general of USARPAC. During his speech, Brown highlighted some of Flynn’s contributions during his time in Hawaii.

“Charlie Flynn has had a monumental impact on the Indo-Pacific region during the most geo-politically charged time in the past 60+ years,” said Brown, “monumental impact as a division commander up the hill, and then down here as deputy commanding general.”

“As a division commander, he got Pacific Pathways up to the next level. He was amazing in the rebalance in the Pacific, and was out and about with small squads all the way up to brigades and division

**Right — Maj. Gen. Charles A. Flynn, outgoing deputy commanding general-South, speaks to the audience during his Flying V ceremony, Monday, at historic Palm Circle on Fort Shafter. Flynn had served as the USARPAC DCG-South since August 2016, and previously had served as the 25th ID commanding general.**

minus in key exercises and establishing relationships,” said Brown.

“Charlie established tremendous relationships with local, state and federal elected officials. As the deputy commanding general, what he did for readiness across the forces here in the Pacific was unbelievable,” said Brown.

As Brown’s speech came to a conclusion, he said he was grateful for Flynn’s hard work, saying he would always be part of the team.

“Thanks for your friendship, your incredible work, (and) your dedication here,” said Brown. “Your legacy will live on here. We will miss you, but you will always be part of the ‘One Team’ ohana.”

Flynn, who has served as the DCG-South since August of 2016, and previously had served as the commander of 25th Infantry Division at Schofield Bar-



racks, thanked Brown for his support while serving with USARPAC.

“All I can say to you is thank you for who you are. Thanks for being an outstanding commanding general, thanks for always being there, thanks for your steady handed leadership and all you have provided us,” said Flynn.

“Operating as your deputy has been one of my greatest honors. Thank you for allowing me wide latitude on your mission command highway. That street called trust is two ways, and you built both lanes.”

During Flynn’s speech, he also said he hoped he had helped the USARPAC staff

during his time as DCG.

“To the USARPAC staff, you’re remarkable selfless servants to the nation. I hope in some small way I was able to assist you as much as you helped me,” said Flynn.

“I used to say to many of you that generals move the friction, and my hope is that I helped you through any friction by providing some clarity to your job. You and your Soldiers on mission every day are what kept me going.”

Flynn, who is an avid surfer and enjoys swimming, brought his speech to a close by relating surfing to life.

“Surfing is a lot like life; you can ride all the waves you want. Some rides are going to be great; they’ll end on a smooth kick-out and a soft fall, while some other rides feel like a violent drop,” said Flynn.

“Regardless of how you fall, what matters is that you work hard to get back to the surface. You get on your board, you straighten out your back, you open your eyes and look on the horizon, which is the future, and as you look to the horizon, all you see is more waves.

“Even though you may need to paddle through those rough ones and continue to struggle, you point your board forward, you start paddling and you get back out there. You do it because you love it.”

# Soldier, Marine engineers relocate Bronco Memorial

Story and photo by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — The sounds of circular saws, sledgehammers pounding concrete and backhoes digging out a trench were heard in F Quad, here, Jan. 22-31.

F Quad is the site for the new home of the Bronco Memorial.

Engineers assigned to the 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, worked on preparing the grounds for the memorial, which belongs to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division.

“The Bronco Memorial is being relocated from its current location on the corner of Waianae Avenue and Lewis Street into F Quad in front of the brigade headquarters,” said Capt. Stanley Kareta, assigned to Headquarters and Headquarters Company, 3rd BCT, 25th ID. “The purpose of the project is to move the memorial to a location more suitable for ceremonies and add a flagpole for the brigade colors.”

Engineers with the 3rd BCT’s 29th Bde. Eng. Bn. construction cell provided the initial plans and scope of work, while a Marine engineer unit assigned to Marine Corps Base Hawaii assisted in moving the memorial with a crane, Kareta said.

“The move gives us the ability to encapsulate our fallen and remember them internally,” said Col. Robert Ryan, commander, 3rd BCT. “It allows us to pay tribute to them daily.

“Every day our Soldiers will face and salute (the new flagpole) and be reminded of their sacrifice,” Ryan said. “Their service was in support of this brigade, and remembering them gives us a sense of identity and purpose.”

The Soldiers, assigned to the 561st Eng. Co., carried special skill sets, such as interior electrician, carpentry and masonry, and plumber.

“It’s a great opportunity for my Soldiers to come out here and get some work in out of the office,” said 1st Lt. Jessica McAllister, platoon leader assigned to 3rd Platoon, 561st Eng. Co. “It’s also awesome because we’re



**Staff Sgt. Dennis Taylor II, engineer equipment chief assigned to Eng. Services Co., Combat Logistics Bn. 3, Combat Logistics Regt. 3, 3rd Marine Logistics Group, ensures everything is ready to go prior to lifting a monument at Schofield Barracks on Jan. 24. Marines helped to move the 25th ID’s 3rd BCT Bronco Memorial from the corner of F Quad to inside the quad area.**

working with the Marines. We don’t get to work with them too often, but they’re high speed, I’d say.”

The Marine engineers are assigned to MCBH’s Eng. Services Co., Combat Logistics Bn. 3, Combat Logistics Regiment 3, 3rd Marine Logistics Group. They brought a crane to remove the memorial from the original site, load it on a flatbed, and then take it off the flatbed to be carefully placed at its new home.

“Moving the memorial was our greatest challenge,” McAllister said. “We were afraid of it breaking due to its size.”

Her squad leaders and noncommissioned officer in charge had a hand in altering the original plans to make it more visually appealing for the customer, she said.

Plans for the new site had to be altered on spot. A concrete structure a couple of feet below the monument – dedicating F Quad to Technician 5th Grade Lewis Hall, where the Bronco Memorial was placed behind – was discovered.

“We ran into a few issues, like there’s probably an old bunker we want to look into to see if the Tropic Lightning Museum has any idea what that is,” McAllister said. “Just having to change plans in the middle of the project ... but it’s all going to work out and look better in the end.”

# 1st Bn., 21st Inf. Regt., ‘Gimlets,’ honor fallen heroes

Story and photo by  
**1ST LT. JORDAN LINDER**  
2nd Infantry Brigade Combat Team  
Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — The air stood still as attendees saluted the flag during the national anthem.

Battle buddies, Soldiers, warriors, leaders and all, stood side by side to pay tribute to their fallen brothers in combat.

On Jan. 22, Soldiers of the 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Infantry Brigade Combat Team, 25th Infantry Division, paid tribute to fallen heroes of Operation Enduring Freedom and Operation Iraqi Freedom. The ceremony brought guests from across the island to come together and pay their respects.

1st Lt. Nainoa Hoe was one of 12 Gimlets Soldiers being honored in the ceremony. During his time in Iraq, Hoe was assigned to the 3rd Bn., 21st Inf. Regt. when he was killed in combat on Jan. 22, 2005, at the age of 27.

The ceremony, which was held outside of the 1st Lt. Nainoa Hoe Mission Training Complex, here, was named in Hoe’s honor.

Gold Star father and Vietnam veteran Allen Hoe, father of Lt. Hoe, began telling the crowd about how his son became an officer in the U.S. Army.

Lt. Hoe was a 1995 Kamehameha Schools graduate and went on to join the reserves where he started his military career. In 1999, he was recognized as the Pacific Area Army Reservist of the Year. He enrolled in the Green to Gold program and commissioned as an active duty officer in 2003 from the University of Hawaii



**Participants watch as colors are posted during the 1st Bn., 21st Inf. Regt., 2nd IBCT, 25th ID, “Gimlets” Fallen Warrior ceremony at the 1st Lt. Nainoa Hoe Mission Training Complex on Schofield Barracks, Jan. 22. Soldiers honored those who had passed during the Global War on Terror conflict and were a part of the Gimlet Bn. Standing in front (right), Allen Hoe, father of Lt. Hoe, spoke of his son and the lasting legacy he left serving in the 21st Inf. Regt.**

Reserve Officer Training Corps program.

In his opening remarks, Allen Hoe then took a brief pause and reminded the crowd of why attendees were at the ceremony.

“We come to admire and honor each one of these fine heroes as a special battle buddy, those that fought to our left and right,” said Hoe. “It’s important to take time to remember their legacy, to remind us why we do what we do.”

Hoe, who also serves as a civilian aide for the Secretary of the Army, expressed his pride for his son. To him, his son is his biggest hero, a natural leader and a great man.

As the ceremony continued, biographies of the 11 Soldiers in the Gimlets Bn. and of three fallen University of Hawaii ROTC graduates were read. The words of their memories invoked deep thought into all those in attendance.

“We are constantly reminded to never forget,” said Gen. Robert Brown, com-

mander of U.S. Army-Pacific. “Sadly, in the end, people forget. This is why we have to make sure we do not forget. We have to carry their legacy.”

Brown had originally served as Lt. Hoe’s commander while deployed in Iraq.

“He was an incredibly professional individual, he was as inspirational as a leader on the battlefield could get, and it was one of the greatest privileges in my life to serve with him,” said Brown.

A long pause echoed through the crowd. The faces of each of the fallen sat quietly on tables as Soldiers remembered their fallen brothers.

The photos of the fallen Gimlets are always on display in the 1-21st Inf. Headquarters, here, on Schofield Barracks. Their images hang proudly so that “as time passes, we will remember their sacrifices. They are permanently and proudly forged into Gimlets history,” said Lt. Col. James Hart, commander of the 1st Bn., 21st Inf. Regt.

The closing of the ceremony brought the attention of the attendees to the small American flag flying proudly next to the colors. The piece belonged to Hoe who carried it in Vietnam during his tour.

While in Iraq, Lt. Hoe continued his father’s legacy and also carried the small flag with him through his deployment. Lt. Hoe died with the flag in his possession.

Hoe closed out the ceremony by reminding all who serve of their role in the military.

“I carried that flag in Vietnam; Nainoa carried this flag in Iraq. It is an awesome legacy you all proudly carry with you every day.”



# DOD launches initiative to inform Americans of military life

JIM GARAMONE

DOD News, Defense Media Activity

WASHINGTON — It is a sign of America’s disconnect with its military that there are those who believe that when a person joins the military, that person cannot have a spouse or children or pets, said Amber Smith, the deputy assistant to the secretary of defense for outreach.

This misperception may be extreme, but there are others, and it’s one reason why DOD launched the outreach program on Thursday (Feb. 1) called “This Is Your Military.”

The program is designed “to inform and educate the American public on who is serving in the military today,” Smith said during a Pentagon news conference Monday.

Less than 1 percent of Americans serve in the military, and the number of Americans with firsthand experience with service members or veterans has declined precipitously since the beginning of the all-volunteer military in 1973.

### “A Force for Good”

“We want to show (Americans) how the military is relevant to their everyday lives; we want to show how innovative the military is and how we are a force for good,” she said.



Courtesy photo

The website for the new program is [knowyourmilitary.osd.mil](http://knowyourmilitary.osd.mil).

The initiative will highlight the lives of those who serve and give a balanced view of military service and life, said Smith, noting the initiative will be primarily a digital program.

Smith said she wants to reach out to people who know little about the military. The department already has a robust social media presence, and she expects to use that to get the information, articles, videos, tweets and more to the 99 percent

of Americans who haven’t served in the armed forces.

“We are working very closely with the services, and some of the programs that they have in place that reach all the way to the installation and community level programs that have been successful,” she said.

Some of the community level programs she hopes to piggyback on include “Fleet Week,” “Marine Week” and “Know

Your Army.”

“It has always been in the best interests of DOD to engage with the American public,” Smith said.

Recent surveys demonstrate the divide between the military and the public it serves is growing. This disconnect “threatens the viability and sustainability of the all-volunteer force, which does pose some long-term national security risks,” Smith said. In 1995, 40 percent of young adults had a direct connection to a service member or a veteran in their families. Today, that number is around 15 percent.

Correcting some of the misperceptions will be one part of the Know Your Military initiative, she said. One of the most pernicious is the majority of American youth think if a person serves in the military a person will leave with a physical, psychological or emotional issue.

Each month the initiative will have a different theme, and when it started on Thursday the theme was We Are Connected.

### More Online

The website for the initiative is [knowyourmilitary.osd.mil](http://knowyourmilitary.osd.mil). The hashtag is #KnowYourMil.



### 8 / Thursday

**Soldier Support Center** — The Military Personnel Division (MPD), Soldier Support Center, will close on Thursday afternoons for training, system maintenance and administrative transaction processing. On Thursdays it will be open from 7:30 a.m.-noon.

Emergency services will remain available in every section. This time framedoes not impact Casualty Operations or scheduling for Soldier Readiness Process events at the Conroy Bowl.

This schedule will standardize business hours for all MPD activities and allow MPD to reinforce customer satisfaction initiatives, and improve quality assurance and control with dedicated

time for technical and administrative processing.

### 15 / Thursday

**VA Open House** — The Veterans Affairs hospital, located at Tripler, or 459 Patterson Road, Bldg. 110, Community Living Center, will hold an open house on Thursday, Feb. 15 at 10 a.m. Personnel are invited to come and learn about the VA. Call 433-4772.

## Ongoing

**Cellphones** — A new city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Read about this new law at [www.hawaiiarmyweekly.com/2017/10/26/cell-phone-safety-bill-now-in-effect/](http://www.hawaiiarmyweekly.com/2017/10/26/cell-phone-safety-bill-now-in-effect/).

**Text 911** — New technology has really improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your

cellphone! Visit [www.hawaiiarmyweekly.com/waiitextto911.com](http://www.hawaiiarmyweekly.com/waiitextto911.com).

**DCCA** — As part of its outreach to protect consumers across the state of Hawaii, the Hawaii Department of Commerce and Consumer Affairs has produced a guide for members of the military and their families.

The guide is tailored to assist with a transition to Hawaii and provides relevant information such as navigating state laws, getting insurance, spotting scams or fraud, purchasing vehicles and homes, and lots more.

Physical copies of the guide will be available at Army Community Service soon. A soft copy of the guide is available at <http://cca.hawaii.gov/militaryconsumer/>.

**Prescriptions** — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425 for more details.



## February

### 6 / Tuesday

**Sewer Lines** — There will be a sewer line testing performed along McCornack Road, Cadet Sheridan Road and Trimble Road on behalf of the Directorate of Public Works, U.S. Army Garrison-Hawaii.

This work is scheduled Feb. 6-8, between 8:30

a.m.-3:30 p.m. The work will be performed in two separate phases of about one hour. Each phase will occur consecutively; there will not be multiple closures occurring at once. Appropriate signs and barriers will be posted for guidance.

## Ongoing

**Wright Avenue** — Partial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Elleman and Eastman roads and Langley Loop and Eastman roads for curb inlet repairs. The partial lane closures run through Feb. 2, from 8 a.m.-4:30 p.m., Monday-Friday.

**Chanute Road** — A partial road closure has occurred on Wheeler’s Chanute Road, near Bldg. 107. Right shoulder lane work will continue on Wright Avenue in front of Bldg. 106 for utility installation through Feb. 6, from 8 a.m. to 3 p.m., Monday-Saturday. The work will be performed in four phases.

**McCornack Road** — There will be a parallel parking stall closure along McCornack Road near Bldgs. 660, 678 and 676 during crane erection of the new clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during activities.



# Redesigned site provides guidance for uniforms

**CRYSTAL MARSHALL**  
Army News Service

WASHINGTON — The U.S. Army’s uniforms are ubiquitous around the globe for what they represent: loyalty, duty, respect, selfless service, honor, integrity and professional courage.

Whether a Soldier is wearing the Operational Camouflage Pattern Army Combat Uniform (OCPACU), the formal Service Uniform or the physical fitness uniform, he or she knows the power of the image that the uniform conveys.

As the Chief of Public Affairs for the Army, Brig. Gen. Omar J. Jones deeply understands the image that the uniform presents.

“Our uniform represents all Americans who have served in our great Army since 1775 and those serving around the world today,” he said. “It represents our commitment to this Nation and to the American people to protect and defend our Constitution and its ideals. And, it is a symbol of the discipline, values and heritage of the U.S. Army.”

His words were echoed by 1st Lt. Emily O’Neill, public affairs officer with the 197th Field Artillery Brigade, New Hampshire Army National Guard, describing her thoughts when she wears the combat uniform.

“When I put on the uniform, I’m reminded of my commitment to selfless service for the American public, my duty to defend this country from all enemies foreign and domestic, and my unwavering loyalty to the U.S. Constitution,” she said.



In 2015, the Army announced a change in the combat uniform from the Universal Camouflage Pattern to the Operational Camouflage Pattern. The mandatory date for possession for the OCP is Oct. 1, 2019.

For Soldiers, and civilians, who are curious about the new look and various components of the OCP, Army.mil has launched a newly redesigned, interactive Uniforms site at [www.army.mil/uniforms](http://www.army.mil/uniforms). The site features full-body photos and information on the Service Uniform and Physical Fitness Uniform, various combat badges, and a helpful FAQ page for the most commonly asked uniform questions.

Photo by 1st. Lt. Ryan DeBooy  
**Left — A U.S. Army Soldier assigned to 1st Battalion, 27th Infantry Regiment, “Wolfhounds,” 2nd Infantry Combat Team, 25th Infantry Division, wears the Operational Camouflage Pattern Army Combat Uniform.**

The new OCP pattern design includes several functional changes. It removes several hook and loop closures, replacing them with button and zipper closures to enable quicker access to pockets. While internal knee pads were removed, double reinforcement of the fabric still occurs at the knee and elbow. And extra pen pockets were removed, while upper sleeve pocket length was increased to allow for greater utility.

Soldiers who have not yet purchased new uniforms may do so at their local Exchange, using their yearly clothing stipend.

Soldiers can take a further look at commonly asked uniform questions on the new website.

**More Online**  
Curious about new looks and attributes of uniforms, visit the newly redesigned, interactive uniforms site at [www.army.mil/uniforms](http://www.army.mil/uniforms).

# Army, services detail efforts to modernize personnel systems

**JIM GARAMONE**  
DOD News, Defense Media Activity

WASHINGTON — The Defense Officer Personnel Management Act (DOPMA) of 1980 has served the military well, but it needs to change to meet the changing environment, service personnel chiefs told a Senate Armed Services Subcommittee, Jan. 26.

The law was passed in a far different time, and it standardized officer promotions across the services. It enshrined the “up-or-out” process, and it gave the services the necessary tools to manage a huge industrial age force.

The four manpower chiefs detailed their services’ plans in written testimony to the subcommittee on personnel.

The act now limits the flexibility services need in today’s environment, Army personnel chief Lt. Gen. Thomas C. Seamands said in his written testimony. This is especially crucial when dealing with low-density, high-demand specialties.

He said Army officials are “reviewing proposed statutory changes for the fiscal 2019 National Defense Authorization Act to modernize the DOPMA to recruit, develop, promote and retain officers for today’s operational requirements.”

view with legislators.

“A review and adjustment of DOPMA may enable more effective management of human capital, and help ensure the inevitable cycles of reduction and expansion work more smoothly for all the services,” he said.

In the Navy, changes in the act will help the service compete for talent, and use that talent more effectively, said Navy Vice Adm. Robert P. Burke, the chief of naval personnel.

“Sailors leaving the Navy have increasingly expressed frustration with the industrial-age personnel systems and processes under which we operate, which do not provide the kinds of choice, flexibility and transparency they value and expect,” Burke said.

“Just as the scope and complexity of the warfighting challenges we face on the battlefield demand a different approach, so, too, does our approach to recruiting, developing and retaining the kind of talented force we need to compete and win in this warfighting landscape.”

DOPMA has worked, said Air Force Lt. Gen. Gina M. Grosso, but it needs to modernize. The Air Force’s deputy chief of staff for manpower, personnel and services told the senate panel that “modernization will provide more flexibility into the officer management system, so we can quickly respond to human capital requirements in the information age.”

The Air Force has already modernized personnel policies for the enlisted force and expects to use that

example when proposing changes to the officer force, Grosso said.

The U.S. labor market is becoming more and more competitive.

“Attracting and keeping the bright leaders may require additional flexibilities in our personnel management governance,” Grosso said. “We also know officers serving today desire more agility and ability to manage their careers than DOPMA currently affords.”

New domains of warfare concern Marine Corps officials, said Marine Corps Lt. Gen. Michael A. Rocco, deputy commandant for manpower and reserve affairs.

“Cyber operations, information and electronic warfare, enhanced command and control, intelligence, engineering, civil-military operations, manned-unmanned teaming, robotics and the leveraging of artificial intelligence are examples of critical skills we will need for the future fight,” the general said. “Creating incentives through continued reform will help us now and in the future.”

The Corps is also looking at creating separate competitive categories for certain officer occupations.

“Non-command career tracks are also being discussed,” he said. “We are assessing whether this would result in adverse second- and third-order impacts for the Marine Corps. Any such tool must be implemented equitably; it is not something that should be offered to some, but not similarly-situated others.”

## Seeking more effective management of human capital

He assured members that the Army will share its re-



# Prepare: The full briefing’s online

CONTINUED FROM A-1

attack, visit [ready.gov/nuclear-blast](http://ready.gov/nuclear-blast) or [dod.hawaii.gov/hema/](http://dod.hawaii.gov/hema/).

To stay up-to-date on developing news and emergency situations, Dawson encourages the community to follow US-AG-HI on Facebook for timely updates, to bookmark the USAG-HI website at <https://www.garrison.hawaii.mil> and to download the Army’s AtHoc emergency notification system.

### Prepare for possible furlough

Dawson also briefed attendees on what to expect if the federal government institutes another furlough on Feb. 8.

The following entities will be closed if there is a furlough:

- The Schofield Barracks Commissary,
- Fort Shafter Auto Skills Center,

- Fort Shafter Library, and
  - Housing Services Operations.
- Public schools, including those on

Army installations, are run by the Hawaii state Department of Education and will remain open. So will the Army &



Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii, addresses emergency preparedness at the Nehelani Banquet and Conference Center, Jan. 13.

### What is AtHoc?

U.S. Army Hawaii uses this mass-warning notification system to push alerts to all registered users via email, text, phone or computer pop-up.

### How do I sign up?

- From your work computer, look for the AtHoc icon, a purple globe, on the task bar in the lower right corner of the screen.
- Soldiers and Army civilians can add one family member to their AtHoc account to receive alerts.

Step 1: Click here

Step 2: Click here

Step 3: Click here

### Sign Up for AtHoc

All active duty service members should sign up for the AtHoc Mass Warning Emergency Notification System. Soldiers, civilian employees and contractors who have Common Access Cards (CACs) may do this by logging on to their government computers and clicking on the purple AtHoc icon.

From there, they may follow a series of steps to activate the system. They should choose to have notifications sent to their

home landlines and cellphones in addition to popup alerts on their government computers. Otherwise, they will not receive notifications while they are away from their workstations or off duty.

Under the current AtHoc system, they may sign up one non-CAC-holding family member for alerts. An option to add more family members is in the works.

The AtHoc system is also available as an app for iOS and Android smartphones. When downloading the app, make sure you are selecting the correct installation – USAG-Hawaii. Users must

have an active email set up in the USAG-HI AtHoc Mass Warning and Notification system before downloading and installing the app.

When users change locations they should remember to update their information in the AtHoc system.

The AtHoc system alerts users to hazards and emergencies on and surrounding USAG-HI installations. These may include hurricane and tsunami warnings, electrical outages, road closures and bomb threats.

While Army in Hawaii expects 100

percent of its Soldiers to be enrolled in the system, it is currently less than half-way to that goal, although the numbers are climbing.

The false missile alert on Jan. 13 has made preparedness more important than ever and signing up for AtHoc not only ensures that Soldiers and their families are kept informed, it also helps commanders plan for and improve their preparedness and response capabilities.

If you have questions about enrolling in the AtHoc system, contact your unit’s AtHoc end user manager.

# When riding motorcycles, don’t count on luck to be safe

STAFF SGT. JESUS SOTO

Army News Service

FORT RUCKER, Alabama — I was 18, airborne and invincible. I’d just received my enlistment bonus and decided it was time to get some transportation.

I got one of my fellow troopers at Fort Bragg, North Carolina, to take me to the nearest Suzuki dealer. I wanted to buy a 650 GSL motorcycle, but my credit wasn’t good enough to qualify for a loan, so my only option was to pay cash for a 450 GSL.

Being the highly intelligent and experienced person I was (translation is young and dumb), I quickly purchased the motorcycle. After a short lesson on how to ride by the salesperson, I was on my way.

Within four hours, I stopped at the company orderly room to visit a friend who was pulling duty as the charge of quarters runner. Afterward, as I was pulling out of the parking lot, I managed to dump the bike and break a lens cover – not a very impressive performance for my first day of riding. It finally dawned on me that maybe there really was a good reason for taking motorcycle safety training.

Looking back, I realize how lucky I was I didn’t kill myself. The truth is, I was safer jumping out of a perfectly good aircraft than I was riding on that motorcycle. I’d been trained to jump out of airplanes, but I hadn’t been trained to ride a motorcycle. There was a Motorcycle Safety Foundation course available, but my own arrogance kept me from taking it. As far as motorcycle riding goes, I was more lucky than skilled – in the beginning.

Unfortunately, a young trooper who joined my fire team a couple of years later wasn’t as lucky. One day after the last formation, Pvt. Green (not his real name) asked me to help him with a decision. He’d also received a bonus for going airborne and was trying to decide whether to put the money in the bank or buy a motorcycle.

A friend of his had recently bought a bike and was encouraging him to get one, so they could ride together. I told him about my riding experiences and suggested he put his money in the bank, emphasizing that that would be the wisest choice. He promptly thanked me and said he agreed.

A couple of days later, he appeared with a brand new Honda motorcycle. I was surprised and asked him what happened. Inside, I already knew the answer. He’d buckled under the pressure of his friend to buy the bike.



U.S. Army photo

**Soldiers and civilians can take motorcycle courses through the Army Traffic Safety Training Program. Visit <https://www.garrison.hawaii.army.mil/safety/default.htm>.**

I told him to take the rider safety course and to be careful on the road. He said that he would and that he had bought the most expensive helmet at the store.

A little more than a month later, I received a call from the person pulling CQ duty. He told me Green had died in a fatal motorcycle accident while riding with his friend. Apparently, a car in the left lane hit Green’s friend, who, in turn, struck him. Losing control, Green dumped the bike and struck the curb with his helmet. The impact was so strong it cracked the helmet and caused him severe head trauma. Sadly, he never even made it to the emergency room.

Green never took the motorcycle safety course. If he had, he might still be here today. His was the first memorial I attended where I personally knew the person that the rifle, boots and helmet represented. It was the most poignant moment in my life when I heard the roll call, and he was not there to call out his name.

Things have changed a lot since I began riding. Fortunately, riders now are much more aware of the importance of riding safety.

Today in the Army, we have a mandate that all Soldiers and Army civilians who ride must first receive MSF-based training. Yet, even so, we still suffer losses

from motorcycle accidents.

There is a saying that goes something like this: “We know the moment when we were born, but we don’t know the moment when we will die.” I can tell you that getting safety training before you ride is the best way to ensure that latter date comes much later.

*(Editor’s note: Soto works at the 210th Regional Support Group, U.S. Army Reserve Center, Aguadilla, Puerto Rico.)*

### Do you have a story to share?

*Knowledge*, the Army’s official safety magazine, is always looking for contributors to provide ground, aviation, driving (both private motor vehicle and motorcycle) and off-duty safety articles.

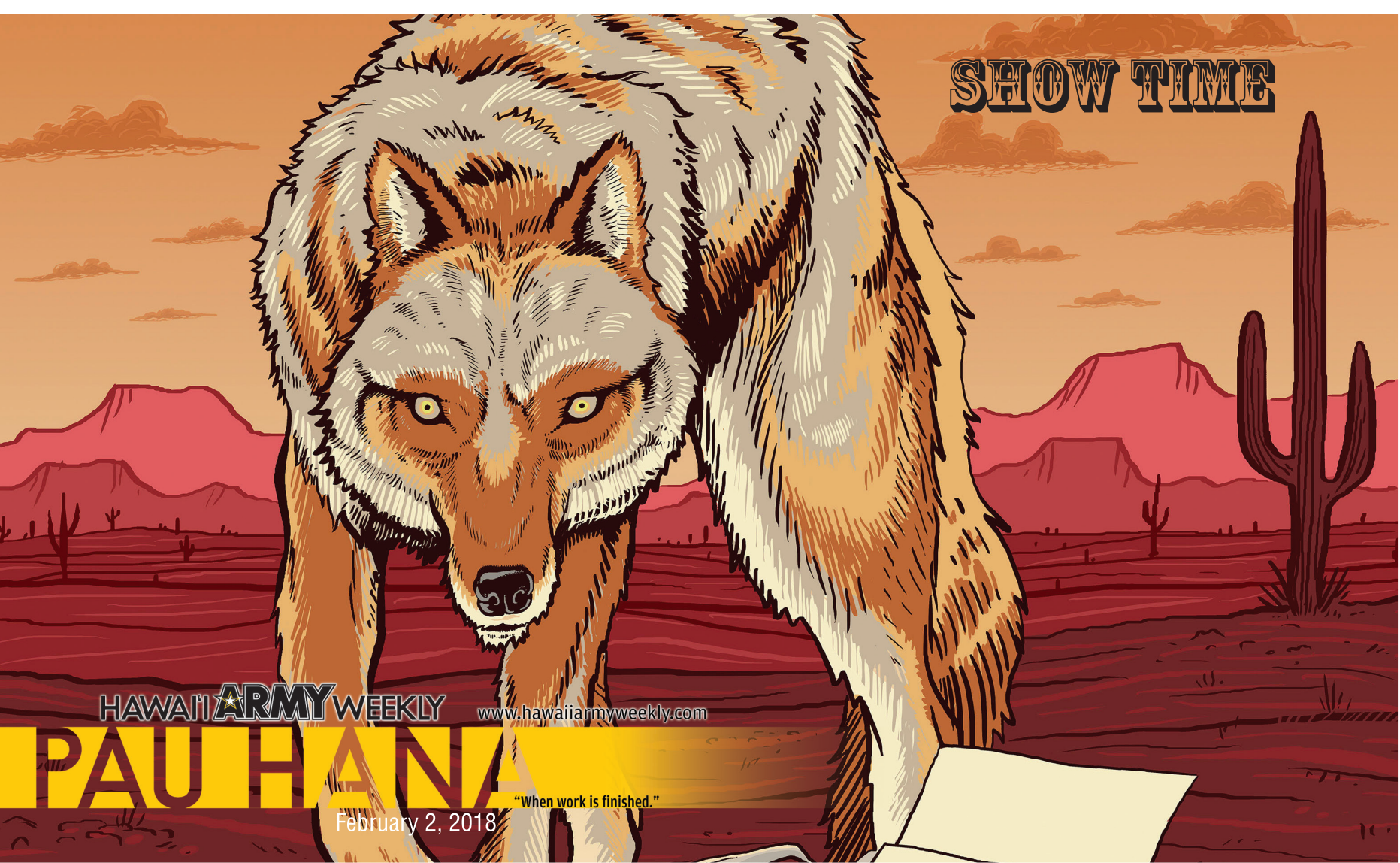
Don’t worry if you’ve never written an article for publication. Just write about what you know and our editorial staff will take care of the rest.

Your story might just save another Soldier’s life.

To learn more, visit <https://safety.army.mil/MEDIA/Knowledge/TellYourStory.aspx>.







About 200 service members and their families were treated to an intimate reading of the play “True West” by some of television and film’s top actors, here, Jan. 25.

# Celebrities bring live theater to Tropics

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — About 200 service members and their families were treated to an intimate reading of the play “True West” by some of television and film’s top actors, here, Jan. 25.

David Harbour (“Hell Boy,” “Stranger Things”), Jimmi Simpson (“Westworld”), Taye Diggs (“Empire,” “Brown Sugar”) and Frances Conroy (“Six Feet Under,” “American Horror Story”) performed the free reading, which drew laughter and cheers, at the Tropics Recreation Center.

**Actors acting**

Impressively, they did it without props, costumes, sound effects or set design. The pared-down show featured the actors seated on foldout chairs on a bare stage, a mere few feet away from the audience, with their scripts open in front of them.

It was theater stripped to its essence; the performers had nothing but themselves to fall back on.

Even more impressive, it was the first time the four actors had performed the script together.

In the end, they received a standing ovation.

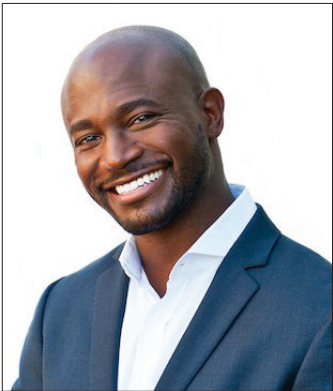
“I didn’t expect it to be so funny,” said Classic Akiona, a specialist in the 25th Infantry Division Artillery. “When I had heard about this, I thought it was going to be serious. But I enjoyed it. I enjoyed how they portrayed their characters.”

Her husband, Albert Akiona, agreed.

“I loved the way they both woke up drunk the next morning and had



Frances Conroy



Taye Diggs



David Harbour



Jimmi Simpson

switched personalities,” he said of the main characters, two brothers portrayed by Simpson and Harbour, “and how they became the characters they were trying to write about, two guys who were being chased.”

“True West” by American playwright Sam Shepard follows the story of brothers who took different paths in life only to discover they may have more in common than they thought. It explores family dynamics, changing times and class in America.

Michelle Huff, spouse of a Navy veteran, also enjoyed the performance.

“I do think it’s important to have theater available to service members,” she said. “I think a lot of people here would not have otherwise gone to a play if this hadn’t been made available.”

The actors also expressed enthusiasm for the performance. During a question and answer session after the reading, Diggs told the audience, “We are very

touched and emotionally invested in this performance, too. It’s really great just to be in front of you and just put faces to the amazing things you do for this country. So this is just a tiny piece of what we can do to show our appreciation.”

After the Schofield Barracks reading, he, Conroy, Harbour and Simpson remained for nearly an hour after the show to chat with fans and pose for photos. They also performed “True West” at Bel-lows Air Force Station on Jan. 26 and at Marine Corps Base Hawaii on Jan. 27.

**Arts in the Armed Forces**

The “True West” readings were sponsored by Arts in the Armed Forces, a nonprofit cofounded by actor and former Marine Adam Driver (“Star Wars,” “Girls”). AITAF’s mission is to provide quality theater performances for active duty service members, veterans, military support staff and their families, free of charge, at military installations across the

United States and overseas.

Driver has said he was inspired to start AITAF because he felt that theater could give troops a way of expressing their emotions and communicating their experiences to a broader audience.

After leaving the Marines, Driver attended Julliard School, where he initially worried his military background might alienate him. He eventually found that theater gave him a way to connect and express his feelings.

In addition to staged performances, AITAF also recently launched The Bridge Award to recognize a playwright of outstanding talent in the U.S. military. It consists of a \$10,000 prize and a reading of the winning work. It is open to cadets, active duty service members and veterans.

**More Online**

For more information, visit <https://aitaf.org>.

# Mililani’s JROTC competes in West Point Society Drill Meet

Story and photo by  
**CADET CAPT. THOMAS SCHILLER**  
Army JROTC Program  
Mililani High School

MILILANI — The high school Army JROTC Program, here, sponsored the West Point Society Drill Meet, Jan. 27.

The 2018 West Point Society Drill Meet consisted of seven main events: armed/unarmed regulation, armed/inspection, armed/unarmed exhibition and color guard.

Fifteen high school drill teams across the state competed in the first Trojan Battalion West Point Society Meet at Mililani High School.

“The event could not have happened without the support of Mililani High School’s Principal Fred Murphy,” said retired Lt. Col. Tim Schiller, senior Army instructor for Mililani High School Army JROTC Program.

The mission of the meet is to inspire cadets and build esprit de corps in the Corps of Cadets by demonstrating excellence in drill, and to represent the excellence of the military’s JROTC Corps of Cadets in a competitive event.

The overall judges were Pam Keanini and Paulo Faleciafini who are part of the overall organization of Na Mea Ike Ia.

Judges for the event included active duty members of the Sgt. Audie Murphy Club from the 25th Infantry Division. This organization is composed of an elite group of noncommissioned officers who have demonstrated inherent leadership qualities and abilities characterized by those of Sgt. Audie Murphy.

The U.S. Navy judging team consisted of members of the U.S. Navy at Pearl Harbor, its colors and honor guard.

Winning overall was Kapolei High School’s Marine Corps JROTC. Kaleheo High School’s Navy JROTC came in as the runner up.

Cadet Lt. Col. Travis Afuso, master of ceremonies and executive officer, or XO, said, “I enjoyed being able to go through the planning process of the drill meet. I



Members of the Mililani High School Army JROTC Program perform a drill routine during the 2018 West Point Society Drill Meet, Jan. 27.

have been on the participating end of the West Point Drill Meet in the past, but organizing it was an entirely different and rewarding experience.”

Cadet Capt. Maysa Segovia, the cadet inspector general (IG), said, “My favorite part of the drill meet was really getting to bond with my fellow cadets. As a leader, we are really focused on closing the gap between the LET 1’s and 2’s. This was a great opportunity to really engage and bond with our newest members.

“We were all working together as a team, providing help for the evaluators and setting up the seven drill pads, and providing water and coordinating the entire event for over 500 cadets.”

Cadet Lt. Col. Jimmie Paeste, the Trojan Battalion commander, said, “Seeing all my friends from the other schools had to be my favorite part of the drill meet. JROTC has really impacted my life, and I have built so many friendships. The drill and other competition throughout the year brings everyone together, and we all have a great time.”

“In the future, Mililani High School hopes to continue the tradition of the West Point Drill Meet at this high school,” said 1st Sgt. Reinaldo Gonzalez-Ruiz, Army instructor, Mililani High School. “It was awesome to bring all these schools together at our football field. These great cadets displayed teamwork and precision in their drill routines and overall appearance.”



## Briefs

### 2 / Friday

**Resume Workshop** — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-noon at SB SFAC. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

**Family Readiness Liaison** — FRL training held at SB ACS, 9 a.m.-5:30 p.m.; it's designed to prepare Soldiers who are appointed as FRLs to assist with the operational, logistical and administrative aspects of the FRG. Call 655-4227.

**Poki'i Support** — Sibling support class is geared for siblings of exceptional family members, ages 6-16, at SB ACS from 5:30-7:30 p.m. Call 655-4227.

**Smoke House Day** — Two kinds of ribs, barbecue chicken, smoked pork sliders and beef brisket plus cornbread, baked beans and plenty of coleslaw at FS Hale Ikena. Call 438-1974.

**Right Arm Night** — Enjoy a night of comradery at FS Hale Ikena. Food and beverage are available for purchase. Event starts at 5 p.m. Call 438-1974.

**Armed Forces Softball** — Tournament registration deadline, for overnight softball tournament, is open to all military personnel and retirees. Games start at 7 p.m. on Feb. 16 and end Feb. 17. Call 655-0856.

### 4 / Sunday

**The BIG Game** — Watch the big football game at SB Tropics Recreation Center and enjoy an all-you-can-eat buffet for \$20. Call 655-5698.

### 5 / Monday

**Million Dollar Soldier Refresher** — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

### 6 / Tuesday

**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness from noon-1p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations. Call 655-4227.

# Kolekole Girl Scouts, mothers take tea

**CHRISTINE BECKSTROM**  
Contributing Writer

SCHOFIELD BARRACKS — Frilly hats, white gloves and proper etiquette graced the Kalakaua Community Center, here, Jan. 27, as the Kolekole Girls Scouts hosted a Mother/Daughter Tea Party.

The theme of the event was “Alice in Wonderland,” and many girls decided to dress up as characters from the book.

“Dressing up like the white rabbit was by far my favorite part of the tea party,” said Sarah Simon, a Brownie Girl Scout. “When we did the fashion show, I was able to show off my outfit to all my friends.”

A special guest was also there to talk to the girls about the importance of learning and growing: Mrs. Hawaii International, Jessica Pierre.

“For me, doing pageants is all about self-esteem, which is what I wanted to talk about to the girls,” said Pierre. “However, it seemed to me that they all have great self-esteem and confidence. It was apparent that, just from the girls I spoke to, they are not lacking that at all.”

Photo by Madelene Allen, a Senior Girl Scout

**Violet Gilstrap, a Daisy Girl Scout, walks down the runway during the fashion show portion of the Kolekole Girl Scout Mother/Daughter Tea Party on Schofield Barracks, Jan. 27. The event was held by the Kolekole Girl Scout Service Unit to help the girls and their mothers bond at an event that was fun and inviting.**

“Meeting Mrs. Hawaii International and hearing her talk about being shy as a little girl and how she got over that really inspired me to try new things, too,” said Simon. “I want to be

able to make new friends everywhere I go, which is not very easy. But just like the Girl Scout Song ‘Make New

See TEA B-4

### 7 / Wednesday

**Organization Point of Contact (OPOC) VMIS Management** — Every 1st Wednesday at SB ACS from 10-11:30 a.m. for individuals who have been appointed VMIS OPOCs for their organization. OPOCs will learn about regulations surrounding Army volunteers, as well as how to use VMIS to post volunteer positions, accept volunteer applications, manage organization volunteers and certify volunteer hours. Call 655-4227.

**Heart Weaving** — Activity held at FS Library for 3:30-4:30 p.m. Free, while supplies last. Call 438-9521.

**Teen Job and College Fair** — SB Kalakaua Community Center hosts from 5-7 p.m. Youth will meet with on-post and off-post employers, find out about part-time/summer jobs and learn about State of Hawaii teen work permits. Call 655-4227.

### 8 / Thursday

**Block Party at the Studio** — We’re having a block party for at SB library for children ages 1½-5 from 11:30 a.m.-12:30 p.m. and for school-aged children from 3-4 p.m. Children will have the opportunity to create with Lego and wooden blocks. Limited to 15 children. Preregistration required. Call 655-8002.

### 9 / Friday

**Registration Deadline** — Register for March 10 SAT test. To register and for

more details, visit [www.collegeboard.org](http://www.collegeboard.org).

**AFTB Level K “Military Knowledge”** — Four-day class held at SB NCO Academy (Bldg. 6055), from 9 a.m.-1 p.m. Training focuses on knowledge of military & Army programs, Army acronyms, community resources and personal & family preparedness. Call 655-4227.

**Parenting 101** — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

**Friday Fitness with Friends** — Fitness activities for surviving families held at SB SOS Center from 9 a.m.-1 p.m. Activities vary from yoga to group walks. Light refreshments are served. Call 655-4227.

**Paint and Sip** — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

**Family Child Care Briefing** — SB FCC office hosts at 9 a.m. For those interested in learning how to become an FCC provider. Call 655-8373.

### 10 / Saturday

**Ultimate Challenge Race** — Held at SB Tropics Recreation Center at 8 a.m. for \$25 per person. Visit at [himwr.com/dash](http://himwr.com/dash).

## community calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 2 / Friday

**First Friday** — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit [www.firstfridayhawaii.com](http://www.firstfridayhawaii.com).

### 3 / Saturday

**Kolekole Trail Hiking** — The trail is open for hiking this weekend.

### 8 / Thursday

**Pacific Rim Cup Soccer** — International soccer stars from Japan, Canada and the U.S. play Thursday and Saturday, at Aloha Stadium in Hawaii.

This marks the first time in six years that the Japan Professional Football League and Major League Soccer will compete in Hawaii. Visit [www.pacificrimcup.com](http://www.pacificrimcup.com).

**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

### 9 / Friday

**Hawaii Opera Theatre** — Friday night, Sunday, and Tuesday evening performances of Donizetti’s “Daughter of the Regiment” opera at the Blaisdell Concert Hall.

It’s a story of an Italian Army brat raised by a troop of Soldiers. Visit [www.hawaiiopera.org](http://www.hawaiiopera.org) or call the HOT box office at 596-7858.

Military discount of 20 percent off a single ticket with proper ID.

### 16 / Friday

**Scholarship Deadline** — DeCa’s application deadline for Scholarships for Military Children is Friday, Feb. 16. The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization. Regarding questions about the \$2,000 grant/scholarship program application, call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

### 17 / Saturday

**MMA Fight Night** — Neal Blaisdell hosts MMA and URCC action beginning at 6:30 p.m. Tickets are \$30-\$100.

### 23 / Friday

**Luke Bryan in Concert** — Two-time country music Entertainer of the Year/superstar performs, 7:30 p.m., at the Neal Blaisdell Arena with Friday and Saturday night performances, along with the Brothers Osborne. Tickets begin at \$49.50. Visit [www.emporiumpresents.com](http://www.emporiumpresents.com).

### 11 / Sunday

**African-American History Month** — Windward Choral Society presents “The Storm is passing Over-American Gospel and Spirituals,” 4 p.m., at St. John Vianney Church, 920 Keolu Dr., Kailua, in celebration of African-American History Month. Visit [www.thewindwardchoralsociety.org](http://www.thewindwardchoralsociety.org). Parking and concert are free, with an offering taken to offset performance costs.

### 9 / Friday

**Lauryn Hill in Concert** — Grammy Award-winning artist performs, 8 p.m., at the Neal Blaisdell Arena. Tickets range from \$59-\$249. Visit [www.ticketmaster.com](http://www.ticketmaster.com).

### 16 / Friday

**Botanical Drawing and Painting Sessions** — Self-directed renderings of plants, flowers, seeds and pods from the garden. Bring supplies: No. 4 round brush, Bristol paper and quality watercolor set, or watercolor pencils. Some experience in watercolor and drawing is helpful. Wednesdays from 9:30 a.m.-noon at Ho’omaluhia Botanical Garden. Reservations required. Call 233-7323.

### 23 / Friday

**TheBus** — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use, for \$5 adults and \$2.50 youths, and \$2 for eligible disabled, seniors, and U.S. Medicare and TheHandi-Van cardholders. Limited to cash-paying passengers and replaces the need for transfers. Contact TheBus Information line at (808) 848-5555 or visit [www.thebus.org](http://www.thebus.org).

### Ongoing

**Honolulu City Arts and Culture** — Learn about current and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
ODR: Outdoor Recreation  
PFC: Physical Fitness Center  
SAC: School Age 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

## This Week at the MOVIES

Sgt. Smith Theater

**Insidious: The Last Key (R)**

Friday, Feb. 2, 7 p.m.

**Jumanji: Welcome to the Jungle (PG-13)**

Saturday, Feb. 3, 4 p.m.

**Lady Bird (R)**

Saturday, Feb. 3, 7 p.m.

**Molly’s Game (R)**

Sunday, Feb. 4, 4 p.m.

Closed Monday through Thursday.



# TAMC clinics offer ‘Mumps Outbreak Vaccine’

**DR. GRACE CHEN O’NEIL**  
Tripler Army Medical Center

HONOLULU — With more than 800 confirmed cases of mumps in Hawaii since March 2017, providers at Tripler Army Medical Center are encouraged to screen immunization records for newly suggested doses of the “Mumps Outbreak Vaccination,” and to offer the vaccine to those meeting specific criteria.

The TAMC Chief of Preventive Medicine Col. Christine Lang explains, “During these types of sustained outbreaks, an additional outbreak dose of the MMR (measles, mumps, rubella vaccine) is recommended for all persons between the ages of 10-59 who are not pregnant and who have not received a total of three lifetime doses.”


More than half of the mumps cases in Hawaii have been in people over 18 years old, and several local service members and family members have become sick with the mumps even though they were fully vaccinated in the past or had blood drawn to show immunity (titers).

Fortunately, a high vaccination rate does limit the size, length of time and spread of mumps during an outbreak. “MMR is only 88 percent effective against mumps in persons who have had two doses, and immunity has been shown to wane over time, which is why the outbreak dose is helpful,” said Lang.

Aside from routine pediatric MMR dosing for children at ages 12-15 months and again four to six years later, TAMC clinic leaders and providers recommend the outbreak dose to those who lack any documentation or who have had only one MMR dose, and then to those with documentation of only two MMR doses.


Persons born before 1957 or anyone who has had three or more documented lifetime doses are exempt.

Mumps outbreaks can occur during any season, and a significant risk factor is being in close contact with those who have mumps in a crowded environment (such as attending the same school or being on the same sports team as someone with mumps). Mumps is also




## DON'T LET MUMPS SPOIL YOUR FUN






### MMR VACCINATION IS THE BEST PROTECTION AGAINST MUMPS!


#### KEEP FROM SPREADING MUMPS



Don't share drinks or eating utensils




Cover your coughs and sneezes



Stay home when you are sick




Wash your hands often with soap and water




Clean and disinfect surfaces

#### SIGNS AND SYMPTOMS OF MUMPS



Mumps is best known for the puffy cheeks and swollen jaw that it causes.



Fever



Headache



Loss of appetite




Muscle aches



Tiredness

#### THERE IS NO TREATMENT FOR MUMPS




If you have symptoms, stay home and away from others and contact:

Distributed by:



Hawaii Department of Health  
Disease Outbreak Control  
Disease Reporting:  
808-586-4586



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

transmitted when saliva is exchanged (such as when kissing or sharing utensils, cups, Chap Stick or cigarettes).

Symptoms of mumps include pain and swelling of both salivary glands in the cheek and jaw area. The swelling

usually lasts about two weeks, but peaks around days one to three. In some patients, only one side swells. Other salivary glands under the floor of the mouth also may swell, though less frequently.

People may have fevers for three to four days with body aches, loss of appetite and headache. People are most infectious for several days before or after the swelling of the salivary glands.

To prevent transmission, Hawaii state law requires persons with mumps to self-isolate (e.g., no work, school, travel or public places) for nine days after the onset of gland swelling.

Complications of mumps include deafness, inflammation of the brain, sterility and, rarely, death. Orchitis, or inflammation of the testis happens in three to 10 percent of adolescent or adult males. In most cases, only one testis is affected. Orchitis rarely causes sterility. Other rare complications include inflammation of the pancreas and a brain infection.


While an outbreak MMR vaccination is not mandatory, it is highly recommended to prevent you from becoming sick with mumps or developing complications associated with the illness.

*(Contributions for this story came from Leanne Thomas, Tripler Army Medical Center Public Affairs)*

#### Appointments

For questions or to obtain the vaccination, please contact your assigned primary care provider online through Relay Health or by calling the Tripler Appointment Line at (808) 433-2778.

For more information about mumps and the ongoing investigation in Hawaii, visit the Hawaii Department of Health Mumps webpage at <http://health.hawaii.gov/docd/departement-of-health-investigating-mumps-cases/>.



# DOD believes wearable devices give too much info

**Prohibitions apply in some operations, areas**

Story and photo by **JIM GARAMONE**  
DOD News, Defense Media Activity

WASHINGTON — Defense Department officials are studying security issues raised by physical conditioning trackers that also can be used to track service members’ whereabouts, a Pentagon spokesman told reporters Monday.

The concern comes from a “heat map” posted by Strava, the makers of a fitness tracking application that shows the routes service members run or cycle in their daily exercises.

These maps can show military bases and may be used to target individuals.

“We take these matters seriously, and we are reviewing the situation to determine if any additional training or guidance is required, and if any additional policy must be developed to ensure the continued safety of DOD personnel at home and abroad,” Army Col. Robert Manning III said during a morning news conference at the Pentagon.

Wearable electronic fitness trackers upload data to Strava, which then publishes a heat map of the activity, so people can download the maps to find good running or cycling routes.

**Privacy settings**  
“The rapid development of technology requires the rapid refinement of policy and procedures to enhance force protection and operational security,” Manning said. “DOD personnel are advised to place strict privacy settings on wireless

technologies and applications.”

Service members are prohibited from wearing such wireless technologies in some areas and during some operations, Manning said.

Manning didn’t say what the department will do about the issue.

“We have confidence in commanders to employ tactics, techniques and procedures that enhance force protection and operational security with the least impact to individuals,” the colonel said.

All DOD personnel go through annual training on information security. The training urges service members and DOD civilians to limit profiles on the internet, including personal social media accounts, Manning said.

“Furthermore, operational security requirements provide further guidance for military personnel supporting operations around the world,” he said.

The heat map incident re-emphasizes the need for service members to be cautious about what data to share via wearable electronic devices, he added.



**The Defense Department urges service members and DOD civilians with wearable electronic devices to use the strictest privacy setting. Officials made the suggestion after publication of a “heat map” showing concentration of U.S military personnel overseas.**

# Commissary scholarships deadline is Feb. 16

**MIKE PERRON**  
Defense Commissary Agency

FORT LEE, Virginia — The deadline to apply for Scholarships for Military Children is Feb. 16.

Eligible military children may apply for one of the 700 available \$2,000 scholarship grants straightforward.

**What’s needed**  
Requirements include providing a completed two-page application; the student’s official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten or computer-printed essay of 500 words or less, and no longer than two pages.

This year’s essay question is as follows: “With the development of high speed internet, you are now living in a world that is completely different than 20 years ago. What are the pluses and minuses for society and the family? How would you address the minuses?”

**Scholarship program**  
The Scholarships for Military

Children Program was created in 2001, recognizing the contributions of military families to the readiness of the fighting force, and celebrating the role of the commissary in the military family community. The program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

The two-page application, high school or college transcripts and short, typed essay all must be submitted in one package.

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card.

The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2018 or be enrolled in a program of studies designed to transfer directly into a four-year program.

**Eligibility**  
Applicants who are awarded a full scholarship to attend a college or university or who receive an appoint-

ment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the program, as well as links to frequently asked questions and the downloadable application are available at the Scholarships for Military Children website.


Fisher House also recently added a custom scholarship search engine to the site, tailored to military families, called “Scholarships for Service.” It’s free, easy to use and available on mobile devices or computers at [militaryscholar.org](http://militaryscholar.org).

#### Contact Details

Donations, and not government funds, are used to support the Scholarships for Military Children Program.


The program is managed by Scholarship Managers, a national, nonprofit organization.

Call Scholarship Managers at 856-616-9311 or email [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com) with questions.



## TAMC TIP

### New Year, new me, tobacco free!



Make 2018 the year you quit using tobacco for good and become a former tobacco user.

As you begin your journey to quit tobacco, consider the following first steps:

- Think of some reasons to quit tobacco.** It could be to improve your health, save some money or make your family proud.
- Prepare to quit by creating a quit plan and pick a quit date.** Research the different programs, resources and medications available to you and decide which ones you will use when you quit.
- Talk to your health care provider for advice on quitting.** For local help and where to find resources, reach out to the Schofield Barracks Army Wellness Center at (808) 655-1866.

These steps will help get you started in the right direction as you prepare to quit tobacco.

For more information about the Tripler Army Medical Center Tobacco Cessation Program visit, <https://www.tamc.amedd.army.mil/services/psychology/tobacco.htm> or call the TAMC Behavioral Medicine Service, Department of Psychology at (808) 433-1498.



# 8 easy steps stress-proof lives

**CHAPLAIN (CAPT.) JENNIFER LANE**  
209th Aviation Support Battalion  
25th Combat Aviation Brigade  
25th Infantry Division

WHEELER ARMY AIRFIELD — Whether someone close to you has ended up in the hospital, your finances are a mess, there’s a tsunami warning, your significant other is driving you crazy, the baby won’t stop crying or your boss is breathing down your neck, stress is all around us.

It can empower or defeat us. It all depends on how you react.

Some stress can be healthy and inspire us to new heights when we try something exciting and new, some stress encourages us to ask for what we want (maybe a raise) or some even just helps us to get out of bed in the morning.



**Healthy approaches to stress**  
Here are eight things you can do, right now, to lessen your cortisol (stress hormone) and keep your smile shining bright:

**1) Exercise.** Whether you like to swim or hit the weights or run, this is the best way to de-stress while working (preparing to pass your APFT). Try 150 minutes a week to build new brain cells, per Psychology Today.

**2) Sleep,** especially when the Army is not in control of your schedule. Most studies show that anything under five hours a night on a prolonged basis can cause hormonal imbalances and anger issues. (This could explain a lot on deployments!)

**3) Set goals** and reach them. If you hate planners like a lot of Joes I know, start with one attainable goal each day and check it off your list. Focus on the positive forward momentum in your life to create more of the same.

**4) Give it away.** Just like the Red Hot Chili Peppers said (Yes, I am dating myself!), acts of kindness make us feel better. This can be done easily during the holidays with kind words, homemade cards, small gifts, flowers, food or the best gift ... love. Try it and see how good you feel.

**5) Find good social support.** You can incorporate No. 4 with this one and leave nice compliments, etc., for friends on Facebook or LinkedIn. Might seem simple, but by building your “network” you are actually building your resiliency.

Studies show that your brain reacts the same to physical and emotional pain. However, those with greater social support in their daily lives have lessened reactions to pain (in the brain).

**6) Reinvent yourself.** Take negative experiences, such as spilling tea all over your foreign dinner guests (that



was me), and turn it into a positive. (We got to know each other better and faster!)

**7) Focus on the “good stuff.”** Write down (whether in an email or journal or Facebook) at least one thing each day that is good.

**8) Deep breathing/meditation/prayer** (depending on your spiritual practices). I saved the best for last ... studies show that these three physiologically regulate your emotions and lessen the negative “fear” activity in the amygdala – you can call it combat meditation, etc., if it helps you. These are used training SWAT teams, Special Forces, professionals in psychology and chaplains.

Next time it all seems a little much, try several of these and see how you feel. It may surprise you how much little changes can have big impacts shedding unwanted stress.

I would like to take this opportunity to pray for lessened stress and creative outlets for Hawaii’s Soldiers, leaders and their families. Amen.

**Worship**  
Chaplain Lane will be preaching at Wings worship at Wheeler Chapel at 11 a.m., Feb. 25. The topic will be “Sheroes of the Old Testament.” All are welcome.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation 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  
•Last Wednesday, 6 p.m. at MPC

**Catholic Mass**  
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel  
•Thursday, 11:45 a.m. at AMR  
•Wednesday, 5 p.m. at MPC  
•Saturday, 5 p.m. at TAMC  
•Sunday services:  
-8:30 a.m. at AMR  
-10:30 a.m. at MPC  
-11 a.m. at TAMC

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

**Islamic**  
•Friday, 12:30 p.m. at AMR (Call 477-7647)

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH (Call 473-3971)

**Protestant Worship**  
•Sunday Services  
-9 a.m. at MPC (Contemporary)  
-9 a.m. at FD  
-9 a.m. at TAMC  
-10 a.m. at HMR (Contemporary)  
-10:30 a.m. at AMR (Contemporary)  
-11 a.m. at WAAF (Contemporary)

## Joint marital seasoning mix sparks envy from unlikely source

It was another gloomy winter afternoon in our working-class English village.

Ever since we’d been stationed at Joint Analysis Center Molesworth in the flat Cambridgeshire, England, countryside know as “The Fens,” I’d found myself counting the minutes until my husband, Francis, got home from work.

At that latitude, the sun set around 4 p.m., leaving me with nothing to do but pop in a “Barney” video for our toddler – it was the ‘90s after all – and contemplate dinner.

I wandered nonchalantly to the pantry expecting to see the usual lineup of canned vegetables, dried noodles and jarred pickles. But there it was, staring at me from between the peanut butter and salsa with smug indignation. It had belonged to the woman who had come before me. She had bought it, presumably, for a cozy dinner with the man who was now my husband.

It was her box of Shake ‘n Bake.

**Connecting the dots**  
Michelle was Francis’ old girlfriend. Her Shake ‘n Bake had, along with her dining room chairs and etched wine glasses, mingled with our joint marital property. After we married, I moved in with Francis, and then we moved together three more times. Somehow, the Shake ‘n Bake had survived.



At first, I had thought the crumb mixture was Francis’. But then I’d remembered that when I met him, his diet consisted of baloney sandwiches, cereal and takeout. The Shake ‘n Bake must’ve been Michelle’s.

I had put up with the chairs and glasses out of necessity – we needed all the hand-me-downs we could get back in those early days – but I didn’t need this lousy box of Shake ‘n Bake. I didn’t use tawdry cooking shortcuts. I wanted to get rid of this relic of Francis’ past life, once and for all.

The vacuum-sealed pouch of pork chop coating may not have expired, but I had sentenced it to death. I grabbed the offending box from the shelf and headed for the rubbish bin. But wait, I thought. Why not use this as a teaching moment?

The mixture seemed surprisingly fresh for being four years old. I followed the package instructions, throwing meat into the bag with the pouch ingredients and laying the coated pieces out on a cookie sheet.

When Francis arrived home, our “Michelle Memorial Dinner” was ready.

While Francis changed out of his uni-



Courtesy photo

form, I eagerly anticipated his reaction to the meal. I envisioned the disappointment that would most certainly appear on his face as he bit into the cheapened chop.

I would ask innocently, “Do you like it, honey? I made it with that old box of crumb coating. Wasn’t it ... oh, what’s her name again ... Michelle’s Shake ‘n Bake?”

Surely he would spit the bite into his napkin and declare the meal a culinary embarrassment. He would confess that I was a much better cook than Michelle.

That I was the love of his life and Michelle was a mistake.

“Smells good,” Francis said, as I doled pork, green beans and potatoes onto his plate. He carved a particularly large bite of pork, plunged it into his potatoes and opened wide.

I watched intently for a grimace, a groan, a gag.

“Mmm,” Francis mumbled, shoveling forkfuls into his mouth. I waited patiently for my opportunity to blame Michelle for his inevitable disgust.

“This is delicious, hon,” Francis said, spearing a second chop.

I nibbled a bite myself and had to concede that he was right. The Shake ‘n Bake wasn’t half bad after all. I realized that I was the only culinary embarrassment in our kitchen that night. My insecurities had driven me to kill an innocent box of bread crumbs in effigy. The Shake ‘n Bake hadn’t been a threat to my marriage any more than Michelle had been. I was being silly.

I confessed my “Michelle Memorial Dinner” plot, and we both laughed hard at my ridiculousness. I raised a glass to Michelle, giving credit where credit is due, and promised to make her signature recipe again.

After all, it wasn’t a mistake, it was just Shake ‘n Bake.

(For more of Molinari, visit [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)

## Tea: Kolekole Girl Scouts socialize

CONTINUED FROM B-2

Friends’ says, ‘Make new friends, but keep the old. One is silver and the other gold.’ I want to be rich in friends everywhere I go.”

The event was held by the Kolekole Girl Scout Service Unit to help the girls and their mothers bond in an event that was fun and inviting.

“Bringing girls and their moms together is special, especially since we are in a military community,” said Jessica Goebel-Clark, the Kolekole Girl Scouts Service Unit manager. “These parents aren’t always here due to missions or deployments, so letting them connect through Girls Scouts is very important to us.”

One Girl Scouts mission is to develop girls into leaders through an all-girl led program. This means that, instead of having the adult leadership mark out the way for the girls, the program is designed to have the girls take the lead, and the adults are there to ensure the girls follow the guidelines set out in the criteria.

“We want our girls to be empowered, independent, strong and the leaders of tomorrow, and having a family that participated together in the program, affords the girls better opportunities for the future,” said Goebel-Clark.



Photo by Christine Beckstrom, Kolekole Girl Scout Daisy Troop 668 Leader

**Sarah Simon (left) and her mother, Brandy, take a selfie during the Kolekole Girl Scout Mother/Daughter Tea Party on Schofield Barracks, Jan. 27. The event was held by the Kolekole Girl Scout Service Unit to help the girls and their mothers bond in an event that was fun and inviting.**

In her speech to the girls, Pierre encouraged them to keep working no matter the challenges or obstacles in their way.

“I hope you girls realize that you don’t need to start off super confident,” said Pierre. “Confidence and self esteem can be learned, and as you chase your goals, you will succeed beyond your wildest dreams.”



Photo by Madelene Allen, a Senior Girl Scout

**Girls of the Kolekole Girl Scout Service Unit get pink lemonade and iced tea at the Kolekole Girl Scout Mother/Daughter Tea Party on Schofield Barracks, Jan. 27.**

**More Online**  
For more details about the Kolekole Girl Scouts, go to [GSHawaii.org](http://GSHawaii.org).

