



Lightning Forge 2017

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Photos courtesy of the Joint Pacific Multinational Readiness Capability

Soldiers with the 3rd IBCT, with support from other 25th ID units, the 196th Infantry Brigade and the JPMRC participate in the weeklong Lightning Forge exercise. The scenario-based exercise wraps up Oct. 29 and prepares the 3rd IBCT for its Joint Readiness Training Center exercise in Fort Polk, Louisiana, next year.

Oahu scenario-based exercise nears completion

25TH INFANTRY DIVISION
Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division's annual Lightning Forge exercise is winding down and is nearing its scheduled Oct. 29 end.

After months of planning, the 3rd Infantry Brigade Combat Team, 25th Infantry Division "Bronco" Soldiers executed the scenario-based exercise across Oahu from Oct. 21-29.

"The best thing about Lightning Forge is it's combined exercise; it's not just [3rd IBCT]," Col. Robert M. Ryan, 3rd IBCT commander said. "We have the division staff, Sustainment Brigade, [Combat Aviation Brigade], 196th Infantry Brigade, DIVARTY and 2nd Brigade out here and that allows us to get better and learn more through shared knowledge."

Testing and grading

Elements across 25th ID and other tenant units supported the 3rd IBCT.

Role players were used to test the Bronco Soldiers in the exercise scenario. The brigade's staff down to squad level were tested and graded by observer controller-trainers and given feedback



Soldiers with the 3rd IBCT, with support from other 25th ID units, participate in the weeklong Lightning Forge exercise. The scenario-based exercise wraps up Oct. 29 and prepares the 3rd IBCT for its Joint Readiness Training Center exercise in Fort Polk, Louisiana, next year.

on their performance, including what they did well and how they could improve.

The majority of the exercise took place at Dillingham Airfield, Schofield Barracks, Wheeler Army Airfield and the

Kahuku Training Area.

The next step in the brigade's training will be to complete a Joint Readiness Training Center cycle at Fort Polk, Louisiana, early next year.

The brigade will be in similar scenario

when they travel to JRTC.

Ryan said the training is an invaluable piece for their overall mission readiness.

"Having an exercise like this is a huge benefit for our Soldiers and our Army," Ryan said.

Lightning Forge engages multinational partnerships

CAPT. RICH DIEGEL
196th Infantry Brigade

SCHOFIELD BARRACKS — As 3rd Infantry Brigade Combat Team, 25th Infantry Division began their second week of home station training during Lightning Forge 18-01, foreign visitors from across the Pacific came to Oahu to observe how the 196th Infantry Brigade and Joint Pacific Multinational Readiness Capability (JPMRC) can build readiness and interoperability for their respective national militaries.

During this iteration of Lightning Forge, key Army leaders from Canada, Japan, Philippines and Singapore received operational briefs on JPMRC exercises.

One of the unique characteristics of the JPMRC Instrumentation System is exportability.

As opposed to traditional combat training centers, the JPMRC-IS can be packed into containers, shipped across the Pacific and reconfigured to conduct training in a matter of weeks.

Coupled with professional observer controller-trainers (OC-Ts) from 196th Infantry Brigade and integration with our supporting partners, JPMRC can execute home station training exercises to build readiness at the brigade-and-below level almost anywhere in the world.

Since 2016, 196th Infantry Brigade has exported the JPMRC-IS on two occasions; JPMRC 16-02 Arctic Anvil at Donnelly Training Area (DTA), Alaska, in June 2016, and JPMRC 17-02 Bayonet Focus at Yakima Training Center (YTC), Washington, in June 2017.

During Arctic Anvil 16-02, the 1st Stryker Brigade Combat Team (SBCT), 25th ID, was the designated unit that executed a 12-day instrumented training rotation using the JPMRC-IS and a dynamic operational environment.



A UH-60 provides armed overwatch of 3rd IBCT forces following air assault operations near Kahuku, during JPMRC 18-01 Lightning Forge.



Maj. Scott McGrath, right, chief of operations for exercise control, briefs Brig. Gen. Goh Si Hou, commander, 6th Division, Singapore Army, during JPMRC 18-01 Lightning Forge.

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Pfc. Joseph Stone, a CBRN specialist with the 71st Chemical Co., 303rd Ordnance Bn. (EOD), 8th MP Bde., receives the Army Commendation Medal during a ceremony on Schofield Barracks, Oct. 13.

8th MP Soldier saves drowning boy

Story and photo by
SGT.1ST CLASS JOHN D. BROWN
8th Military Police Brigade
Public Affairs

SCHOFIELD BARRACKS — Pfc. Joseph Stone, a chemical/biological/radiological/nuclear (CBRN) specialist with 71st Chemical Company, 8th Military Police Brigade, nervously stood before a formation of Soldiers and senior leaders, here, Oct. 13, to receive an Army Commendation Medal for his selfless actions that resulted in saving the life of a child in Waikiki.

On Sept. 3, Stone and his battle buddies were spending the Labor Day weekend at the Ambassador Hotel in Waikiki. This was Stone's first weekend after completing Advanced Individual Training and in-processing at Schofield Barracks.

According to witness statements, Stone noticed a child submerged in the deep end of the swimming pool and he dove in with his battle buddy and pulled out the seemingly lifeless body of a 5-year-old boy.

"I checked his pulse and he had a faint pulse, but he wasn't breathing," said Stone. "At that point I did the head-tilt/chin-lift and administered two rescue breaths."

While his buddy attempted to calm the child's mother and keep the growing crowd at ease, Stone continued to administer aid.

Stone described the scene as chaotic, but his adrenaline helped him to focus on the task at hand.

"After the breaths, I rolled him on his side and began pumping his stomach to try to get him to push out the water," said Stone. "After about 30 seconds of that, he coughed it all up and started to come to and realize that there were a bunch of people standing around."

Stone said that after the child regained consciousness, they put him in his mother's arms and she held him until emergency medical services arrived on the scene and transported the child to a local hospital.

"I'm just happy the boy woke up. I don't want to think about what it would have done to that family, or my psyche, if things had turned out differently," said Stone.

Stone, a native of Wenatchee, Washington, has been in the Army for less than year.

Before joining the Army, Stone had played college baseball, worked as a bartender at a country club and spent several summers working part-time as a lifeguard.

Sgt. Janiel Coombs, 71st Chem. Co., 8th MP Bde., first met Stone at Ft. Leonard Wood, Missouri, while attending Nuclear, Biological, Chemical Reconnaissance Vehicle training, before Stone moved to Oahu. He then became Stone's team leader in September.

Coombs explained that Stone was one of only three Soldiers from his graduating class at Advanced Individual Training to attend the additional course going to his first duty station.

"During the course, Stone was highly motivated and I could see how much he wanted to learn," said Coombs.

1st Lt. Jordan Shock also attended the training with Coombs and Stone. "It was my first time working with Pfc. Stone and I could tell from our initial meeting that we weren't working with your typical (private first class). He's a very bright individual and I could tell he had unlimited potential.

"While we were in the course, Stone found out that he was on orders to Hawaii, so I reached back to the unit and started talking to people to get him assigned to my platoon," Shock added.

When asked if he was surprised to hear what Stone had done, Shock laughed and said that he probably should have been, but from what he had learned about Stone, it was something that was within his character.

"He happened to be in the right place at the right time, but it's not always about being in the right place at the right time; it's about taking the action and getting results," said Shock.

"It sets a precedent of how any Soldier should behave on and off duty, exemplifying the Army values," he continued.

Shock summed up Stone's actions by saying, "This is the example to follow; there's a 5-year-old boy that's alive today because of the actions that he took. It exemplifies the Army values and is an example of what a true Soldier should try to be."

Acting Secretary of Army visits Puerto Rico

LT. COL. BETH SMITH
Army News Service

SAN JUAN, Puerto Rico — Acting Secretary of the Army Ryan McCarthy visited Puerto Rico, Oct. 19, to assess damage to the island and to visit Soldiers assisting with recovery operations.

While there he met with Army and Corps of Engineers leadership, flew over the island to view firsthand the destruction and met with Soldiers who are working around the clock to deliver much-needed food, water, power and other supplies.

During the trip, McCarthy visited with Soldiers from the 4th Sustainment Brigade who also deployed to help Texas residents in the wake of Hurricane Harvey.

"We're proud of you and what you all are doing. You are doing great things for our fellow countrymen," McCarthy said.

Since hurricanes Maria and Irma hit last month, about 14,468 service members from units around the nation have made tremendous strides to clear roadways and bring tons of supplies to hard-hit areas in Puerto Rico. This includes about 5,110 Army and Air National Guard members from Puerto Rico and several states helping with the recovery operations.

In addition, Army Corps of Engineers personnel in Puerto Rico are working on 25 missions assigned by the Federal Emergency Management Agency, to include: temporary power, power repair,



U.S. Army photo by John Martinez

Acting Secretary of the Army Ryan McCarthy (right) checks a map of Puerto Rico as he assesses hurricane damage there and discusses recovery operations with Army leaders Oct. 19.

temporary roofing, debris removal and infrastructure assessment. For instance, the 249th Engineer Battalion (Prime Power) is operating 24 hours a day to install generators.

"This is what we do. We know we're making tremendous results and improving people's lives every day we're here and we will continue to do so until we help get lives

back to normal," McCarthy said.

At the last stop of the day, the acting secretary spoke to Puerto Rican leaders and pledged his continued support, expressing confidence in a successful recovery.

"I have no doubt that we will all get through this recovery and in conjunction with our partner agencies, help get Puerto Rico back to normal," he said.

Voices of Ohana

We wondered,

"What do you look forward to the most about Halloween?"

By 500th Military Intelligence Brigade-Theater Public Affairs



"I look forward to seeing other people dressed up in costumes."

Spc. Tyler J. Gardiner

Signals Collection Analyst
D Company
715th MI Bn.
500th MIB-T



"I look forward to seeing all of the costumes."

Pfc. Quiar M. Green

Signals Collection Analyst
B Company
715th MI Bn.
500th MIB-T



"I like to dress up and be someone I'm not."

Spc. Christopher T. Martin

Signals Collection Management
D Company
715th MI Bn.
500 MIB-T



"I'm looking forward to hanging out with my friends and indulging in Reese's Peanut Butter Cups."

Sgt. Kyle J. McNamara

Signals Collection Analyst
B Company
715th MI Bn.
500th MIB-T



"Dressing up and going to different Halloween parties."

Spc. Kenneth W. Terry

Signals Intelligence Analyst
D Company
715th MI Bn.
500th MIB-T

500th MI welcomes new NCO Corps inductees

Story and photo by

SGT. SHAMEEKA R. STANLEY

500th Military Intelligence Brigade-Theater
Public Affairs

SCHOFIELD BARRACKS — From the moment a Soldier joins the Army, it is the noncommissioned officer (NCO) who leads the way, every step of the way.

The Noncommissioned Officer Corps can be traced back to when the continental Army was formed in 1775. Although many changes have been made over the years, the legacy and traditions continue.

Newly promoted NCOs from the 500th Military Intelligence Brigade-Theater (MIB-T) were inducted into the NCO Corps during a NCO induction ceremony at the Sgt. Smith Theater, Oct. 18, here.

The ceremony signified the junior enlisted Soldiers transitioning to the ranks of the NCOs and fulfilling the responsibilities inherent to that role.

“In my mind a sergeant is the most important role in the Army,” said guest speaker Command Sgt. Maj. Jacinto (Jay) Garza, senior enlisted NCO, 8th Theater Sustainment Command. “In my mind, a sergeant is clearly where the rubber meets the road, where the ax meet the stone and where the biggest impact is made on our most heavily populated number of Soldiers, our junior enlisted Soldiers.”

Garza highlighted the three intangibles of readiness: good order and discipline, cohesion, and trust.

“You, the sergeant, have the responsibility to instill good order and discipline in your Soldiers,” he said. “Get to know everything about your Soldiers. If you establish trust, you understand why one Soldier runs into harm’s way to save the



From left to right, Sgt. Reymart Carpio, Sgt. Leticia Long and Sgt. Daniel L. Colon, NCO inductees, recite the NCO Creed during the 500th Military Intelligence Brigade-Theater, NCO induction at the Sgt. Smith Theater on Schofield Barracks, Oct. 18.

life of another.”

The ceremony began with a brief history of the NCO Corps and the long-standing tradition of the NCO induction.

“I think being inducted into the NCO Corps gives that drive to actually perform as an NCO by leading and taking care of Soldiers,” said inductee Sgt. Darrell M. Berry, Headquarters and Headquarters Detachment, 500th MIB-T. “Being a leader doesn’t stop at work. It continues off duty.”

“Train me Sergeant, so that I too can be called Sergeant,” echoed through the theater as junior enlisted Soldiers stood before the NCO inductees to recite the “A Soldier’s Request.”

“The ceremony represents a symbolic history and I think it’s a good example for the Soldiers to see it,” inductee Sgt. Jose Catala, 205th MI Bn., said. “It will motivate them to be an NCO too and do whatever they have to do to be ready.”

During the ceremony, three inductees lit red, white and blue candles as they recited a section of the NCO Creed. The red candle signified valor, the white candle signified purity and the blue candle signified perseverance.

“To be able to see one of my own peers transition into that role, and now having that professional credential as well, it’s very important for me to see that,” said Spc. Ingmar B. Stevens, B Company,

205th MI Bn.

As each inductee’s name was called, they walked through the NCO arch with a sense of pride, ready to take on the charge of the NCO.

“As a sergeant that is about to be inducted into the prestigious corps of the noncommissioned officer, and everything that walking under those arches signifies, the NCOs that came before you, the history and lineage of our corps, I ask that you master the intangibles that build our history, building cohesion, establishing trust in your teams and your squads,” said Garza. “If you master the intangibles, I assure you, you will build tangible readiness.”

Soldiers with dependents reminded to keep records up to date to insure BAH

DEVON L. SUITS

Defense Media Agency

FORT GEORGE G. MEADE, Md. — Soldiers who receive a basic allowance for housing and have dependents are reminded to keep their records up to date to prevent any disruptions in their Basic Allowance for Housing, or BAH, entitlements, according to experts within the Army’s Office of the Deputy Chief of Staff, G-1.

To help ensure the overall readiness of the force, the Army G-1 has notified 65,000 Soldiers that they needed to provide proof of dependency to justify their housing rates, according to J.D. Riley, deputy chief of the compensation and entitlements division, G-1.

According to Riley, examples of dependent documents include a marriage license, birth certificate, a court-ordered child support agreement, divorce decrees, and secondary dependency approval from the Defense Finance and Accounting Service.

An “All Army Activities” message, or ALARACT, about the recertification of BAH entitlements is scheduled for release in November, Riley added. At that point, Soldiers will have 60 days to meet the suspense.

Identified Soldiers will need to bring their dependent documents to their unit’s human resources specialist – not their local finance office – to update their iPERMS record.

Submitted paperwork should be identified with the word “audit” to guarantee that it receives a high priority, Riley said. Deployed Soldiers are exempt from this requirement; however, they will have 60 days upon



U.S. Army Reserve photo by Master Sgt. Michel Sauret, 200th Military Police Command Staff Sgt. Eric Golowach, a U.S. Army Reserve military police Soldier with the 443rd Military Police Company, of Owings Mills, Maryland, embraces his daughter, Mia, 4, after returning from a 10-month deployment to Guantanamo Bay, Cuba, Sept. 9.

return from post-deployment leave to update records.

After 60 days, Soldiers who do not provide the proper paperwork will see a reduction in BAH. At that point, they will need to start the process over by filling out a new BAH certification form and submitting their dependent documentation.

Riley said actions would be taken against any Soldiers who willfully

take advantage of the system. Those Soldiers will be held liable for any additional entitlements they have received, he said. In the end, the proactive approach taken by Army G-1 is about protecting a Soldier’s entitlements, Riley emphasized.

“When life events happen – divorce, marriage, the birth of children – it is so important for a Soldier to review their records,” he said.

Cellphone safety bill now in effect

CITY AND COUNTY OF HONOLULU

News Release

HONOLULU — A new city ordinance that makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on O’ahu went into effect, Wednesday.

Bill 6 (2017), CD2, FD2, authored by Councilmember Brandon Elefante, was signed into law by Mayor Kirk Caldwell on July 27, 2017 and goes into effect 90 days after enactment. The Honolulu Police Department has used the past 90 days to educate pedestrians about the danger of crossing a street while looking at a cellphone or other electronic device, such as a video game or tablet.

The penalty for violating the new law is a fine of not less than \$15, but not more than \$35 for the first offense. The fine rises to a minimum of \$75 and a maximum of \$99 for a third offense within one year after the first infraction.

The National Safety Council states that it’s “just as important to walk cell free as it is to drive cell free. Pedestrians and drivers using cell phones are both impaired and too mentally distracted to fully focus on their surroundings. For pedestrians, this distraction can cause them to trip, cross roads unsafely or walk into motionless objects such as street signs, doors or walls.

“Distracted walking injuries involving cell phones accounted for an estimated 11,101 injuries between 2000 and 2011, making it a significant safety threat. The trend is so alarming that it was included for the first time in the annual National Safety Council statistical report, Injury Facts,” which tracks data around the leading causes of unintentional injuries and deaths.”

To access the National Safety Council citation for more information, please visit <http://bit.ly/2y3OcSz>.

Army units field test proposed CRT replacement

GUIDON STAFF

Fort Leonard Wood

FORT LEONARD WOOD — The U.S. Army Center for Initial Military Training is here this week to field test the Army Combat Readiness Test with Soldiers from the 1st Engineer, 3rd Chemical and 14th Military Police brigades.

According to CIMT officials, testing the program at the installation will help the Army determine the correct level of testing standards while allowing them to collect data on Soldier performance as the Army searches for the correct program to replace its aging Army Physical Fitness Test, which has been in place for nearly 40 years.

A CIMT study shows that the current APFT is only 39 percent predictive of a Soldier's ability to do his or her job, while the proposed ACRT is about 81 percent predictive.

"If we have prepared individuals to fight the fight, then we are a better, more optimized organization ready to defend this nation against all enemies," said USACIMT Command Sgt. Maj. Michael Gragg on the ACRT, Oct. 11, at the Association of the United States Army annual meeting and exposition in Washington.

Holistic approach

The proposed ACRT is part of a wider holistic health and fitness effort to optimize Soldiers and increase Army combat readiness. CIMT officials said the current APFT does well assessing a Soldier's endurance, but does not reliably predict a Soldier's ability to go into combat. While endurance is relevant, the APFT in no way helps Soldiers focus on preparing to do their jobs.

"If the Army creates a program to train for these events then absolutely (it will better prepare Soldiers for combat)," said 1st Sgt. Alan Forester II, Company D, 31st Engineer Battalion. "The training would be better-rounded and address other as-



U.S. Army photo by Mike Curtis, Fort Leonard Wood

1st Sgt. Alan Forester walks backward, dragging a weighted sled during the 250-meter sprint/drag/carry event, Oct. 17, while testing the Army Combat Readiness Test at Fort Leonard Wood.

pects of fitness, such as power. I do feel the test will be a great tool for commanders to assess individual and unit readiness for combat operation, at least on a physical capabilities aspect."

Fort Leonard Wood is one among five Army installations participating in the field studies, with the 1st Engineer Brigade eagerly participating the first day.

"If a Soldier is capable of providing feedback to any implementation to the force, it is their obligation to do so," Forester said. "It is a privilege to assist in the development of systems and tests that may affect the future of the Army."

Six pack

The ACRT has six test events:

•**T pushup:** A modification of the traditional pushup, where Soldiers lower themselves to the ground extending the arms into a "T" position before returning

to the starting pushup position. This is repeated for the duration of two minutes.

•**250-meter sprint/drag/carry:** A Soldier begins in the down, or prone position, stands up and sprints 25 meters and back, followed by walking backwards while pulling a weighted sled to the line and back. Once back at the starting line, they grasp two 30-pound kettles, returning to the far line and back. After returning, this exercise requires them to sprint the 25 meters to the far line and back. This is a timed event.

•**Leg tuck:** Soldiers must grasp the bar with an alternating neutral grip in the dead hang position before flexing with elbows, hips and waist to bring knees up, touching both elbows, before returning to the dead hang position and repeat as many times as possible.

•**Standing power throw:** Soldiers must face backwards holding a 10-pound medicine ball, lower it to touch the ground, rises up and throw the ball backwards over their head as far as possible. Soldiers are allowed a practice throw and two record attempts.

•**3-repetition deadlift:** Soldier steps inside a trap bar, feet shoulder width apart and bends at the knees and hips while reaching down to grasp the handles with arms fully extended; stands up and lifts the bar by extending hips and knees until becoming fully upright, pauses, returns bar to the floor while maintaining flat back and without leaning forward. This is repeated two more times for a total of three repetitions.

•**2-mile run:** Soldier runs a 2-mile running course that is solid with no more than a three percent uphill grade and no overall decline.

"I think it's a really good program," said Spc. Priscilla Gibson, 169th Engineer Battalion, Human Resource specialist. "If you train for it, it will definitely get you more physically fit than the current PT test. It challenges you more; instead of three events there are six."

Forester agrees.

"The test was great from a fitness aspect, it provides well-rounded feedback on multiple dimensions of fitness," he said.

Although the grading for the ACRT has yet to be determined, officials said there will be a minimum baseline standard without "go" or "no go" events.

(Editor's note: The ACRT pilot testing currently taking place in no way suggests the official outcome of the proposed test. The ACRT is intended to replace the Army Physical Fitness Test pending senior leader approval.)

715th MI BN, NSA-H team up to support food drive

SGT. SHAMEEKA R. STANLEY

500th Military Intelligence Brigade
Public Affairs

WAHIAWA — "One Team, one fight" is a phrase most Soldiers hear in their formations, and they live by and carry it into the communities they work and live in.

The Feds Feed Families (FFF) campaign was created in 1999 to help food banks stay stocked during summer months when they traditionally see a decrease in donations and an increase in need.

Service members and civilians from the 715th Military Intelligence Battalion, 500th Military Intelligence Brigade-Theater (MIB-T) and the National Security Agency-Hawaii (NSA-H), joined to support the FFF campaign in August.

"Being able to participate and support the campaign though donations means giving back to the community as well as representing the military in a positive manner," said Master Sgt. Adriana A. Vargas, senior enlisted leader, NSA-H Workforce Support Activities.

During the campaign, the NSA-H collected donations at three locations in Wahiawa. Their goal was to collect 10,000 pounds of food.

To make things more interesting, leaders came up with a twist: A friendly battle between each service branch and civilian employees to see which group could collect the most.

The military service battle was organized into Throw Down Thursdays (TDT). TDT consisted of the Army, Navy, Air Force, U.S. Coast Guard (USCG), Marines and civilians competing every Thursday. Each service branch had their own donation box where they were able to accumulate points for each donation.

Five points were given for canned goods and one point per pound of rice donated. The teams could "sabotage"



Courtesy graphic

each other's point total by placing boxed or bagged food into their competitors' boxes. The boxed or bagged goods subtracted two points per item.

Vargas said that the military battle built camaraderie between services and personnel that usually do not work together.

"It was an absolute honor to take part in something as noble as the Feds Feed Families campaign," said Sgt. 1st Class Lawrence K. Morgan Jr., A Company, 715th MI Bn. "It is a very humbling thought to know that even without a natural disaster there are families out there that can benefit greatly from such a small contribution.

"The opportunity to be part of the solution with donations really bridges the

gap for those who wish to help but might not be able to volunteer their time otherwise," he added.

FFF is a national event held annually.

"I absolutely think the inter-service rivalry helped bump up the numbers," said Morgan. "Being able to frame that passion into a cause as awesome as F3 really motivates the service members to give just a little bit more than maybe they were originally going to, just for those bragging rights."

The civilians racked up the most points with 2,267, followed by the Navy with 1,985 points.

The final combined tally was almost 22,000 pounds of food donated to the Hawaii Food Bank. This ex-

ceeded the set goal by 12,000 pounds.

"Being greatly outnumbered as the Soldiers here (are) I can honestly say it was a nice 'cherry on top' for the short while the Army had a lead over the other branches and civilians in weight donated," Morgan said. "When that tally was posted it gave every Soldier a pause to think, 'Hey, if I got two bags of rice instead of one we might actually win this!' and put every other employee on notice that if they didn't contribute at our pace the Army might actually take the title of 'most generous service.' I will say this, though: In the end, we all came out on top."

A pro answers: Is it time to pull wisdom teeth?

Story and photo by
CAPT. EMILY A BRAGG, DMD
Schofield Barracks Dental Clinic

SCHOFIELD BARRACKS — Between the ages of 17-21 years old, most people start to develop wisdom teeth. Typically people have four wisdom teeth but it is not uncommon for someone to have more or less. When they come in straight behind your last tooth and are cleansable, there is no reason to extract (pull) them. Often times, though, wisdom teeth develop at an angle or below the level of the gums and jawbone.

The following are the main reasons why wisdom teeth need to be pulled:

- The wisdom tooth is positioned correctly but hard to clean.** Wisdom teeth are really far back in your mouth and sometimes it's hard to get a toothbrush back there. When a patient cannot keep the teeth from repeated cavities or gum disease, the teeth should be pulled to avoid problems or pain in the future.
- The wisdom tooth is partially cov-**



Maj. Michael Hoffman discusses an oral surgery procedure by showing his patient a panoramic X-ray.

ered by gums. If a wisdom tooth, or any tooth for that matter, is partially covered with gum tissue, this allows a pocket for bacteria to thrive and could cause a local

infection, where the gums will be red and irritated all the time.

- The wisdom tooth angled toward the tooth in front of it.** When a wisdom

tooth is not positioned correctly and is angulated toward the tooth in front of it, it may push against its neighboring tooth and cause irreparable damage. In some cases the damage is so severe that both the wisdom tooth and the molar in front of it need to be pulled.

- The wisdom tooth is buried below the gums and jawbone.** Although rare, an impacted wisdom tooth can cause a cyst inside the bone which may damage adjacent teeth and bone.

The mission of the Schofield Barracks Dental Clinic is to provide responsive and reliable oral and dental health services to sustain the readiness of the Force.

Make an appointment

If you would like to speak to a dental provider, please call 433-6825 to schedule an appointment. For more information, visit <https://www.tamc.amedd.army.mil/offices/prdc/sbdc.html>.

Army has 25th ID test prototype of new 'cooler' uniform

C. TODD LOPEZ
Army News Service

WASHINGTON — The current Army Combat Uniform top weighs in at about 650 grams, or about 1.4 pounds. It's got a lot of pockets and multiple layers of fabric. When it gets wet, it tends to stay wet. And when it's hot out, it tends to keep Soldiers hot.

The Army has a solution for that: the Improved Hot Weather Army Combat Uniform that has a whole lot fewer pockets, layers of fabric and Velcro, as well as a new fabric that is actually lighter than the current ACU.

"You can hold that uniform up with one finger," said Brig. Gen. Brian P. Cummings, who serves as Program Executive Officer Soldier, out of Fort Belvoir, Virginia.

Cummings said the current Army uniform has a lot of good feedback from Soldiers. But, he said, those uniforms have "all this stuff on it. And they all hold water," Cummings said. "And they cost money."

A new uniform changes all that. It has a lot fewer pockets on it, and less extrane-

ous fabric. And the fabric is lighter than the current ACU fabric.

The Army wants to bring that uniform first to Soldiers in jungle environments, the 25th Infantry Division in Hawaii, in particular, where it's both hot and wet. But Cummings said the Army also hopes to bring the uniform to all Soldiers - to make it available for purchase in military clothing stores.

Cummings said he hopes to have a lightweight uniform available within a year, saying that because it is based on an existing uniform that has already been extensively tested, getting this light-weight uniform to the field will take less time.

...And a lighter boot, to boot

Already the Army's looking at a new jungle boot, something requested by senior Army leadership. Thirty thousand pairs were provided to Soldiers in the 25th Infantry Division in Hawaii last month for evaluation.

Initial feedback on those jungle boots has been positive, Cummings said, but he did say Soldiers are asking for something that is more comfortable.



Photo by U.S. Army

25th ID Soldiers tackle obstacles in February, while evaluating a new, lighter uniform.

Cummings said Soldiers want the new jungle boot to be lighter and softer. And they have asked also that the soles of those jungle boots be thinner than they are now.

Cumming said that's going to happen.

The next iteration of samples, he said, are "a lot more pliable. But instead of lasting five years, they last two years."

Those newer boots, he said, will have the same capabilities as the jungle boot Soldiers are currently testing.

NEWS BRIEFS

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

27 / Friday

Electronic device pedestrian safety bill — A new city ordinance that makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu went into effect this Wednesday, Oct. 25. See related story on page A-3 of this issue of the Hawaii Army Weekly, or online at www.hawaiiarmyweekly.com.

28 / Saturday

National Take Back Initiative — Turn in your unused or expired medications for safe, anonymous disposal on Saturday, Oct. 28, from 10 a.m.-2 p.m., at the Main Exchange, Schofield Barracks. Containers will be located in front of the flower shop. Other locations are available; call 541-1930.

31 / Tuesday

Trick or Treat — U.S. Army Hawaii will celebrate Halloween on Tuesday, Oct. 31, from 5:30-8 p.m.

November

7 / Tuesday

Special Operations Recruiting — Attend briefings about Special Forces, Psy Ops and Civil Affairs on any date from Nov. 7-9, at 9:30-11 a.m. or 2:30-4 p.m., at Yano Hall Library, 2nd Floor, Room #221, Schofield Barracks. Visit goarmysof.com.

Facebook Town Hall — U.S. Army Garrison-Hawaii Commander Col. Stephen Dawson and members of the USAG-HI leadership invite the community to share issues, concerns and offer attaboys online, 6-7:30 p.m., for this

RANGER RECRUITMENT

75th Ranger Regiment Information Brief Schofield Barracks– November 8, 2017



The 75th Ranger Regiment assesses Soldiers for service in more than 65 MOSs and 30 career fields. Interested Soldiers are encouraged to attend information briefs and meet with 75th Ranger Regiment recruiters who can facilitate their accession into the Regiment.

Briefs held:

Location- **A-Quad Foundry Building**

Address- **Building 133, A-Quad, Schofield Barracks**

Date: **November 8, 2017 0930 and 1330**

POC: (706) 626-2588
email- 75recruit@socom.mil

Courtesy illustration

live town hall format event. Visit <https://www.facebook.com/usaghawaii/> and become a voice in your community.

Ongoing

Academies — Sen. Mazie K. Hirono is accepting applications from Hawaii

students who seek a military service academy nomination from her office. Each year, the senator nominates Hawaii students to the Air Force Academy, the U.S. Military Academy, the Naval Academy and the Merchant Marine Academy.

Qualified students seeking a

Congressional nomination from the senator must apply by the Nov. 1, 2017 deadline.

To be considered for a nomination, candidates should have a strong academic background, participation in school and community activities, a high standard of physical fitness and a desire to serve as a commissioned officer in the U.S. uniformed services or the U.S. Merchant Marine.

Nomination does not guarantee admission. For more details, visit <https://www.hirono.senate.gov/help/students/academy>.

Vehicle Registration — Registering a vehicle? Note, the City and County of Honolulu has made changes to forms that allow service members to register their vehicles in Hawaii tax free. The changes were made due to significant issues with abandoned vehicles. They allow the city and county to determine the owner's active duty and/or deployment status.

Make sure you are turning in the correct non-residency form, which went into effect Aug. 1, when you register. Unit S-1s can pick up the new forms at the U.S. Army Garrison-Hawaii Forms Center. Call 656-0334 for questions about form pickup.

Military OneSource — This funded Department of Defense program supports service members and their families, including active duty, National Guard and Reserve members. It's your one-stop shop for all things military life related, including information and referral services, non-medical counseling, online resources, educational materials, webinars, newsletters and outreach teams, 24/7, 365 days a year, at no cost to eligible service or family members.

Hawaii's consultant is Heather Hutchinson at (808) 286-9277 or heather.hutchinson@militaryonesource.com. Visit www.militaryonesource.mil.

TRAFFIC & OUTAGES

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

27 / Friday

Trimble Road — A 24-hour closure will continue on Trimble between Carpenter to Beaver and Hewitt to Cadet Sheridan for pavement repairs through

Dec. 29. Also, 24-hour single lane closures and traffic detours will occur on Hewitt, McCornack, Carpenter, Kaena and Cadet Sheridan. Note, this schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers when they close the roadway.

Airdrome Road — One-lane road closures will be conducted through Dec. 31, 8 a.m.-3:30 p.m., Monday through Friday, along Airdrome Road, from the new fuel-

ing facility to the flight simulator. Crews will be performing asphalt repaving, installing a new by pass road for fuel offload facilities and striping of new pavements.

30 / Monday

Parking Closure — The SB Dental Clinic parking lot will be closed for construction from Oct. 30 to Dec. 18. The clinic apologizes for this inconvenience. Patients should show up 15 minutes earlier for appointments. Parking can be found

adjacent to the Exchange and behind the Dental Clinic.

November

6 / Monday

Warhawk Road Widening — WAAF Warhawk Field Road will be closed for widening and pavement repairs. Nov. 6-28, Monday through Friday, 8:30 a.m.-4 p.m. There will be single lane contra flow traffic and traffic detours.



HAWAII ARMY WEEKLY www.hawaiiarmyweekly.com
PAU HANA October 27, 2017
 "When work is finished."

Ghostly Encounters

Photo by Kristen Wong, Oahu Publications (Inset file photo.)

People have reported seeing the spirit of a Soldier named Andrew in Bldg. 108 on WAAF. Andrew was said to have died on Dec. 7, 1941, during the Japanese attack. Kenneth Hays, architectural historian for the Directorate of Public Works at U.S. Army Garrison-Hawaii, said the sightings appeared to have ceased once renovations were complete.

'BOO'ah: Army Hawaii haunting experiences shared

KRISTEN WONG
 Contributing Writer

WHEELER ARMY AIRFIELD — Dory Blevins was 3 years old when her father, a combat cameraman in the Navy, was stationed in Hawaii. One day, he severely injured himself with a machete while cutting a banana plant in his backyard, and the family went to Tripler Army Medical Center for treatment.

Blevins' family spent most of the day at TAMC, and by the time they were ready to leave, it had grown dark outside. Just inside the lobby of the center, a friend of her parents came up and spoke to them. As he did so, Blevins noticed a small humanoid creature staring at her from behind the friend's leg. She described an earthy, compost-like smell coming from the creature, which had elephant-like gray and brown skin. Her attempts to alert her mother to what she now calls "evil Yoda," were ignored. Eventually, the creature began to come closer to her, staring into her face.

"So, like a squirrel up a tree, I just shot up my mom's body, screaming my head off, having an absolute fit of terror," Blevins recalled.

Blevins' actions earned her a spanking. When she looked at the creature again, it was smiling, as if it had wanted to get her in trouble.

"It smiled the most vindictive, most evil smile," she said.

With that, it disappeared, and she never saw it again.

Today, the Raleigh, North Carolina, resident has done some research, and posted her story to her YouTube channel. Many who commented on her video believe the creature may have been a menehune, a mythical Hawaiian dwarf who hides in the forest.

Gathering experiences

Hawaii has many supernatural stories, and Army community members stationed in the islands have also had experiences.

Kenneth Hays, the architectural historian for the Directorate of Public Works at U.S. Army Garrison-Hawaii, has been working for the garrison since 2002. He helps manage historic buildings and renovations. For years, people have been telling him about supernatural occurrences.

"They always seem to pop up during renovations," he said.

Two years ago, workers were building a new clinic for Wounded Warriors in transition near U.S. Army Health Clinic-Schofield Barracks and needed to cut down an African tulip tree. As they cut the tree in broad daylight, they said three spirits jumped out of the tree, Hays said. The three spirits

wandered for a short time and jumped into a nearby banyan tree.

"(The workers) were all quite energetic about what had happened," Hays said. "They were very anxious to tell me as soon as I arrived."

These same workers also described to Hays a chain unwinding itself from a fence, resulting in a gate opening, as well as tools moving independently.

Hays added that the banyan tree into which the spirits allegedly hopped is scheduled for removal to make way for another clinic building later next year.

"I'm not sure what's going to happen when they cut that tree down," he said.

When U.S. Army Corps of Engineers and Nan Inc. renovated two buildings in D Quad at Schofield Barracks, earlier this year, workers said they were also followed by shadows, and rooms became cold as ice, Hays said.

Busy at WAAF

People have experienced strange activity in office buildings on Wheeler Army Airfield. In Bldg. 106, Hays said, people witnessed doors opening and shutting on their own. He said one worker in the building was so irritated by the phenomenon that he actually removed his door from its hinges. In Bldg. 105, those who stay late at work have heard footsteps and whispering.

Though Hays said hauntings allegedly seem to occur during renovations, one story in particular was the opposite.

Hays described a Soldier known as Andrew, who was said to have been killed during the Dec. 7, 1941, attack of WAAF by the Japanese. Andrew's spirit was known to haunt Bldg. 108 on WAAF, and Hays said there was a picture of him in Bldg. 108 but when the building was renovated, the sightings stopped and the picture was lost.

Families living on post while stationed in Hawaii have also described experiences. Hays said families living in four or five houses on Lyman Road near the post cemetery have had kitchen cabinet doors opening and closing on their own.

Military families submit stories anonymously to armywife101.com about their paranormal experiences during October. One person posted that when they lived in old housing in 2008 at Schofield Barracks, there was whispering and "a man with no legs." Another post mentioned the ghost of a World War II-era Soldier who told the author to "get out."

Other stories can be found while researching on the web. Whether you're making a permanent change of station, starting a new job on one of the posts, or just visiting, what might you see?



Courtesy of Kenneth Hays, Directorate of Public Works
This African Tulip tree on Schofield Barracks was cut down to make way for a new building. Workers claimed that as they were cutting the tree, three spirits leaped out of the tree, and took refuge in a banyan tree nearby.



Photo by Kristen Wong, Oahu Publications
Residents of several houses near the Schofield Barracks Post Cemetery have reported kitchen cabinets opening and closing on their own.

Big weekend looms with Halloween events

27 / Friday

Twilight Tour Spooktacular — On Oct. 27 and 28, educators will lead a two-hour walking tour of the Honolulu Zoo to learn about and visit the animals, from 4:30-6:30 p.m. Register at honolulu.zoo.org. Walk-ins welcome. Tickets range from \$15-\$30; ages 2 and under are free. Call 926-3191 ext. 114 or email education@honzosoc.org. Comfortable walking shoes are recommended.

"Rocky Horror Picture Show" — The ARTS at Marks Garage presents the annual Honolulu screening of the "Rocky Horror Picture Show" with a new twist.

This is a fully interactive show accompanied by a full cast of characters. Doors open at 7 p.m. There will be a post-show soiree until 10:30 p.m.; \$20 advance tickets, \$25 at the door. Advance tickets can be purchased online at eventbrite.com.

The ARTS at Marks Garage is located at 1159 Nuuanu Ave. Performances Friday Oct. 27 at 8 p.m.; Saturday Oct. 28 at Midnight; and Tuesday Oct. 31 at 8 p.m.

Ghost tours — Weekly tours in Honolulu, Waikiki and Fort Street Mall, 7 to 9 p.m. Led by Mysteries of Hawaii's Lopaka Kapanui. Recommended for ages 12 and older. Reservations required. Visit mysteries-of-hawaii.com/tours.

Zombie Paintball Massacre — Oct. 27-31 from 7 p.m. to closing, 919 Kekaulike St., downtown. Presented by Scream 808. Presale \$12, \$10 per person for groups of 10 or more; \$15 at the door, \$20 FastPass. Visit scream808.com.

Walk with the Dead ghost tours — Held 7 p.m. nightly through October in the Capitol District. Steve Fredrick leads a 1.5-mile walk with stops at known sites of murders, deaths and suicides. Ages 21 and older; \$40. Reservations are required 48 hours in advance. Call 395-0674 or write stevestoursandfilms.vpweb.com.

Haunted Honolulu Zombie Trolley — Oct. 27-29 and Oct. 31, features tours at 6:30 and 8:30 p.m. Board at Honolulu Zoo or Waikiki Shell parking lots. Take the Waikiki Trolley to some of Honolulu's most haunted sites but beware of uninvited riders. Recommended for ages 13 and older. Cost: \$39. Visit 808ne.ws/2y0aGa9

Haunted Plantation — Hawaii's Plantation Village at 94-695 Waipahu St. is scheduled to have its Haunted Plantation: Chapter 12: Apparitions attraction Oct. 27-29 from 7 to 11 p.m. and Oct. 31 from 7-9 p.m. Step into the unknown as

See HALLOWEEN B-3



Briefs

27 / Friday

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 noon-1 p.m. Call 655-4227 to register.

SOS Family Support Night — Join other surviving families from 6-8 p.m. at the SB SOS Center. Dinner will be served. Activities are available for all ages. This is a Halloween-themed event. Families are welcome to dress up and wear their costumes. Call 655-4227.

Net a Job — Use LinkedIn and social media to build your network profile at SB ACS from 10-11 a.m. Call 655-4227.

Green Card Workshop — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier and Family Assistance Center (SFAC) 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 SFAC from 1-2:30 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.

Hawaiian Lunch Buffet — SB Kolekole Bar and Grill hosts from 11 a.m.-1 p.m. for \$14.95/person. Call 655-4466.

Hawaiian Lunch Buffet — Visit FS Hale Ikena from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

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

28 / Saturday

CPR/AED First Aid Training — Red Cross-certified training, 9 a.m.-4 p.m., at SB Richardson Pool. Cost is \$75; call 655-9698.

Community Calendar

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

27 / Friday

Royal Hawaiian Band — The Royal Hawaiian Band performs at Iolani Palace, noon-1 p.m. Founded in 1836 by King Kamehameha III, the Royal Hawaiian Band is the only band in the United States with a royal legacy and is currently an agency of the City and County of Honolulu. The mission of the band is to promote music, preserve Hawaiian musical culture, inspire young musicians and enrich the lives of the people of Hawai‘i. Visit rhb-music.com.

28 / Saturday

Sunset Mele — Sunset Mele on the Rooftop features food booths and artisans at the Hawaii Convention Center, beginning at 5 p.m. Halloween costume contest is scheduled from 5-6 p.m. There will be keiki activities, including balloon twists, face painting, a photo booth and more. There will be live Hawaiian music and hula by Hula Halau O Napualaikauikau. A showing of “Moana,” begins at

SATURDAY

National TAKE-BACK Initiative (NTBI)

Turn in your unused or expired medication for safe, anonymous disposal.



NEW OR USED NEEDLES AND SYRINGES WILL NOT BE ACCEPTED.

Saturday, October 28, 2017
10:00 a.m. - 2:00 p.m.

- National Guard Armory at Diamond Head - parking lot 3949 Diamond Head Rd., Honolulu, HI
- Schofield Barracks Army and Air Force Exchange Service (AAFES) Post Exchange (PX) - inside, near flower shop Schofield Barracks, HI (Must have base access)
- Town Center of Mililani - Meheula Parkway side of mall 95-1249 Meheula Parkway, Mililani, HI



For more information visit www.dea.gov or call (808) 541-1930.

Courtesy photo

SCHOFIELD BARRACKS — National Take-Back Initiative allows the turn in of unused or expired medications for safe, anonymous disposal on Oct. 28, from 10 a.m.-2 p.m., at the Main Exchange, here. Containers will be located in front of the flower shop.

30 / Monday

Manga for Adults — Discussion group held at SB Sgt. Yano Library from 5-6 p.m. Call 655-8002.

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.

Ongoing

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

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.

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, 919 Humphreys Road. Ages 17 and up recommended; for younger patrons, call 655-4202.

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.

Clay Hand Building — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 11 a.m.-3 p.m., Sundays, and 5-8 p.m., Tuesdays. Costs \$100 for a 10-week session at the SB Arts & Crafts Center. Ages 17 & up, call 655-4202.

Mom & Tots — SB Arts & Crafts Center, every Thursday for moms (or a parent/guardian) to

enjoy mixed-media crafting at \$5 from 10-11 a.m. Call 655-4202.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry, Mondays at SB Kolekole Bar & Grill, 5-8 p.m. Call 655-4466.

Sundae Monday at Hale Ikena — Every Monday at FS from 11 a.m.-2 p.m. build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

Taco Tuesday at Hale Ikena — Every Tuesday at FS from 11 a.m.-2 p.m. enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

Wing Night at Mulligan's — Every Thursday night on FS from 3:30-8 p.m., get 10 wings for \$3, 20 wings for \$5. Call 438-1974.

6:30 p.m. Visit hawaiiiconvention.com or call 943-3025. There is a \$5 parking fee at the Kalakaua Avenue entrance.

University of Hawaii Football — Rainbow Warriors host the San Diego State Aztecs, 5:15 p.m., in a Mountain West Conference game at Aloha Stadium. Buy tickets at the stadium box office or online at hawaiiathletics.com.

31 / Tuesday

Trick or Treat — U.S. Army Hawaii will celebrate Halloween on Oct. 31, from 5:30 to 8 p.m. See related Halloween information and events on pages B1 and B3 in this issue of the Hawaii Army Weekly.

Waikiki Halloween — Halloween in Waikiki is big and it moves along Kalakaua Avenue. Dress up or just watch the ghouls come out at night. There are lots of specials and contests at bars and restaurants throughout Waikiki.

November

3 / Friday

Surf Art & The Surfer — Annual Wahiawa event celebrates surf art, community and music. Also features vendors, food trucks

and, of course, epic art at 63 Kamehameha Highway, Wahiawa; visit surfingthenations.com.

4 / Saturday

Art on the Zoo Fence — Waikiki art sale, 9 a.m.-4 p.m., offers a wide variety of styles and subjects in original works and prints displayed on Monserrat Avenue next to the Honolulu Zoo. Visit artonthezoo fence.com.

Kahumana Organic Farm — Support the farm while experiencing the magic of growing your own food on this volunteer day, 9 a.m.-noon, 86-660 Luualalei Homestead Road. All experience levels and ages are welcome rain or shine. Visit kahumana.org/organic-farm. RSVP required.

11 / Saturday

Pictures with Santa Paws — Nov. 11, 12, 18 and 19 from 10 a.m.-3 p.m. come to the Hawaiian Humane Society for Pictures with Santa Paws. Pets, naughty or nice, can have their holiday photos taken with Santa and Mrs. Paws to benefit the Hawaiian Humane Society. A \$30 donation per sitting with a professional photographer includes access to digital copies of the photos.

This year's Pictures with Santa Paws event will also fea-

ture waived adoption fees and a holiday fair so you can get some shopping done at the same time. Contact 356-2247 or ckam@hawaiianhumane.org for more info.

Hawaii vs. Fresno State Football — Mountain West Conference football at 6 p.m. at Aloha Stadium. Buy tickets at the stadium box office or online at hawaiiathletics.com.

Ongoing

TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use; \$5 for adults, \$2.50 youths and \$2 for seniors, U.S. Medicaid and/or U.S. Hand-Van cardholders and Person with Disability ID cards. Limited to all cash-paying passengers. This pass replaces TheBus transfers. Contact TheBus at 848-5555 or visit thebus.org/fare/farepasses. asp

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

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

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

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



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)

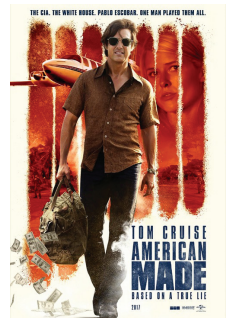
Jewish Shabbat (Sabbath)

•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)

This Week at the MOVIES Sgt. Smith Theater



American Made (R)

Friday, Oct. 27, 7 p.m.

The Lego Ninjago Movie (PG)

Saturday, Oct. 28, 4 p.m.



Flatliners (PG-13)

Saturday, Oct. 28, 7 p.m.

Kingsman: The Golden Circle (R)

Sunday, Oct. 29, 4 p.m.

Closed Monday through Thursday.

THE UNDEAD RUN



PHOTOS COURTESY OF DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION
SCHOFIELD BARRACKS — Runners pose for a photo before the annual Zombie 5K Run, Oct. 13, at Leader's Field. The night race challenged runners to catch fellow participants designated as "zombies."



A runner gets his face painted for the Zombie 5K Run. The Directorate of Family and Morale, Welfare and Recreation provides face paint and candy for participants.

Hey Mom, tricks (and treats) are for kids

It was October 1997, and our first child was 2 years old. When he was an infant, I didn't want to be like those parents who dress their babies up as pea pods or puppy dogs and parade them house to house. Everyone would know I was just showing off ... and collecting candy for myself.

But now that Hayden was walking and talking, there was a plausible excuse to go trick-or-treating.

Admittedly, Hayden would have been perfectly happy spending the night at home watching "It's the Great Pumpkin, Charlie Brown" on our VHS tape player in his footed pjs. Furthermore, we lived in a village near my husband's duty station at JAC Molesworth, England, where no one trick-or-treated on Halloween anyway.

But I wasn't about to let English custom ruin my fun.

I took advantage of Hayden's happy oblivion, and formulated a costume idea without his input. In a pathetic ploy for laughs, I decided to transform my chunky little boy into a perfect replica of Elvis Presley. A battery-operated microphone and toy electric guitar would ensure that Hayden would play along.

Before Halloween, I measured, cut, and pieced together lilac polyester gabardine into wide bell-bottomed pants, an open shirt with huge tab collars and flared sleeves, and a purple metallic lamé cape. My grandmother's old costume jewelry produced a tacky medallion necklace to complete the ensemble.

On Halloween night, I wrestled Hayden into the outfit while he whined for the comfort of his Osh Kosh B'Gosh



THE MEAT AND POTATOES OF LIFE

LISA SMITH MOLINARI
 CONTRIBUTING WRITER

overalls. The shirt I'd sewn didn't quite cover his toddler belly, but this added authenticity. He was portraying 1970s Elvis after all, when pills, booze and too many fried peanut butter and banana sandwiches had widened the icon's girth.

After I slicked Hayden's fine hair back with gel and drew pork-chop sideburns on his cheeks with an eyebrow pencil, he was ready.

We headed to the American military housing on RAF Alconbury, where trick-or-treating had been planned. Once there, our friends could not stop laughing at Hayden's retro get-up. They snapped photos, while Hayden gazed obliviously at their jack-o'-lanterns, and I grinned with self-satisfaction.

Hayden's interest in the whole charade piqued early, when our friends gave him a king-sized Milky Way to kick off his first trick-or-treating experience. Although Hayden had eaten plenty of birthday cake, he had never tried candy. We peeled the wrapper down and handed the bar to him. Like the toy microphone, Hayden did what toddlers do — he put it in his mouth. His eyes widened and his chubby fist gripped tighter around the bar, where it would remain the rest of the night.

By the time we left our friends' house, it was 7 p.m. Normally, at this time, Hayden would be in my lap, sleepily twirling his fingers through my hair. No sooner did we approach the next porch, than Hayden whined to be carried. Not wanting melted chocolate in my hair, I buckled Hayden into his stroller and we carried on.

Try as we might, Hayden would not say, "Trick or treat!" So, we did it for him, while he sat, semi-reclined with chocolate around his mouth, one hand twirling his own sticky hair, and the other one still gripped around the half-melted Milky Way.

Elvis would be so proud. At the fourth or fifth house, I realized that it would be cruel to go on. Hayden had mouthed the Milky Way down to a gooey nub, and was whining for his binky and teddy bears.

Hayden fell asleep on the ride home, where I carefully peeled the costume off his pudgy frame, and used diaper wipes to swab away melted chocolate, sideburns and hair gel. Finally in his beloved footed pjs, I lowered him gently into bed.

In the glimmer of his Winnie the Pooh night light, I paused a moment to wonder if I'd been a bad mother. As if on cue, Hayden's heavy eyelids opened, and he smiled up at me before nuzzling back into his teddy bears.

"Love you, too, punkin," I whispered, silently promising him many Happy Halloweens to come.

(For more of Molinari, visit themeatandpotatoesoflife.com.)

Halloween: Enjoy it while it lasts

CONTINUED FROM B-1

you walk through the houses of the plantation village. This event is not for children under 13 years of age, pregnant women, people with heart or breathing problems. Visit www.hawaii-hauntedplantation.com, or call 783-8381. Tickets are cash only. General admission is \$15. Gates open at 7 p.m. and close at 11 p.m. Gates may close early due to heavy attendance. Ticket booth opens at 6:15 p.m.

Halloween costume contest — Dress up fun starts at 6 p.m., Halawa District Park. Sponsored by Department of Parks and Recreation, Halawa Complex. Visit 483-7850.

ARTafterDARK — Honolulu Museum of Art hosts, from 6-9 p.m. Spend the night with some Halloween royalty at ARTafterDARK: Kings & Queens. There will be food, drink and entertainment, \$25. There is free street parking on Beretania and Kinau streets from 6 p.m. There is parking in the lot behind the Honolulu Museum of Art School (1111 Victoria St.). Enter from Beretania or Young Street. This lot closes promptly at 11 p.m.

28 / Saturday

Stroller Trick-or-Treating at the Zoo — Celebrate Halloween at the Honolulu Zoo by joining a free Halloween-themed Stroller Barre Class at 9:15 a.m. followed by a Stroller-Trick-or-Treating Party at 10:15 a.m. RSVP at <https://strollertrickortreat.paperform.co/>. Visit honolulu.zoo.org.

Sky Waikiki's Night of the Killer Costume — Join the two-day Hallow-

een celebration at Sky Waikiki Rooftop Restaurant, Lounge and Nightclub, 2270 Kalakaua Ave., 19th floor; ages 21 and older. Visit skywaikiki.com

•Oct. 28: 10 p.m.; costume contest, cash prizes; regular dinner service available. Cover charge begins at \$25.

•Oct. 31: 8 p.m.; costume contest, cash prizes; no dinner service. Cover charge begins at \$10 (free with Hawaii or industry ID).

Pumpkins at Aloun Farms — Aloun Farms, at 91-1440 Farrington Highway, in Kapolei, presents the 17th Annual Great Kapolei Pumpkin Picking Patch, Oct. 28-29 from 8:30 a.m.-5 p.m. There are tractor-pulled hayrides, pony rides, farm-style food, picture booths, games and more. Admission is \$3 (2 years old and under free). Pumpkins will be priced to size. Hayrides and parking are free.

Midnight Ghost Hunters — Bus Tour is Oct. 28; dress up and meet at 11:45 p.m. in front of Hawaii State Library, 478 S. King St. Hear local scary tales during a three-hour bus ride to haunted spots. For ages 12 and older. Cost: \$40. Reservations required. Call 673-9099 or mysteries-of-hawaii.com/octoberevents.

Glow painting — Learn to paint a glow-in-the-dark picture on a 12" x 16 stretched canvas without restrictions at Schofield Barracks Arts and Crafts from 4:30-6:30 p.m. A sample painting provided, but use any color or think outside of the box. Feel free to bring your own food and/or non-alcoholic beverages. One canvas costs \$25. Children welcome to come in costume.

29 / Sunday

"Little Shop of Horrors: The Director's Cut" — Dole Cannery Stadium hosts Oct. 29 and 31, 2 and 7 p.m. Screening of the 1986 cult-hit musical

(rated PG-13) with original 23-minute finale and exclusive interview with director Frank Oz. Cost is \$13.09. Visit fathomevents.com.

PetWalk 2017 — Ala Moana Beach Park is the site, Oct. 29, 8 a.m.-1 p.m., Magic Island. Walk in costume while enjoying food, entertainment, and pet float and costume competitions.

No registration fee; donations welcome, visit hawaiianhumane.org/petwalk.

30 / Monday

Escape the Vampire's Lair! — Pearl City Public Library hosts Oct. 30, 3-7 p.m. Teens have 30 minutes to solve puzzles and decipher clues to unlock a weapon to defeat the vampire. Registration required. Call 453-6566.

31 / Tuesday

Trick-or-treat — Trick-or-treat hours for U.S. Army Garrison-Hawaii runs from 5:30-8 p.m.

"Psycho" — Iconic Alfred Hitchcock film, 7 p.m., Tuesday, at Kahala Theatre and 'Olino in Kapolei, presented in TITAN LUXE). Visit consolidatedtheatres.com.

An Enchanted Halloween Ball — Mililani Shopping Center hosts 5-9 p.m. Costume contest for all ages and pets at 6 p.m.; activities, prize giveaways, movie screening at dusk. Visit mililanishoppingcenter.com.

Halloween in Waikiki — On Halloween night, patrons along Kalakaua Avenue dress up or just spectate. Specials and contests at bars and restaurants all along the road in Waikiki.

Halloween preschool storytime — Mililani Public Library, 10:30 a.m., features activities for ages 2 and older. Call 627-7470.

DeCA wants your spooky photos

DECA CORPORATE COMMUNICATIONS
 News Release

FORT LEE, Va. — Commissary patrons with "frightening" costumes or "scary" food dishes are invited to showcase their Halloween-themed masterpieces on the Defense Commissary Agency's social media.

Through Oct. 31, patrons can submit digital photographs of their best Halloween-themed costumes or food dishes to deca.brand@deca.mil. All submissions should include name of the patron and their commissary.

"We want to see you in your best Halloween costume or peek at your most creative food item," said Sallie Cauthers, a DeCA marketing and mass media specialist. "There's no age limit for this celebration, so patrons of all ages can participate. All we ask is that the 'spooktacular' photo of your costume, food dish or both be related to Halloween."



AAFES opens to veterans online

ARMY AND AIR FORCE
 EXCHANGE SERVICE
 News Release

DALLAS — With less than a month until the much-anticipated official launch of the veterans online shopping benefit, more than 225,000 honorably discharged veterans have already been verified to shop at online military exchange websites when the sites open, Nov. 11.

The Army and Air Force Exchange Service online shopping benefit is the first military exchange benefits expansion in nearly 30 years. Beginning on Veterans Day, America's 18.5 million veterans will be able to shop online at the military exchange websites: ShopMyExchange.com, shopcpx.com, mymcx.com and mynavyexchange.com.

Members for life

Shopping the military exchanges online provides veterans with an opportunity to reconnect with their military community, allowing these Soldiers, Airmen, Sailors, Marines and Coast Guard "members for life" to save money with tax-free shopping and military exclusive pricing while also supporting critical military quality-of-life programs.

"After four years of coordination with the departments of Defense, Army and Air Force, as well as several other federal agencies, the finish line is in sight," said Tom Shull, AAFES director and CEO. "We are excited to welcome these veterans back home to their military family and ensure all who raised their right hands and served our nation with honor receive this tangible benefit as a measure of thanks for their service and sacrifice."

Exchange Sales Benefit Programs

Exchange sales from this newly authorized customer base are expected to be approximately \$200 million annually, with \$10 million in dividends annually for quality-of-life programs such as Army Child Development centers, youth programs and fitness centers, Air Force Outdoor Recreation, affordable school lunches for overseas students, below-cost combat uniform sales and more.

Online eligibility

All honorably discharged veterans can go to VerifyMyExchange.com today to verify their eligibility to shop at their military exchanges.

Tripler amplifies RelayHealth secure messaging

Story and photo by
LEANNE THOMAS

Tripler Army Medical Center Public Affairs

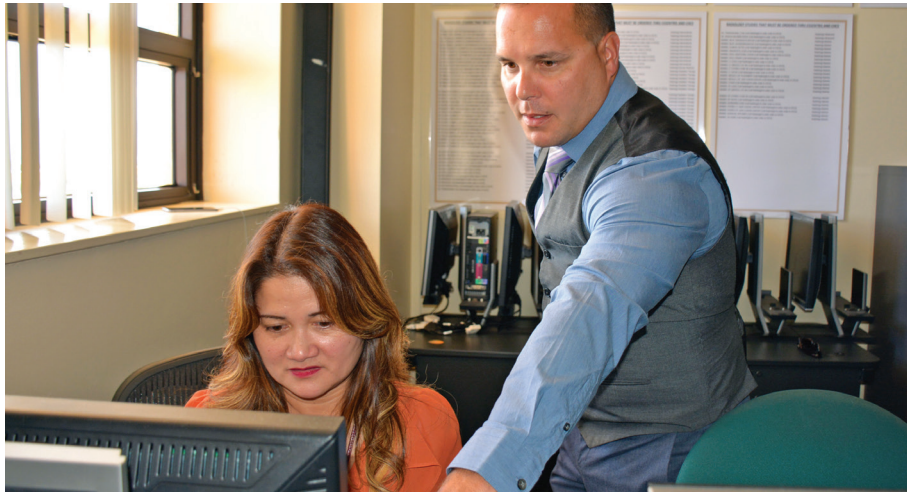
HONOLULU — At Tripler Army Medical Center, commonly referred to as TAMC, our mission is to provide safe, high quality, patient-centered health care to all we are honored to serve, and RelayHealth – secure messaging is a tool that helps us do just that.

The RelayHealth secure messaging system presents an opportunity to improve access to care to all TAMC patients by allowing them to communicate securely online with their health care teams and avoid unnecessary visits and calls to the doctor.

Implementing

Earlier this month, experts from the RelayHealth team conducted refresher and initial training courses to more than 300 health care providers and supporting staff members at Tripler and U.S. Army Health Clinic – Schofield Barracks.

“When RelayHealth was first introduced at Tripler, it was only implemented in the primary care clinics. Since then, there has been a push for its use in the specialty clinics,” said Brandon Henderson, chief of clinical systems training at TAMC. “While the primary care clinics have been using RelayHealth for several years, more and more specialty clinics are realizing how useful RelayHealth can



Maybelline Ybay (left), medical support assistant at TAMC, receives instruction from Jimmie Allen (right), RelayHealth expert and systems trainer, during a RelayHealth introductory course, Oct. 4.

be for their staff and patients.”

All TRICARE beneficiaries can use RelayHealth to receive test and laboratory results, access health information, request appointments or referrals, renew medications and obtain guidance to address minor health concerns.

“I believe that RelayHealth has enabled the health care team and the patient/families to have more opportunities to communicate and build that therapeutic relationship,” explained Dr. Kris Baik, TAMC medical director of the pediatric patient-centered Medical

Home. “There are so many patient-centered features that can be utilized by this system and we hope to encourage our patients and staff to use these as a tool to further optimize their health care.”

“As a secondary benefit, it reduces the need for many families to physically come into the office for medical concerns or issues that can be addressed by alternative secure methods,” added Baik. “This increases our ability to offer more office visits for those children who need hands-on assessment and care. In this way, using RelayHealth not

only benefits the user but the whole community we serve.”

RelayHealth doesn’t just improve communication between patient and provider, but also between provider and provider.

“An often overlooked feature of RelayHealth is that it offers a secure way for providers to communicate with each other, otherwise known as ‘colleague-to-colleague’ messaging. Rather than sending an email via Outlook or trying to call another provider to ask a question, providers can email each other using RelayHealth,” Henderson explained. “A provider from the family medicine clinic can message a provider in the surgery department to ask a question before sending a consult, and the family medicine provider may find a consult is not necessary.”

RelayHealth secure messaging enhances health care delivery at TAMC directly affecting the care provided to our service members, families, retirees and all we serve as part of our ohana.

“We are using today’s technology to better serve our patients,” said Henderson.

Register

To register for RelayHealth go to <https://mil.relayhealth.com>.



The wise build on solid foundations

CHAPLAIN (CAPT.) JAMES CHOI

3rd Battalion, 25th Aviation Regiment
25th Combat Aviation Brigade

WHEELER ARMY AIRFIELD — An American architect by the name of Frank Lloyd Wright is the architect behind the “Empire Hotel” in Tokyo. Wright spent two whole years on just the basic construction and foundation, an unusually long period of time.

Because of this prolonged time spent on the foundation, a lot of money went into the hotel and it later faced a few obstacles when trying to open. As a result, many people criticized and ridiculed Wright for wasting time and money. The hotel took a total of four years to construct: two years on the basic foundation and two years on the structure of the building.

The “Empire Hotel” came to be known as the Frank Lloyd Wright project that wasted time and money. But 52 years after its completion, a large earthquake hit Tokyo. Countless roads and buildings were destroyed and many people died. Yet, everything and everyone inside of the Empire Hotel were unharmed and the building remained standing tall. Since then, Frank Lloyd Wright’s name became a legend in Japanese architecture.

Foundations tested

In Matthew 7:24-27 of the Bible, Jesus tells the story of two builders: “...a wise man who built his house on the rock... a foolish man who built his house on sand ...”

Some of us might ask, “Who would ever build a house on sand?” But this is something that actually happens often.

People choose to build on sand, or foundations other than rock, because it is cheaper and easier. Breaking, carving, and evening out rock to make it suitable for a building to stand requires time, money and effort. The more time spent, the more money is invested. A softer foundation takes less time, less effort and consequently less money. As a result, one can build a house much faster on sand than on rock.

The problem arises when hurricanes or earthquakes pass through. The difference in the foundations become clear. Heavy rains test the foundation’s solidity while the winds test the structure’s strength.

The Bible tells us to not focus on the outside or on looks. Just because two houses look the same, it does

Footsteps in Faith

not mean they were built the same. We must remember that we are exposed to danger when the foundation or structure is not sound.

When Jesus is talking to us about building a house, he is not speaking to us about architecture. The parable is a metaphor for how we should be building our lives. A house and one’s life are similar. All of us are building some kind of house within our lives, and nothing can be built if we do not have a firm foundation. We find a foundation, and then build our lives from that foundation. The foundation we choose for our lives can be solid like a rock or unstable like sand.

Some build their lives on money or material possessions. Some build their lives on studies, education and their own philosophy. Some build their lives on honor and reputation. Some build their lives on passion and ambition. And some build their lives on something eternal they cannot see.

We will all face a time when the foundation of our lives will be challenged. Everyone will eventually face the winds, rains and quakes of disaster, regardless of their wealth, humility or position.

Some will survive the storm but others will crumble. We must remember that we need God in our lives and we need to trust our lives to Him. The focus and foundation of our lives must be God and our faith in Him. Those who build their lives on the foundation of the Lord are wise. Those who build their lives on the foundation of God will survive the storm. What is your foundation?



Choi

TAMC TIP Novelty Face Painting



Face paints can be fun on Halloween and other special occasions. Here are tips to help keep your fun from leaving you with a rash, swollen eyelids, or other reactions.

- Follow all directions carefully.
- Don’t decorate your face with things that aren’t intended for your skin.
- If your face paint has a very bad smell, this could be a sign that it is contaminated. Throw it away and use another one.
- Like soap, some things are OK on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes.
- If you’re decorating your skin with something you’ve never used before, you might try a dab of it on your arm for a couple of days to



Photo courtesy of Tripler Army Medical Center

check for an allergic reaction before you put it on your face. This is an especially smart thing to do if you tend to have allergies.