



Royal Thai Army soldiers share a variety of food with U.S. Soldiers from Delta Co., 1st Bn. 21st Inf. Regt., 2nd IBCT, 25th ID, during jungle training, Feb. 12, at Camp Friendship in Korat, Kingdom of Thailand.

Thai, U.S. armies learn jungle survival skills

ARMY STAFF SGT. JUSTIN SILVERS
III Marine Expeditionary Force

KORAT, Thailand — Royal Thai Army soldiers with the 133rd Infantry Battalion, 23rd Infantry Regiment and U.S. Army Soldiers from 2nd Infantry Brigade Combat Team, 25th Infantry Division, gathered to take part in jungle training at Camp Friendship, here, Feb. 12.

During the training, they learned skills to help them survive in the jungle, including how to trap wildlife, how to find sources of water and how to start a fire using their surroundings.

Jungle training is one of many training events during Exercise Cobra Gold 18, which provides a venue for U.S., allied and partner nations to advance interoperability and increase partner capacity in planning and executing complex and realistic multinational force and combined tasks for operations.

The training was part instructional and part interactive, with Soldiers first learning the steps and equipment required to carry out each task, then carrying out the task on their own, with support when needed.

The training also helped Soldiers to identify edible vegetation and wildlife that they may encounter in the jungle.

U.S. Army Pfc. Alex Davis, an infantryman with Delta Co., described some of the skills he picked up.

“We learned how to make fire out of bamboo and kindling, we learned how to make traps using banana rope and also learned how to cook a rat,” said Davis. “That was pretty interesting; that’s not something you learn back in the states.”

During the training, Davis also volunteered to be the first Soldier to sample some of the food they might encounter in the jungle.

“I wasn’t nervous trying out the different foods. I’m the kind of guy that volunteers for everything,” said Davis. “When I first tried a plant, it was very bitter and (I) had to spit it out, but I tried a few beans and berries, too, and overall, I ended up with a coconut to wash it all down, so that was the highlight.”

For Davis, learning to build a fire stuck out the most to him, but for U.S. Army Sgt. Dilon Sawyers, a squad leader with Delta Co., learning the various means to get water from their surroundings was the most valuable takeaway.

“We learned how to familiarize ourselves with the wildlife and the local plants and vegetation, but the most beneficial training was learning the various resources for water,” said Sawyers. “We learned how to get water from the banana plant and figured out different ways to get water (from) other than streams and bodies of water.”

Cobra Gold is an annual exercise con-



U.S. Army Soldiers from 1st Bn. 21st Inf. Regt., 2nd IBCT, 25th ID, stand in formation with their Royal Thai Armed Forces counterparts at the Exercise Cobra Gold 18 opening ceremony, Camp Friendship, Thailand, Feb. 10. Soldiers from 2IBCT, 25ID are wearing the Army’s new experimental jungle uniform.

ducted in Thailand held from Feb. 13-23 with seven full participating nations. Now in its 37th iteration, the exercise is designed to advance regional security and ensure effective responses to regional crises by bringing together a robust multinational force to address shared goals and security commitments in the Indo-Pacific region.

Left — U.S. Army Pfc. Matthew Norcia, an infantryman with Delta Co., 1st Bn., 21st Inf. Regt., 2nd IBCT, 25th ID, and Royal Thai Army Sgt. Jatuporn Paikaew, a scout with the 3rd Long Range Reconnaissance Patrol, 3rd ID, prepare to move through a stress shoot lane, Feb. 14, in Korat, Kingdom of Thailand.

The U.S. Soldiers are wearing the Army’s new experimental jungle uniform.



Photo by Army Staff Sgt. Justin Silvers

Royal Thai Army Sgt. Attapon Pongtub, a team leader with the 3rd Long Range Patrol Company, 3rd ID, shows a cobra to U.S. and Royal Thai Soldiers during jungle training, Feb. 12, at Camp Friendship in Korat, Kingdom of Thailand.



Photo by Army Staff Sgt. Justin Silvers

Veterans, caregivers required to obtain pass for Tripler access

KRISTEN WONG
Contributing Writer

WHEELER ARMY AIRFIELD — The Directorate of Emergency Services at U.S. Army Garrison-Hawaii is currently working with the Veterans Affairs Pacific Islands Health Care System to ensure all veterans and caregivers (including the drivers of the vehicle entering Tripler) obtain a controlled access pass (CAP) to enter Tripler Army Medical Center.

As of June 1, 2018, all veterans should have this pass.

Tom Burke, the operations chief for DES, said he found out in November of last year that veterans were using their Veteran Health Information Cards to access the center.

Army Directive 2014-05, entitled “Policy and Implementation Procedures for Common Access Card Credentialing and Installation Access for Uncleared Contractors,” outlines the proper

identification needed for access to an installation.

“Full compliance to Army policy is defined as vetting all Non-DOD affiliated personnel through NCIC-III (National Crime Information Center) and issuing a local ID badge, and having an established access denial waiver program,” according to Installation Management Command Operations Order 15-031.

“It’s just important that we comply with the directives that we’ve been given and to ensure that everybody who visits a military installation has the proper vetting,” Burke said. “The need for access is why it’s so important in order for us as a garrison to be in full compliance with these regulations.”

Veterans and their caregivers do not need a CAP if they have a retired military ID, a military dependent ID, a common access card or personal identity verification card.

To obtain a CAP, which is valid for two years, veterans and caregivers must bring proof of their Social Security number and a valid driver’s license or state ID.

Background checks can take up to 30 days. In the event that the veteran or caregiver is ineligible for a CAP due to an issue in their background check, they

Questions
For more information, call the VA call center at 1-800-214-1306 or visit <https://www.facebook.com/VAPacificIslands>.

Locations to Obtain a CAP

- **Spark M. Matsunaga Ambulatory Care Center**
459 Patterson Road, (808) 433-0600 or (800) 214-1306
Availability: Monday through Friday between 8 a.m. and 3 p.m.
- **U.S. Army Garrison-Hawaii Visitor Control Center (VCC)**

can still access the Leeward Community Based Outpatient Clinic.

“We want to ensure every veteran that we will work with them so they may continue to receive the health care that they need,” said Amy Rohlf, the public affairs officer of the VA Pacific Islands Health Care System.

Bldg. 6508, 199 Leilehua Road, Wa-hiawa, (808) 655-1620
Availability: VCC open Monday through Friday between 7:30 a.m. and 3 p.m.
Note: The VCC is closed daily from 11 a.m. to noon.

- **Vet Mobile at Oahu Veteran Center**
1298 Kukila St., (808) 422-4000
Availability: Every third Thursday of the month
Note: VAPIHCS will contact veterans and their caregivers to pick-up pass.

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State recognizes Army for its efforts

Army's 'rat man' among honorees at Hawaii capitol

STEFANIE GUTIERREZ
U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — Every day, warriors across Hawaii are waging a behind-the-scenes battle, and that battle took center stage, Feb. 9, as a handful of warriors were recognized in a special ceremony at the state capitol.

Gov. David Ige and several members of the State Legislature honored eight individuals and groups from various islands for outstanding service to Hawaii in the fight against invasive species.

Ige also signed a Hawaii Invasive Species Month proclamation, in which the State Legislature described invasive species as “the single greatest threat to Hawai‘i’s economy and natural environment and to the health and lifestyle of Hawaii’s people.”

Tyler Bogardus, a small mammal control biologist with the Army’s Oahu Natural Resources Program, was one of this year’s honorees. Bogardus received the “Greatest Hit” award for his efforts to control invasive rodents.

“I was surprised to get the award, but I was more surprised it was an individual award because the work really is a team effort,” he said.

Bogardus and the natural resources team stayed especially busy on the rodent control front last year.

They started a trial to determine the effectiveness of rat birth control; installed more than 1,000 carbon dioxide-powered, self-resetting rat traps in the Waianae mountains; and conducted a rodenticide application in a fenced portion of the Schofield Barracks training range.

The efforts all had one goal in mind: giving threatened and endangered species like the Oahu ‘elepaio, a native flycatcher bird, a fighting chance for survival. Rats are a large threat because they prey on many of these species for their next meal.

“Of the more than 100 species we are re-



Photos by Stefanie Gutierrez, U.S. Army Garrison-Hawaii Public Affairs
Tyler Bogardus of the Army’s Oahu Natural Resources Program is presented the “Greatest Hit” award at the Hawaii State Capitol, Feb. 9, for his work combatting invasive species.

Right — Bogardus says efforts by the Army’s Oahu Natural Resources Program help the service protect the threatened and endangered species it manages, like O’ahu ‘elepaio, which he holds in his hand.



quired to manage, at least 50 percent of them are susceptible to rat predation of some sort,” said Kapua Kawelo, manager of the Army’s Oahu Natural Resources Program. “That’s why Tyler’s and the team’s work is so important.”

Kawelo leads Army’s efforts to manage threatened and endangered species on its Oahu installations in support of military training needs and natural resources requirements. Much of her program’s work is focused on invasive species.

“Conservation in Hawaii and invasive species control are synonymous. In order to do conservation here, you can’t just man-



Distinguished personnel and guests, including Gov. David Ige (center in blue), pose for a remembrance photo.

Water remains safe to drink, modernization continues

COMMANDER
NAVY REGION HAWAII
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The Navy and Defense Logistics Agency will host a public information workshop on March 14 at Moanalua Middle School from 6 to 9 p.m.

The workshop will provide an opportunity for attendees to ask questions and hear the latest update on the Administrative Order on Consent. The public is invited to attend.

In December, the Navy and Defense Logistics Agency submitted the Tank Upgrade Alternative (TUA) report to regulators: U.S. Environmental Protection Agency and State of Hawaii Department of Health.

At the public information workshop on March 14, the Navy will provide details about this report and evaluate each alternative.

“With our submission of the Tank Upgrade Alternative (TUA) report on Dec. 8, the Navy and Defense Logistics Agency provided one of several tools to our regulators to help evaluate six options for upgrading the tanks at Red Hill,” said Rear Adm. Brian Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific (MIDPAC). “I welcome stakeholders and neighbors to read the comprehensive report, available on the EPA’s Red Hill website.”

The EPA posted a fact sheet on its site that



Courtesy photo

An information video is available for viewing on YouTube. Visit <https://www.youtube.com/watch?v=0Bx81rD206A&feature=youtu.be>.

provides updates on enhanced tank maintenance procedures, the groundwater monitoring network, drinking water standards, tank upgrade study and the process for selecting upgrades, along with other information.

“The EPA confirms that drinking water meets all federal and state standards. Full drinking water reports are available online, and additional information about how the DOH safeguards drinking water is available at health.hawaii.gov/sdwb/.

“We’re happy to present the science, facts and evidence behind our decision-making process,” Fort noted. “For more general in-

formation from the Navy about Red Hill, I invite you to visit our website. Regulators confirm our drinking water continues to be safe to drink and the Red Hill tanks are not leaking.”

Workshop

The public is invited to attend the “water” workshop on March 14 from 6-9 p.m.

More Online

Stakeholders and neighbors can read the comprehensive report and visit relevant websites:

- The comprehensive report is available at <https://www.epa.gov/red-hill>.
- Stakeholder letters from Rear Adm. Fort, along with other information and photos, are available at www.cnic.navy.mil/redhill.
- The Red Hill information video is available at <https://www.youtube.com/watch?v=0Bx81rD206A&feature=youtu.be>.
- Other information, including a sign-up form for EPA Red Hill updates, is available at <https://www.epa.gov/red-hill>.

Voices of Ohana

We wondered,

“What are you willing to sacrifice now to achieve a long-term goal?”

By U.S. Army Garrison-Hawaii Public Affairs



“I’m willing to cut off Netflix and going out to eat in order to save money.”

Reydeell Encarnacion
Preschool teacher
ASYMCA-Wheeler



“Time with my child now so that I can go to work to support him and give him a better future.”

Katelyn Kerrigan
Preschool teacher
ASYMCA-Wheeler



“I’m willing to give up my personal time to gain career success, which I hope helps others and will give me more time later.”

Jeric Lake
Branch director
ASYMCA-Wheeler



“Time with my family to study and take classes to become an administrator.”

Leighton Nakamoto
7th grade vice principal
Wheeler Middle School



“I’m willing to give up time now to further my education.”

Sarah Wilks
Preschool teacher
ASYMCA-Wheeler

175th FMSC holds change of responsibility

ALEXIA GARDNER
Contributing Writer

FORD ISLAND — The change of responsibility is one of the oldest Army traditions, celebrating the past accomplishments of the outgoing sergeant major or first sergeant, and the hopeful future for the incoming.

Feb. 12, the 175th Financial Management Support Center said goodbye to its long-time senior enlisted adviser and friend, Sgt. Maj. Austin A. McLaughlin, and welcomed Sgt. Maj. Michael R. McCabe.

McLaughlin arrived to the 175th shortly before its operational deployment to the Central Command area, in February of 2015, and his total time in service has amounted to a quarter of a century. Throughout those 25 years, he has developed himself as a leader and served as a positive mentor to those around him.

“Working under him gave me a different perspective and point of view,” said Sgt. 1st Class Derrick Cropper. “I learned how to be a leader in different ways and different avenues on how you can approach things.”

McLaughlin, a Bowie, Texas, native, has been an effective leader by following some of the leadership philosophies he believes in. One includes being there for your Soldiers, but not being in their way.

“I believe, first and foremost, that good people trump good leadership any day of the week,” said McLaughlin. “Sometimes, and especially in this unit, you’re exceptionally blessed that it’s been one good person after another that comes into the organization and made it great.”

McLaughlin has had several accomplishments throughout his career, but he believes the ones made here will ensure his legacy. He worked diligently to establish relationships across what is known as the “fiscal triad” (resource management, contracting and disbursing) and with joint financial managers, across the Pacific, to ensure commanders and units have what they need to accomplish the mission.

“This is my legacy unit. This is where I felt I made my final and most influential impact in my military career,” said McLaughlin.

Through his many years of service, McLaughlin has remained humble and patriotic. He knows what his priorities are and has stayed true to himself and hasn’t let his rank go to his head.



Sgt. Maj. Michael R. McCabe addresses listeners during the 175th FMSC change of responsibility ceremony aboard the USS Missouri on Feb. 12.

“I’ve always maintained that the military doesn’t solely define me,” said McLaughlin. “I’ve stayed true to being a family man first, loving my country and dedicated to the service, but understanding that, when I leave, that I’m Austin McLaughlin.”

It is a bittersweet moment for the unit to see McLaughlin go, but it understands this moment was inevitable and is excited to see what McCabe has in store for the unit, as new leadership always brings a fresh perspective.

“I know Sgt. Maj. McLaughlin has to go, but I would love to hold onto him my entire time here as we work very well together,” said Col. Nicholas LaSala Jr., director of the 175th FMSC. “The good thing is, we have a great replacement. I have a great deal of confidence in Sgt. Maj. McCabe; his reputation precedes him.”

McCabe, a New Jersey native, comes to Fort Shafter all the way from Germany and is happy to embrace the 175th FMSC way of life. He understands these Soldiers have been doing well under McLaughlin and wants them to continue, but he will help to improve the organization.

“I live by the saying that you always improve your fox-



Photos by Sgt 1st Class Michael Behlin, 8th Theater Sustainment Command Public Affairs

At right, outgoing Sgt. Maj. Austin A. McLaughlin passes the command colors to Col. Nicholas LaSala Jr., director of the 175th FMSC, during his change of responsibility ceremony aboard the USS Missouri, Feb. 12. Standing at LaSala’s left is incoming Sgt. Maj. Michael R. McCabe.

hole,” McCabe said. “I do want to find what’s not working and improve that and, of course, sustain what is already working.

Though McCabe and McLaughlin have different views on leadership, they both understand what comes first: the well-being of the organization and the growth of the Soldiers.

“My favorite saying is that if you pass by a mistake, you set a new standard,” McCabe said. “So, I always encourage on-the-spot corrections.”

McLaughlin said he will miss this unit and left some departing words for McCabe.

“If he goes about letting the Soldiers operate like they have been, he’s going to have a heck of an easy job.”

USARPAC hosts Regional Leader Development Program

Story and photo by
CAPT. JOSHUA TAFT
U.S. Army-Pacific G3

FORT SHAFTER — U.S. Army-Pacific is preparing to host its second iteration of the Regional Leader Development Program-Pacific, or RLDP-P.

The program develops Pacific-based mid-level officers, noncommissioned officers and civilians with regional instruction and strategic leadership development to excel in positions of greater responsibility in Pacific-aligned positions.

“Investing in the development of leaders that are agile, adaptive and innovative is a requirement for today’s operational environment,” said the USARPAC commanding general, Gen. Robert B. Brown. “By providing our Soldiers the education, training and regional experience beyond the institutional military basics, we yield a more strategic, adaptive and professional leader in the future who can win in a complex world.”

The program consists of four phases that aim to provide graduates with a comprehensive understanding of strategic regional complexities, familiarization with the Indo-Asia Pacific region diplomacy, and economic and cultural diversity.

The first phase of the course strikes



Members of the RLDP-P tour the Masjid Negara National Mosque in Kuala Lumpur, Malaysia, on Sept. 30, 2017.

at the very core of talent development. RLDP-P has partnered with the Pentagon’s Office of Economic Manpower Analysis and the Army G1 Talent Management Task Force to assess its students and provide them with professional feedback that will enhance their military careers.

“Leaders need to know their personal and professional strengths and weaknesses,” said Lt. Col. Christopher Bachl, USARPAC’s Leader Development Division director, “and by evaluating our students’ abilities, we will not only be able to provide them feedback on their strengths

and weaknesses, but also direct them to specific career paths and positions based that complement assessed talents.”

RLDP-P has also partnered with the East-West Center in Manoa, to provide tailored leadership instruction geared toward the Pacific area of responsibility. The East-West Center promotes better relations and understanding among the people and nations of the U.S., Asia and the Pacific through cooperative study, research and dialogue.

RLDP-P students this year will partake in strategic leadership electives at the

East-West Center to refine their expertise on contemporary issues confronting nations in Indo-Asia Pacific.

Phase II of RLDP-P includes two elective classes from the Command and Staff Officer Course in Fort Leavenworth, Kansas: Military Power in U.S. Pacific Command and Asia-Pacific Strategic Studies.

“Military Power in USPACOM is designed to improve student awareness and knowledge of the actual and relative military strength of nations in the Indo-Asia Pacific,” said Lt. Col. Ted Johnson, the course instructor.

(For more of the story, visit hawaii.armyweekly.com/2018/02/22/usarpac-hosts-regional-leader-development-program/.)

To Apply
USARPAC begins accepting RLDP-P 18-01 applications March 1. The program takes place June 4-July 26. For more information, highly motivated officers (captain), warrant officers (CWO2/CWO3), NCOs (staff sergeant through master sergeant) and civilians (GS11-GS13) may contact Capt. Joshua R. Taft via global email.

Pentagon releases new policy on nondeployable members

LISA FERDINANDO
DOD News, Defense Media Activity

WASHINGTON — The Defense Department has released a new policy on military retention for nondeployable service members as it seeks to provide more ready and lethal forces, the undersecretary of defense for personnel and readiness told Congress, Feb. 15.

“The situation we face today is really unlike anything that we have faced, certainly in the post-World War II era,” Robert Wilkie told the Senate Armed Services Committee’s personnel subcommittee.

On any given day, about 286,000 service members – 13 to 14 percent of the total force – are nondeployable, Wilkie said at a hearing on military and civilian personnel programs and military family readiness.

Defense Secretary James N. Mattis in July tasked the Office of the Undersecretary of Defense for Personnel and Readiness with developing policies to ensure everyone who enters the military and those who remain in the military are worldwide deployable, he explained.

Service members who have been nondeployable for more than 12 consecutive months will be processed for administrative separation or referred to the disability

evaluation system, he said.

“This new policy is a 12-month ‘deploy-or-be-removed’ policy,” he said, noting there are exceptions, such as pregnancy and postpartum conditions. Medical boards will review the medical status of those who have been wounded, he said.

“We need to look at the force holistically,” he said. “We have to ensure given the climate that this country faces that everyone who signs up can be deployed to any corner of the world at any given time, and that is the reason for the change in policy.”

Focus on readiness, lethality

The new policy is effective immediately. Military services have until Oct. 1 to begin mandatory processing of

nondeployable service members, said Patricia Mulcahy, the director of DOD’s officer and enlisted personnel management office.

Service members could be nondeployable for any number of reasons, she said, such as falling behind on annual medical exams or due to combat or training injuries. Only a small percentage of those who are nondeployable have been in that status for more than 12 months, Mulcahy said.

Each service member’s case will be individually reviewed, she said, and the secretaries of the military departments are authorized to grant waivers to retain members.

The purpose of the policy is not to separate members, but rather is to get members back into a deployable status, if possible, she emphasized.

25th ID tests fuel cell vehicle in jungle training

Story and photo by
JEROME ALIOTTA
Army News Service

SCHOFIELD BARRACKS — Soldiers from the 25th Infantry Division put the Army’s ZH2 fuel-cell electric vehicle through the rigors of operating in jungle terrain during a training exercise, here, in late January.

Soldiers evaluated the Chevrolet Colorado ZH2’s operational effectiveness during multiple reconnaissance missions as a notional friendly “blue” force (BLUFOR) and “opposition” force (OPFOR) vehicle asset. They provided feedback on its fuel-cell technology and the capabilities it offers.

The U.S. Army Tank Automotive Research, Development and Engineering Center (TARDEC) leveraged General Motors’ fuel-cell and off-road vehicle technology investments and commercial off-the-shelf products to develop the ZH2 demonstrator.

TARDEC has been collecting data and Soldier feedback on the ZH2’s capabilities for more than a year as part of the Army’s



A ZH2 fuel cell vehicle takes the spotlight on display.

Courtesy photo

effort to bring advanced vehicle systems, technology and critical capabilities to the warfighter quickly.

Previous ZH2 evaluations involved Soldiers at the squad and platoon levels, while this latest exercise involved an en-

tire battalion-sized element.

“The ZH2 is more than just a hybridized vehicle. It’s really a leap ahead as we look at solutions we’re trying to get on the battlefield, particularly applicable to reconnaissance and security organiza-

tions,” said Lt. Col. Tim Peterman, commander, 2nd Squadron, 14th Cavalry Regiment, 2nd Infantry Brigade Combat Team, 25th ID.

The ZH2, fitted with a hydrogen fuel cell and electric drive, has a stealthy drive system, which produces a very low smoke, noise, odor and thermal signature. This allows Soldiers to conduct silent watch and silent mobility missions on the battlefield.

“I think the technology is very useful, and implementation of it could make a positive impact to the cavalry squadron, enabling us to be on the move silently, find the enemy and kill the enemy undetectable at close range,” said Capt. Quinn Heydt, 2nd Sqdn, assistant operations officer.

To start the training exercise, the ZH2, which generates 25 kilowatts (kW) of continuous power or 50 kW of peak power, when not in motion, was used to export power to the entire squadron Tactical Operations Center (TOC).

(Editor’s note: Aliotta works at TARDEC.)

Doctors, medics partner for trauma lane training

Story and photo by
RAMEE OPPERUDE
U.S. Army Health Clinic-Schofield Barracks
Public Affairs

SCHOFIELD BARRACKS — U.S. Army Soldiers and Japan Ground Self-Defense Force (JGSDF) medical professionals trained shoulder to shoulder at the Medical Simulation Training Center, here, Feb. 12.

While much of the training revolves around classroom instruction, trauma lanes and clinical rotations, the overarching theme of the visit was relationship building.

“This is the first time that our foreign counterparts have participated in our lanes; they have primarily observed in the past,” said Staff Sgt. Eric Sessom, instructor, Medical Simulation Training Center.

“It is going to be a challenge with our different tactics,” added Sessom. “It can be a really stressful environment, and hopefully, they can put it all into play out there on the lane.”

The JGSDF doctors visiting Schofield Barracks began the morning with classroom briefings and hands-on instruction focusing on tourniquet application before transitioning to a field training environment with a focus of providing care to injuries on the battlefield. Trainees representing the 25th Infantry Division, the 9th Mission Support Command and the JGSDF were challenged to provide care in this high stress environment.



U.S. Soldiers and a JGSDF officer provide tactical care under the cover of smoke during a training exercise at Schofield Barracks, Feb. 12.

how our medics do trauma lane training in addition to attending the Fundamentals of Global Health Engagement Course,” added Edmundson.

Regional health engagements and subject matter expert exchanges enhance partner capabilities in responding to crises, ensure open lines of communication and contribute to regional and international security.

It is through strong partnerships with U.S. Pacific Command (USPACOM) and U.S. Army-Pacific (USARPAC) that Army Medicine’s RHC-P and the U.S. Army Health Clinic-Schofield Barracks are able to commit the resources to provide greater physical and mental well-being through rapidly growing global health engagements.

Physician discusses his choices, relationships, miracles

Story and photo by
RAMEE OPPERUDE
U.S. Army Health Clinic-Schofield Barracks
Public Affairs

SCHOFIELD BARRACKS — Dr. Ralph Hartman, U.S. Army Health Clinic-Schofield Barracks, shared his career-long experiences and recent cancer diagnosis with coworkers, mentors and family at the Main Post Chapel, Feb. 8.

Hartman, who was being recognized for his 31-year career in medicine and dedication to the Department of the Army, shared some of his lessons learned to an attentive audience at a monthly USAHC-SB Town Hall.

The message began with the usual thanks to the command and his family for flying in, but quickly took on a passionate tone. Hartman shared his



reaction to being notified by his urologist that he had been diagnosed with prostate cancer.

“I went home and told my wife, Sally. We hugged and cried, and then did the same with my cousin Chip and his wife, Mari. I set my alarm for 5 a.m. to go to work as usual. In the middle of the night,

Left — Dr. Ralph Hartman receives the Commander’s Award for Civilian Service from Col. Deydre Teyhen during a monthly town hall event, Feb. 8, on Schofield Barracks.

I realized that I could not show up and focus on my patients’ needs, so I called in sick,” he said.

Hartman went on to describe an approach of “caring for the caregiver.”

He detailed several examples of miracles, choices and relationships, and then Hartman asked the crowd, “Am I making this decision based on love or fear?”

As he prepared to close his address, the audience was clearly moved and emotional. His journey had clearly changed him spiritually.

“Keep your eyes open for miracles and your heart open for love,” said Hartman. “You will get much more satisfaction from this holy work if you practice medicine from the heart and with an attitude of serving. Remember that this U.S. Army Health Clinic is an ohana, (so) treat our patients as family.

“I feel so privileged and honored to have spent my career in this ohana. I was surprised and taken aback by how difficult and emotional it was for me to turn in my military ID and CAC (common access) card. It made me realize just how immensely proud I have been to be a Department of Army civilian, serving those who serve,” he concluded.

Hartman received the Commanders Award for Civilian Service following his address at the town hall.

Keen Edge '18 tests U.S., Japan missile defense

MASTER SGT. TOMMY FLORES
94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — The 94th Army Air and Missile Defense Command focused on testing Integrated Air and Missile Defense (IAMD) interoperability with its Japanese counterpart and other U.S. forces during Keen Edge '18, held Jan. 26 to Feb. 3.

Keen Edge is a joint command post exercise conducted to increase combat readiness and synchronization between U.S. Forces Japan and the Japan Joint Staff to prepare them to effectively defend Japan or respond to a regional crisis.

Theater Enabling Commands, such as the 94th AAMDC, use these types of exercises to challenge staff with complex and robust scenarios. They practice and refine tactics techniques and procedures to prepare themselves for real crises or contingency.

During the exercise Soldiers from the 94th AAMDC coordinated air and ballistic missile defense operations along with personnel from sister services, such as the Air Force, Navy and U.S ally forces.

Service members from the Japan Ground Self-Defense Force (JGSDF) were actively engaged in the exercise as a portion was taking place in Japan.

“This exercise is really important for us in building a partner capacity through bilateral understanding,” said Lt. Col. Takeshi Murakami, a Joint Theater Air Missile Defense coordinator with the JGSDF.

“Keen Edge is a great opportunity to come together collectively in a strategic and tactical level to further improve our ability to work together improving our readiness,” Murakami added.

The exercise also tested the 94th AAMDC’s expeditionary capability to forward deploy several of its Soldiers to Yokota Air Force base in Japan. The Tactical Command Post-Japan (TAC-J) provided the forward mission command node, which allowed Soldiers to work alongside the JGSDF as a coordination element in theater at Yokota Air Base.

As Soldiers of the 94th AAMDC were fully engaged in the exercise, they were also being evaluated.

Soldiers from the Army National Guard, 263rd Army Air & Missile Defense Command, stationed in Anderson, South Carolina, traveled, here, to conduct an external evaluation of the 94th AAMDC.

One of those evaluators was Maj. Jason Gordon, the deputy G4 with 263rd AAMDC.

“We’re looking at the 94th AAMDC as a whole unit, in how they conduct their processes, standard operating procedures and, overall, their ability to accomplish their mission,” said Gordon.

The success of the exercise was determined by how the refinement and adjustments of the operations enabled the U.S and Japanese leadership to make decisions.

“The cohesiveness of the 94th was evident throughout the exercise. The 94th seamlessly was able to integrate together as a team while refining their tactics and procedures,” Gordon added.



Photos by Sgt. 1st Class Claudio Tejada, 94th Army Air and Missile Defense Command Public Affairs

JGSDF Lt. Col. Takeshi Murakami, a Joint Theater Air Missile Defense coordinator, talks in a conference call with members of the 94th AAMDC and liaison officers in Yokota Air Force base during Keen Edge '18 at JBPHH.



Maj. Ricardo Fregoso (left) and Sgt. 1st Class Jose Arellano monitor their stations while participating in the annual command post exercise Keen Edge '18.

As Soldiers of the 94th AAMDC concluded Keen Edge 18, the exercise further honed and refined the 94th AAMDC ability to carry out Integrated Air and Missile Defense (IAMD) interoperability with its Japanese counterparts and other U.S. forces.

(Editor's note: Flores is the 94th AAMDC training operations sergeant.)



Capt. Adrian Hill (front) and Sgt. 1st Class Jose Arellano (left) brief Lt. Col. Jonathan Stafford while monitoring their stations. The Soldiers were participating in the annual command post exercise Keen Edge '18, held Jan. 26 to Feb. 3, at JBPHH.

Royal Thai army spouse views WTU artwork

Story and photo by
RAMEE OPPERUDE
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — U.S. Army Health Clinic-Schofield Barracks hosted a visit welcoming Benjawan Sitthisat, spouse of the Royal Thai Armed Forces chief of staff, at the clinic, here, Feb. 13.

The visit began with an overview and was immediately followed with briefings and demonstrations from art therapy coordinators.

Many of the clinic’s art therapy community partners were in attendance, to include the Honolulu Museum of Art and departments within the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.

Soldiers enrolled in past classes met with Sitthisat and presented some of their artwork as they described the impact the instruction and courses have had on their recovery.

Sitthisat left with a better understanding of the clinic’s art therapy programs and how they are used to help Soldiers and family beneficiaries.

“Soldiers in the Warrior Transition Unit (WTU) program greatly benefit from the Resiliency through Art program in many ways,” said Patti Honda, program manager, Warrior Transition Battalion, Tripler Army Medical Center. “Many WTU Soldiers suffer from what is often referred to as the ‘invisible wound.’ Post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) both affect many military personnel as a result of direct military events or non-military related events. These injuries are serious and very prevalent in our military communities; however, unlike an amputation, PTSD and TBI are often unrecognized.”

Dozens of subject matter experts and medical professionals described their areas of expertise and programs. Visitors from the Royal Thai Armed Forces, U.S. Army-Pacific and the 25th Infantry Division were escorted by Col. Deydre Teyhen and Command Sgt. Maj. Joel Thomas of USAHC-SB.



Leaders from USAG-HI and the 25th ID pose for a photo at the Soldier and Family Assistance Center on Feb. 13. Benjawan Sitthisat (center with lei) saw firsthand where Gold Star Families meet and receive support.

Lt. Cmdr. Eric Kebker, psychologist, USAHC-SB, was instrumental in the visit and shared his approach to partnerships and the possible impact of art therapy on Soldiers.

“Another way that we try to prevent stigma and allow our Soldiers the opportunity to practice the skills they have been developing in group is by taking them on a weekly outing,” said Kebker. “To accomplish this, we have partnered with community organizations that have been very eager to support our Soldiers through experiences that they have created just for them.

“Some of these partners include a Hawaii Heritage Center and a Buddhist temple. One of our first community partnerships was with the Honolulu

Museum of Art, which offered our Soldiers art encounters,” he explained.

Sitthisat concluded her tour with a visit to the Soldier and Family Assistance Center (SFAC) where she heard about how the center equips and aids wounded, ill and injured Soldiers who are assigned or attached to Warrior Transition Units. SFAC services help these Soldiers make life-changing decisions as they transition back to duty or civilian life.

Senior leader engagements strengthen the U.S. and Royal Thai Armed Force’s strategic partnership and military-to-military relationship. They create mutual understanding and identify opportunities for the two countries to work together.

NEWS BRIEFS

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

23 / Friday

Scholarship — Active duty service members, veterans and spouses are eligible to apply to be a 2018 Tillman Scholar and possibly receive an average of \$10,000, per academic year, to be used for tuition, books and living expenses. For more details, visit <http://pattillmanfoundation.org/apply-to-be-a-scholar/>.

27 / Tuesday

Observance — Attend the Black History Month Observance from 1 to 2 p.m., at the Sgt. Smith Theater, Schofield Barracks. The Operations sergeant major from 25th Infantry Division, Sgt. Maj. Reginald W. Butler, will speak. Call Sgt. 1st Class Garcia, 655-0053, for more details.

March

12 / Monday

Sgt. Smith Theater — Effective March 12-Oct. 31, the Sgt. Smith Theater will be closed for renovation. Contractor Anderson Burton, in conjunction with the U.S. Army Corps of Engineers, will assume control of the building. The entire interior will be an active construction zone.

Temporary closures of the pedestrian pathway in front of the theater are also anticipated. Due to the hazards associated with construction activities, access to the building can only be granted by Anderson Burton personnel. Appropriate signage will be posted.

Ongoing

Recycling — Residents and workers are asked to not dump large items on the outside of dumpsters. Unfortunately, items such as barbecue grills, plywood and bed mattresses have been discarded outside dumpsters, particularly near the southside of Bldg. 310, by the Wheeler Army Airfield dog park. Please help maintain a clean and safe environment around our facilities.

Soldier Support Center — The Military Personnel Division’s Soldier Support Center, Bldg. 750, at 673 Ayres Ave., has begun closing on Thursday afternoons for training, system maintenance and administrative transaction processing. Regular hours on Thursdays are 7:30 a.m. to noon.

Emergency services will remain available in every section, and this timeframe does not impact Casualty Operations or scheduling for Soldier Readiness Process events at the Conroy Bowl.

Dental Clinic — The Tripler dental clinic has moved to Fort Shafter. It’s now located at Bldg. 339, Montgomery Road. Soldiers may schedule an appointment by calling 438-5554 or 433-5555. Here are office hours:

- Monday, 8 a.m.-3:30 p.m.
- Tuesday through Friday, 7:15 a.m.-4:15 p.m.
- Sick call hours are 9-10:30 a.m., Monday through Friday.

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/cellphone-safety-bill-now-in-effect/.

Text 911 — New technology has improved emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cell phone. Visit www.hawaiiextto911.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 service members 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 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.

Fingerprinting — Digital fingerprinting services are available, weekdays, at the locations and times following.

•Schofield Barracks: Installation Security Office, Bldg. 580, Rm. 130, 9 a.m.-noon and 1-3 p.m. Service is for military, civilians and contractors for clearances. Call 655-8879/1493/9438.

•Fort Shafter: Provost Marshal Office, Bldg. T118, 8:30-11 a.m. and 1-2:30 p.m. (Tuesdays and Thursdays). Service is for military, civilian and contractor clearances, NAF and volunteers. Call 438-8001/1092.

Text Aloha — Feeling lonely? Angry? Just need to talk to someone? Call 1-800-273-TALK or 1-800-273-8255, or text “Aloha” to 741741, or visit crisistextline.org.

Someone is always available to help you.

Battlefield 2 Ballroom — This organization connects veterans and ballroom dancing in the fight to treat post-traumatic stress disorder, or PTSD, and traumatic brain injury, or TBI. For more details, visit <http://battlefield2ballroom.org>.

Mumps — During the past 10 months, hundreds of cases of mumps have been confirmed throughout the state of Hawaii.

What is mumps? It’s a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness and loss of appetite, followed by swollen salivary glands. It is easily spread through coughing, sneezing, sharing cups or utensils, and by touching objects handled by infected individuals.

The U.S. Army Health Clinic-Schofield Barracks is ready to provide free MMR (measles, mumps, rubella) booster shots to help keep you vaccinated against the outbreak. Just go to the Immunization Clinic during normal clinic hours. Visit <https://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>.

Military OneSource — It’s your one-stop shop for all things military life related at www.militaryonesource.mil.

Suicide — The U.S. Armed Forces have implemented a new law that aims to prevent suicide among military service members. The Jacob Sexton Military Suicide Prevention Act requires all service members to undergo an annual mental health assessment. It was named after National Guardsman Jacob Sexton, who died by suicide in 2009, and seeks to ensure that the mental and physical health of service members are treated equitably and that help-seeking is encouraged.

“The goal is to better identify those who are struggling with mental health challenges, and to ensure that they can

receive the help they need before it’s too late,” said Indiana Senator Joe Donnelly, who wrote the bill. “In addition, the Sexton Act maintains strong privacy protections for service members.”

Learn more about suicide prevention among military service members at www.sprc.org/populations/military-veterans.

TSP — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions – supplemental tax-deferred contributions that employees age 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum amount they can contribute through regular contributions. Visit www.tsp.gov/.

8th TSC honors retirees during Celebration of Service

Story and photos by
STAFF SGT. JOHN PORTELA
8th Theater Sustainment Command

FORT SHAFTER — The 8th Theater Sustainment Command celebrated the careers of four sustainers during a celebration of service ceremony, here, at historic Palm Circle, Feb. 9.

The Soldiers honored were retiring after having served a total of 105 years in the U.S. Army and in assignments around the world.

Hosting the ceremony was Maj. Gen. Susan A. Davidson, commanding general of the 8th TSC, who thanked the retirees for their selfless service, with some having 30 years or more.

“Everyone here today joined our ranks when we were still the ‘Be All You Can Be’ Army, and answered their nation’s call during, or just after the Gulf War,” said Davidson. “They have led Soldiers across a wide range of specialties within our profession of arms over their careers – first sergeants, instructors, military pay sergeants, recruiters and senior level supply sergeants. The list of contributions and specialties goes on with each



The 8th Theater Sustainment Command honors four sustainers during its Celebration of Service retirement ceremony, Feb. 9, at Fort Shafter’s historic Palm Circle.

individual with a lifetime of stories to share.”

In her closing, Davidson noted the

impact each retiree had on the 8th TSC and the Army throughout their years of service.

“Your devotion has made us a better Army, and your dedication has made us a better TSC,” she said. “Your contribution will be felt for years to come, through the Soldiers you have mentored.

“What you have done and the impact you have made on the lives of others throughout your years of service is not taken for granted.”

Retirees

The following were honored during the ceremony:

- Master Sgt. Hector Ortiz Del Valle, interim directorate sergeant major and financial management manager, 175th Financial Management Support Center;
- Master Sgt. Jimmy Floyd, support operations contracting operations sergeant for the 8th TSC;
- Sgt. Maj. Ernest Whitesides, support operations sergeant major for the 8th TSC; and
- Staff Sgt. Frank Wooten, senior financial management analyst, 175th FMSC.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

26 / Monday

Tripler — There will be modified traffic flow at the unnamed road beside Krukowski Road at Tripler Army Medical Center. The unnamed road, which is near Bldg. 161, will be closed from Feb. 26 to 28 while Hawaiian Electric Co. works on electrical lines in

an electrical manhole. The road will be closed while contractors are working in the manhole and open the remainder of this time.

Note, this closure will only affect the roadway and area in front of the substation. Parking for Bldgs. 141, 145, 147, 153, etc., will remain open.

Road Closures — Full road closures will occur at the intersection of McCornack Road and Waianae Avenue for a traffic signal installation. The four legs of the intersection will be closed in two-week durations from Feb. 26 to April 20. The work will be performed in four phases.

- Phase I will occupy the west side of the intersection along McCornack Road from Feb. 26-March 9; there will

be no through traffic on McCornack with through traffic permitted on Waianae Avenue.

- Phase II will occupy the north side of the intersection along Waianae from March 26-April 6; there will be no through traffic on Waianae with through traffic permitted on McCornack.
- Phase III will occupy the east side of the intersection along McCornack from April 9-20; there will be no through traffic on McCornack with through traffic permitted on Waianae.
- Phase IV will occupy the south side of the intersection on Waianae from March 12-23; there will be no through traffic on Waianae with through traffic permitted on McCornack.

During all phases, traffic must detour around the road closure.

March

13 / Tuesday

Power Outage — Wheeler Army Airfield and the Wiliwili Housing Area will experience a scheduled power outage from 7:30 a.m. to 2:30 p.m. The locations and times may change due to field conditions. The outage is required to support a 25th Combat Aviation Brigade project and provide a back up feed for housing.

Ongoing

Extended Work — Roadwork on the right shoulder lane of Wright Avenue will be extended to March 31. Workdays will be from 8 a.m. to 3

p.m., Monday through Saturday.

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 Schofield Barracks Health Clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have appropriate signs.

Ganhan Road — Due to project delays and unforeseen site conditions, Wheeler’s Ganhan Road will be closed at the entrance at Wright Avenue through the duration of construction occurring at

Bldg. 107. The closure will continue through Aug. 31.

Revised Traffic Codes — The Military Police has begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes. The most significant change is the expansion of traffic offenses that incur monetary fines.

Offenses such as seat belt violations, illegal parking and cellphone usage/texting while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation or a suspension of driving privileges on the installation.

The revised traffic codes apply to all Soldiers, civilians, family members, and other personnel.



Photo by 1st Lt. Ryan DeBooy, 2nd Brigade Combat Team, 25th Infantry Division
Brig. Gen. Peter Andrysiak (center, blue shirt), chief of staff, U.S. Army-Pacific, leads Soldiers on an 8.15-mile Great Aloha Run, Monday. Soldiers from the 25th ID and USARPAC joined thousands of local citizens for Hawaii’s largest participatory race.

Sounds of Freedom

Proud tradition continues

25TH INFANTRY DIVISION
Public Affairs

HONOLULU — The threat of rain couldn’t keep more than 1,500 Tropic Lightning and U.S. Army Hawaii Soldiers from running in the 34th annual Great Aloha Run, here, Monday, and earning the Sounds of Freedom Cup for military participation for being the military service/organization with the largest number of participants.

The inclement weather stayed away and the skies cleared, allowing the 25th Infantry Division and U.S. Army Hawaii’s command team of Maj. Gen. Ron Clark and Command Sgt. Maj. Brian Hester, to lead Soldiers on the 8.15 mile run.

Soldiers from each one of the Division’s brigades and its headquarters participated, as well as other major commands that make up the Army team in Hawaii.

This is the fifth time Clark has participated in the Great Aloha Run, but the first time as the commander of America’s Pacific Division. He said the Tropic Lighting and U.S. Army Hawaii Soldiers were honored to participate side-by-side with their community partners.

Teamwork
“It’s all about teamwork and camaraderie that builds readiness,” Clark said. “The strongest human emotion is the feeling to belong, so to belong to this group this morning is pretty awesome.”

The run began near Aloha Tower and finished in the north side of Aloha Stadium.

As Soldiers and other service members entered Aloha Stadium, they were greeted by “The Sounds of Freedom” performed by the University of Hawaii



Photo courtesy of Great Aloha Run
Col. Deydre Teyhen (right), commander of the U.S. Army Health Clinic-Schofield Barracks, offers a shaka salute at Aloha Stadium at the completion of the Great Aloha Run on Monday.

Marching band.

“It was excellent. Great morning for it, and there was a huge crowd. It was a great event,” Clark said.

The military has had a large presence in the Great Aloha Run for years. Soldiers in the 25th ID said it’s a great way to enhance the partnership between the Army and its hosts from Hawaii.

“Running in the Great Aloha Run to me is the culmination of everything we do throughout the year to support our community,” said Sgt. 1st Class Benjamin Heimstead, 25th Sustainment Brigade. “It allows the public to not see us as just a force, but to see us as part of their community by embracing their culture.”

For some, the run is about pride in their unit. Sgt. Julius Muniz, Headquarters and Headquarters Battalion, participated in the Great Aloha Run in 2016

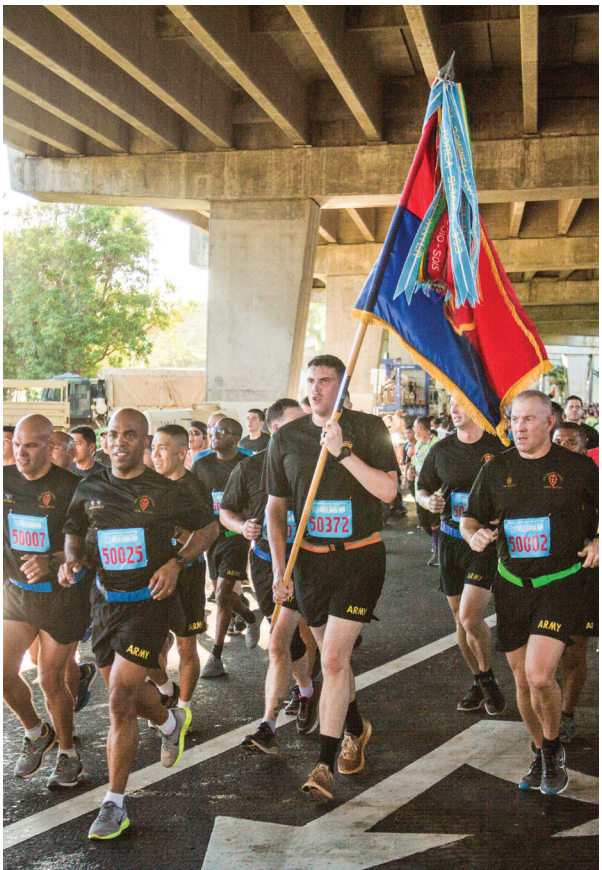


Photo by 1st Lt. Ryan DeBooy, 2nd BCT, 25th ID
Maj. Gen. Ronald Clark (2nd from left) leads Soldiers of the 25th ID in the 8.15-mile Great Aloha Run, Monday, in Honolulu. The foot race has raised more than \$12 million for 150 nonprofit health and human service organizations and community groups throughout Hawaii, according to Carole Kai Charities, Inc.

and said he embraced the esprit de corps with his unit.

“I enjoy running,” Muniz said. “I would absolutely do this again.”

Support for the military from the community was apparent across the entire course.

“Their cheering was really motivating, not to just me, but all the Soldiers in our formation,” said 1st Lt. John Kim, 2nd Infantry Brigade Combat Team.

Kolekole 10K offers awe-inspiring views of central Oahu

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii is opening its gates to the larger community for its second annual Kolekole 10K Run, March 3.

While the Army has conducted runs and marches up the Kolekole Pass, the area is usually closed to the general public.

Last year’s 10K had runners pausing along the route, which is away from urban sprawl and vehicle traffic, to take photos.

“The real prize ... is not so much completing the 10K as much as getting to the (lookout) point and seeing the incredible view,” USAG-HI Commander Col. Stephen E. Dawson said during last year’s event.

Dawson, an avid runner who usually competes to win, said even he slowed down to take in his surroundings.

“This is a once-in-a-lifetime opportunity to see something that you might not otherwise get to see,” he said.

“And this is something we wanted to make sure we shared with the community,” he added. “We want to build that relationship with the surrounding community; the community is part of our family.”

He thanked the Navy, which also controls access of the road, for working with the Army to make the race possible.

The Kolekole 10K is along a paved road with some steep inclines, but nothing too strenuous.

“Last year, we had nearly 200 participants of all skill levels,” said Army sports specialist Kristen Osborn of the Schofield Health and Fitness Center. “The run is never too steep that you can’t keep jogging.”

It’s open to all ages, but those 12 years old and under must be accompanied by a parent or adult guardian. Strollers are welcome, but pets are prohibited.

The race starts at Leader’s Field (at the intersection of Trimble and Beaver roads) at 7 a.m. The course takes runners up the Kolekole Pass to the Kolekole lookout point, where they will turn around and head back down to Leader’s Field for snacks and refreshments post-race.

The registration fee is \$35 and the deadline to sign up is March 1. You may pick up your race packet noon-7



Photo by Kristen Wong, Oahu Publications
Shawn Jenkinson heads back down Kolekole Pass during the Kolekole 10K, March 11, 2017. The race returns for its third year on March 3, and it’s open to the military and general public.

p.m., March 1, and 7 a.m.-2 p.m., March 2, at the Schofield Barracks Health and Fitness Center (1554 Trimble Road, Bldg. 582) or on the day of the race between 5:45-6:45 a.m.

Awards will be given to the top three male and female runners overall, and the top three male and female finishers in each age group.

The Kolekole 10K is the first of more than half a dozen competitive Army races held in Hawaii throughout the year. The next is the Color Blast 5K Run, open to Department of Defense identification cardholders only, May 5, at Helemano Military Reservation.

Non-DOD ID cardholders must present their printed

race confirmation page and a valid government-issued picture ID at Lyman Gate on the morning of the race to gain installation access. They should be prepared for random vehicle checks that will require proof of a valid driver’s license, vehicle registration, safety check and insurance.

Register Online
For more information and to register, visit www.himwr.com/kolekole10k.
For a schedule of upcoming races and information on registering, visit www.himwr.com/race.

Briefs

23 / Friday

Green Card Workshop

— Learn how to navigate the complex immigration system to apply for a green card at SB ACS (Bldg. 690) from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB ACS (Bldg. 690) from 12:30-2 p.m. Determine if you have met the permanent resident requirements of the U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. 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.

Right Arm Night — Enjoy a night of comradery at SB Nehelani. Food and beverages available for purchase. Event starts at 5 p.m. Call 438-1974.

Hawaiian Buffet — Held at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-6712.

Leilehua Concert Series — Enjoy live music featuring Heavy Weights from 6-8 p.m. at The Grill at Leilehua Golf Course. No cover charge. Call 655-4653.

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.

24 / Saturday
NOAA Whale Count — Help NOAA count the annual migration of humpback whales from 8:30 a.m.-12:30 p.m. for \$10 per person. Transportation (up to 12 people), instruction and equipment provided. Sign-up at SB ODR no later than COB the

ARMED SERVICES BLOOD PROGRAM

TRIPLER ARMY MEDICAL CENTER

TOGETHER WE CAN MAKE A DIFFERENCE

Donate Blood. Save Lives.

BLOOD DONORS NEEDED!

To make an appointment, call 433-6148

Tripler Blood Center

2nd Floor
Oceanside
433-6148

ASBP

Armed Services Blood Program
militaryblood.dod.mil

Courtesy artwork

HONOLULU — The Tripler Army Medical Center is seeking blood donors on behalf of the Armed Services Blood Program. Call the Tripler Blood Center for times at 433-6148.

Thursday before the program. Call 655-0143.

26 / Monday
Employment Orientation — New to the island and looking for employment? This class at the SB SFAC from 1-2 p.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career

and education. Call 655-4227 to register.

Stress Solutions — Held from noon-1 p.m. Identifies the causes of stress as well as how it affects our lives. We share techniques such as positive self-talk and how to not take things personally. We also introduce a variety of relaxation techniques. Call SB ACS at 655-4227.

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, in-

vesting and big purchases. Call 655-4227 to register.

27 / Tuesday
10 Steps to a Federal Job — SB Soldier & Family Assistance Center, Bldg. 663, hosts from 10 a.m.-noon. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. Call 655-4227.

Basic Investing & TSP — The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds

community Calendar

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

23 / Friday
28th Annual Hawaii Collector's Expo — Weekend Expo at Blaisdell Exhibition Hall, located at 777 Ward Ave., begins Friday at 4 p.m. and ends Sunday at 4 p.m.

Admission is \$5; free for military ID cardholders. Go treasure hunting for antiques, paintings, coins, stamps, sports cards, jewelry, comic books, Anime, Funko pop and vintage clothing.

24 / Saturday
Kolekole Trail — The SB trail is closed to hikers on Saturday, Feb. 24, due to live-fire training. However, the trail is open for hikers on Sunday, Feb. 25.

Sanctuary Ocean Count — The next counts are scheduled for Feb. 24 and March 31. The Sanctuary Ocean Count project offers the community a chance to monitor humpback whales from approximately 60 sites along the shores of O'ahu, Hawai'i and Kaua'i. The count is held the last Saturday of Janu-

ary, February and March (during peak whale season) of each year from 8 a.m.-12:15 p.m.

Volunteers must arrive on-site at least 30 minutes prior to the start time for orientation training. Site leader and general volunteer positions are available. For more details, visit www.sanctuaryoceancount.org/about/.

Waikiki Artfest — Located in Kapiolani Park at the Diamond Head end of Waikiki on 2801 Monsarrat Ave., the event occurs from 9 a.m.-4 p.m., both Saturday and Sunday. Event features approximately 60 fine artists and Made in Hawaii handcrafting artisans who create and display their own artwork for sale. Casual entertainment, shave ice and food available. Call (808) 696-6717 or email tropicalcottons@aol.com.

Foam Glow Run 5K — Run is scheduled from 3-9 p.m., exposing runners to Glowing Foam and a ton of blacklights all over the course. Glowing runners come from all different ages, shapes, sizes and speeds. Whether you are a solid runner or just stroll about, the 3 miles of the Foam Glow 5K course will have you shining

bright and waiting for the next run. For more info, visit www.foamglow.com/honolulu.

Hawaii vs. UCD Irvine Basketball — Tipoff at Stan Sheriff Center is 7 p.m. for this Big West game. For tickets, visit hawaiiathletics.com.

March
1 / Thursday
Hawaiian Lecture Series — Six free public lectures, March 1 and 8, will discuss aspects of Hawaiian culture relating to military campaigns and conquest at the annual historic preservation “Experts” lecture series. All lectures are open to the public, free of charge, from noon to 1 p.m. at the Cathedral of St. Andrew's Von Holt Room at 229 Queen Emma Square in Honolulu. For more details, visit www.historichawaii.org.

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.

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.

Ongoing
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.

Drunk Driving Prevention Program-Oahu — You can avoid impaired driving! DDPP will drive you home completely free of charge, and, if you'd like, the DDPP will also drive your car home for free. DDPP's Hawaii chapter (with volunteers from Schofield Barracks) is taking pickups and more volunteers. Call 888-7407 or visit ddpp.us.

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

at SB ACS, Bldg. 690, 10-11:30 a.m. Call 655-4227.

28 / Wednesday
Knitting Circle — Learn basic knitting techniques at the SB Library from 3-4 p.m. Supplies are limited. To sign-up, call 655-8002.

Ongoing
Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy \$0.75 wings and draft specials from 4:30-8 p.m. Call 656-1745.

Texas Hold'em Poker — Play Texas Hold'em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place. Awarded the last Thursday of each month. Call 655-5698.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Call 655-8002.

Preschool Story Time at FS Library — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Resiliency through Art (for Wounded Warriors) — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Lei Making — Learn to make a beautiful lei every Friday for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

This Week at the MOVIES

Sgt. Smith Theater

The Post
(PG-13)

Friday, Feb. 23, 7 p.m.

Ferdinand
(PG)

Saturday, Feb. 24, 4 p.m.

12 Strong
(R)

Saturday, Feb. 24, 7 p.m.

Maze Runner: The Death Cure
(PG-13)

Sunday, Feb. 25, 4 p.m.

Closed Monday through Thursday.

I learned a lot while Olympic binge watching

Two weeks ago, I obliviously plopped onto my well-worn spot on the sofa to watch the Opening Ceremonies of the 2018 Winter Olympic Games.

Although I knew the general idea behind most of the sports featured, I had no idea what “a double Michael Chuck,” “a hog line” or “a Bellman spin” were.

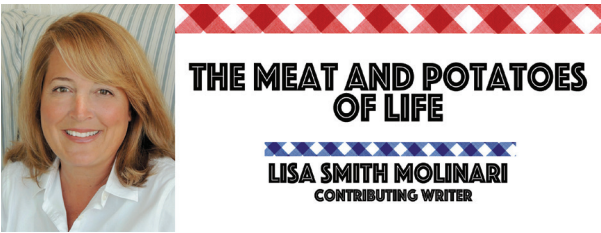
But after meticulously recording every broadcast – obsessively watching while ignoring my family responsibilities, my marriage, my personal hygiene and after ingesting three cans of Pringles and an entire bag of Dove squares, I have learned to speak Olympics and I can teach you, too!

Most of the sports are fairly straightforward. Speed skating, alpine and cross country skiing, ski jumping, hockey and sledding events use terms that are simple for laypeople to understand from the comfort of their lounge furniture.

While watching the luge, bobsleigh and skeleton, for instance, we might hear terms such as “track,” “sliders,” “curve,” “wall” and “ice.” Even the densest of us knows that the fastest sled to cross the finish line wins. (Although I must admit, I initially wondered if “skeleton” sledding was so named because hurling oneself down an ice chute head first at 80 miles per hour might very well rip flesh from one’s bones.)

However, there are a few winter Olympic sports that have terms and rules that are so confusing, they mystify Pringles-munching, armchair spectators far and wide.

For example, figure skating appears to involve ice



skaters completing series of jumps, flips and spins for technical and style points. Simple enough, right? But when Johnny Wier stated that a skater’s “triple Axel triple toe is under review” and that she “finished her flying camel sequence with a haircutter,” I wondered if he was watching a three-ringed circus.

And when Tara Lipinski told us that a skating pair “began their program with the dreaded twizzle sequence” and “lost grade of execution points for their death spiral,” she was not describing a couple trying to kill each other with poisonous licorice.

It took me hours of binge-watching, and a little help from Google, but I learned that each jump (Axel, Lutz, Salchow, toe loop, loop, flip) is defined by how the skater launches and how many rotations are completed.

The next winter event that sent me googling was the snowboarding halfpipe. Everyone knows who Shawn “The Flying Tomato” White is, but when the commentators said he might attempt “a massive 18-foot air-to-fakie with a stalefish grab followed by a switch stance

McTwist and back-to-back 1440s,” I checked to see if there were subtitles on the screen. Snowboarders clearly do not speak English. Theirs is a colloquial language only understood by resort rats with bushy hair who say things like, “Let’s shred first tracks in the powpow, Bro.”

But there’s a method to their madness. Olympic snowboarders earn points by catapulting themselves high above a 22-foot ice wall and executing complicated tricks. Each trick involves a specific series of moves with cryptic labels. Without getting into what “a beef curtains grab” or “a backside rodeo” are, the basic terms I learned were wind up, hit, air, spins that range from one to four rotations, grab and stomp. ... ‘Nuff said.

Lastly, with finals happening this weekend, I must say a word about curling – an obscure event involving bumpy ice, lumps of rock, Swiffer sweepers and the oldest competitors at the Olympics shouting at each other (Cheryl Bernard of Canada is my age; God bless her.). With confusing terms (skip, bend, hack, hog line, house, button and hammer) and players screaming at each other (“Yup! Hurry hand! Right up! Right off! No line! Good line! Clean!”), it’s no wonder the teams can’t get sponsorships and the players all have day jobs.

No one gets it. However, I learned that if you ignore the words, curling is essentially a simple game of shuffleboard. Giant shuffleboard. On weird ice. With brooms. And old people.

If you can’t walk the walk, you gotta talk the talk, right?

SB Exchange offers lifestyle fitness gear

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — As the Department of Defense shifts its focus to readiness, Schofield Barracks Soldiers can count on the Army & Air Force Exchange Service to have their six.

At the Exchange and ShopMyExchange.com, Soldiers and their families can equip themselves with the tools needed to maintain a BE FIT lifestyle, including athletic apparel and footwear, strength training and cardio equipment, and digital fitness devices – tax-free and at an average savings of 20 percent off MSRP.

Honorably discharged veterans can also save on fitness gear and shop the Exchange’s full online assortment by signing up for their lifelong online military exchange shopping benefit at ShopMyExchange.com/Veterans.

“As a partner in the Healthy Army Community initiative under the Office of the Secretary of Defense, the Schofield Barracks Main Exchange is dedicated to promoting readiness and resiliency among Soldiers and their families,” said Main Store Manager Asia Gilchriest.

“With healthier restaurant and Express options and military-exclusive savings on top-tier fitness brands, the Exchange is the one-stop shop for maintaining a holistic, BE FIT lifestyle.”

Essential BE FIT gear offered by the Exchange in-store and online include the following:

- Athletic apparel from brands including Nike, Under Armour and Adidas.
- Athletic footwear from brands including Brooks, Asics and New Balance.
- Treadmills, exercise bikes and elliptical machines from ProForm, NordicTrack, Spirit Fitness and more (over 650 items online).
- Digital fitness accessories from Fitbit, Garmin and Samsung (more than 150 items online only).
- Apple Watch devices with fitness tracking capability (nearly 20 online only).
- Hydration gear from Camelbak, Yeti and Hydro Flask.

The Schofield Barracks Exchange features an extensive BE FIT concept shop that offers athletic apparel and footwear located in one convenient spot. The shop, which looks and feels like major sporting goods stores, is part of a strategic initiative to bring top national brands to military shoppers at competitive prices.

Schofield Exchange
The Schofield Barracks Exchange is at Bldg. 694 on 694 McCornack Road. For more information on how the Exchange can help military shoppers lead a BE FIT lifestyle, call 622-1773 or visit ShopMyExchange.com.



File photo

Sgt. Smith Theater undergoes renovation; temporary closing begins on March 12

KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — From March 12 through Oct. 31, the Sgt. E.R. Smith Theater will be closed for renovation.

The U.S. Army Corps of Engineers and contractor Anderson Burton Construction, Inc., will be working on the theater’s two catwalks and lights.

The project, which began designing in January 2017, costs approximately \$1.8 million.

According to Clyde Inouye, an electrical engineer with the Directorate of Public Works, U.S. Army Garrison-Hawaii, the wooden catwalks are currently a safety hazard for DPW workers who use it to access the theater lights for replacement.

Inouye said the new catwalk will be made of steel and will reach previously inaccessible areas of the theater. He estimates that the current catwalks only reach 20 percent of the areas with lighting.

In addition, the approximately 350 incandescent and fluorescent light fixtures will be replaced by LED lamps. He said these new improvements will “increase longevity of the theater.”

The theater has been standing since 1933, according to the Tropic Lightning Museum website. In its earlier days, the theater seated 1,400 people and was designed in the Art Deco architecture style.

In 1967, the building was named after Staff Sgt. Elmelindo Smith of Honolulu, a posthumous Medal of Honor recipient.

Smith was awarded for his actions in a reconnaissance patrol with the 2nd Battalion, 8th Infantry, 4th Infantry Division, on Feb. 16, 1967, according to the American Forces Press Service.

Alternative Military Theaters
Other military installations have theaters available for service and family members:

Sharkey Theater

- Location is Moore Street, Bldg. 628, Pearl Harbor.
- Showtimes are Thursday and Friday, 7 p.m. Saturday and Sunday at 2:30, 4:45 and 7 p.m.
- For details, visit <https://www.navy.mwr.org/movies/theater/d05cebb3-aa91-47fa-b64c-a6d7ea606356>, or call 473-0726.

K-Bay Theater

- Location is E Street, Bldg. 219, Marine Corps Base Hawaii, Kaneohe Bay.
- Showtimes are Sunday at 2 p.m. and 6:30 p.m.
- Friday and Saturday at 6:30 p.m. and 9:15 p.m.
- For details, visit <http://mccshawaii.com/theater/> or call 254-7642.

Hickam Memorial Theater

- Location is across from the Hickam Arts and Crafts Center.
- Showtimes are Thursday at 6:30 p.m., Friday at 7 p.m., Saturday at 3 and 6 p.m. and Sunday at 1:30 and 4 p.m.
- For details, visit <https://www.aafes.com/exchange-stores/Movie-Guide/show-times-Hickam-AFB.htm> or call 448-2297.

Digging ditches can lead to blessings

CHAPLAIN (CAPT.) LEE FRYE
Battalion Chaplain
19th Military Police Battalion
6th MP Group

SCHOFIELD BARRACKS — The other day, I was in a waiting room and happened to hear a conversation a few seats away. I didn’t really mean to eavesdrop, but it was unavoidable; plus, the subject caught my attention, especially since I’m a chaplain.

A group of people were talking about the kind of church they wanted to attend, and this is what one of the women said: “Well, I’m looking for a church where the preacher tells a little story and makes a nice point. I don’t want a church that has one of those verse-by-verse preachers!”

Well, I smiled to myself, because I am one of those verse-by-verse preachers, and today I would like to share with you an interesting passage that I came across recently. It’s a story about a prophet by the name of Elisha, and his story is found in 2 Kings, Chapter 3.

For some of you, this might be the first time you’ve ever been introduced to this story, but it’s a very interesting one with several great life-lessons, but today I only want to point out one.

The background

At this time, the nation of Israel had divided into two rival kingdoms, the northern kingdom of Israel, which was

the length of the march, or perhaps, their anticipated water sources had dried up. Or, maybe the king of Edom was a weak link in the alliance, but for whatever reason, they found themselves in the middle of the mid-eastern desert sands without any water in their canteens, and the situation was desperate.

The life lesson

And now we come to the life lesson from this story that I wanted to share with you.

To experience God’s blessings, dig ditches. Look with me at what the Scripture says in 2 Kings 3:15:

The hand of God came upon Elisha and he said, “This is what God says: Make the valley full of ditches. For this is what God says: You will see neither wind nor rain, yet this valley will be filled with water, and you, your cattle and your other animals will drink. This is an easy thing in the hands of God; he will also hand Moab over to you. You will overthrow every fortified city and every major town. You will cut down every good tree, stop up all the springs, and ruin every good field with stones.” The next morning, about the time for offering the sacrifice, there it was – water flowing from the direction of Edom! And the land was filled with water.

“God says: Make the valley full of ditches.”

idolatrous, and the southern kingdom of Judah, which still retained to some extent semblance of Judeo-Christian values.

Up in the northern kingdom, King Ahab and Queen Jezebel were two of the most despicable people in the Scriptures. They had a son, Joram, who was heir to the throne, and when King Ahab was killed, Joram ascended to the throne and he was evil, though not as evil as his father.

Down in Judah, the reigning king at the time was named Jehoshaphat, and he was a relatively good king. Now, in this chapter, the two of them are going to join their armies to attack the nation of Moab, and they also recruited the king of Edom and his army, but things don’t go as planned.

So the king of Israel set out with the king of Judah and the king of Edom. After a roundabout march of seven days, the army had no more water for themselves or for the animals with them.

“What!” exclaimed the king of Israel? “Has God called us three kings together only to hand us over to Moab?”

We don’t know why the kings and the generals of these two armies didn’t have enough provisions or enough water. Perhaps, they underestimated

I can visualize the perplexity and oddness of this scene. Here you have platoons of soldiers who are thirsty and hot and dry and upset. They want some guidance from their generals and suddenly this command filters down through the ranks. Take your e-tools and start digging trenches and ditches in the red-rock desert of Edom. It was a lot of work and it was counter-intuitive and it seemed to be senseless.

But the order was firm and the men obeyed. Perhaps, they thought they were digging battle trenches. But soon the trenches and ditches were shimmering with cool, life-giving water. They had done the work, and God had supplied the water. They had done the possible, and God had done the impossible. They had obeyed the command, and God had sent the blessing.

When



I was a boy, my parents used to tell me to study hard in school, to be diligent, to do my lessons, or else, they said, I would grow up to dig ditches. Somehow ditch digging was at the bottom rung. It was always, you don’t want to grow up to dig ditches. And now I’ve grown up, and all I am is a ditch digger after all. In fact, all we do in our professional lives is dig ditches and ask God to fill them. All we do in our personal lives, if we do anything at all for God, is to dig ditches and trust that God is going to supply the living water.

That’s what I mean by digging ditches. Every time we try to say a word for God, or help our children or do an act of kindness, we’re digging ditches for him. And we depend on him to fill the ditches with the water of life.

And I want you to notice one other thing. As God provided the water, it not only gave life to the Soldiers there; it thwarted and frustrated the enemy and brought about the victory. The enemy was defeated, the war was won, the cause prevailed, and God received the glory.

And it will be the same for you and me if we’re faithful ditch-diggers.



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)

