USARHAW opens SHARP Resource Center, 1st summit

The ceremony paid special tribute to veterans present from World War II, Korea, Vietnam and recent conflicts, with all Division units presenting arms and the veterans smartly returning the salute. Following the Division review, a Norfolk Pine tree planting honored beautification efforts begun by Hawaii National Guard who had manned Schofield Barracks during World War I. Veterans, guests and families were then invited to an exhibition polo match on Weyand Field.

Dawn's review caps 73rd birthday, honors veterans and 25th ID's rich history

The ceremony also commemorated the 60th anniversary of the Division's return from Korea in 1954, ending its initial 12-year deployment spanning World War II, Japan occupation duty and the Korean War. The reviewing officer was Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, who provided the keynote remarks.

The reviewing officer was Gen. Vincent K. Brooks, commander, U.S. Army-Pacific, who provided the keynote remarks.
Property should be secured, out of sight

Attitude can build a cathedral from a mud hut

CHAPLAIN (CAPT.) JOHN AASMAN
3rd Brigade Combat Team
500th Military Police Battalion

Chaplain Kapaun was a prisoner of war during the Korean War. He used the support of a number of Great Americans and Christians to build a cathedral from a mud hut in the Korean War. The same is true of our chaplains today. Our chaplains are able to build a cathedral from a mud hut by being faith in God and country.

An open window in an unlocked car is an invitation to crooks...

...but what should you do if you notice suspicious or unattended vehicles?
See something, say something
While increased patrols and extra security measures keep our area safe, we must remain vigilant. If you notice suspicious or unattended vehicles, the investigation revealed that someone re-moved a wallet containing a pair of designer sunglasses from another vehicle and removed a wallet containing a pair of designer sunglasses from another vehicle and removed a wallet containing a pair of designer sunglasses from another vehicle.

A recently promoted noncommissioned officer received a “shut-up” in the form of a very challenging job with lots of peer pressure. He turned it into “a cathedral.”

Refund

Turning a mud hut into a cathedral is similar to building a cathedral from mud huts. The same is true of building a cathedral. The same is true of building a cathedral.

Soldiers from across the Pacific Region attend the Information Operations in the Pacific Symposium, Oct. 21-23, at the Hale Koa Hotel, to discuss the role of naval planners, to share ideas and experiences on how information operations can be used in support of partnered countries, and to share stories on how information operations can be used in support of disaster relief. The symposium was an opportunity to interact with other information and disaster relief professionals from around the Pacific region.

On integrating information operations, 3rd Brigade Combat Team Public Affairs, Col. Richard A. Fromm, 3rd BCT. "It has made a big impact on our mission.

Photo by Staff Sgt. Catrina Herbert, 3rd Brigade Combat Team Public Affairs. 17th Medical Command. MAJ. CHEREE BROWNE
2nd Brigade Combat Team
500th Military Police Battalion

Hawaii is a great opportunity to reinforce a core value of our organization: the ability to build up engagement opportunities with our military and civilian counterparts around the area of responsibility.

The Information Operations Symposium was a great opportunity for IO practitioners, across the services and the interagency, to share thoughts and experiences on how information operations can be used in support of disaster relief. The symposium was an opportunity to build relationships and develop multilateral cooperation among the participants.

However, bystanders may think the best thing they can do is to stay away and let someone else do the job...

Chaplain (Capt.) John Aasman, 3rd Brigade Combat Team, 25th Infantry Division, said, "It has made a big impact on our mission."
"I am honored and humbled to become your commander and our team, our unit, our company making history; it is not about me taking command; it is about us, all of us, together. The Engineers of the 325th BSB have a distinguished history, having been named an Army Model Unit in 2009, and proudly flying its previous forward support companies. The Engineer Bn., 3rd BCT.

Capt. Claude James (left) accepts the Echo guidon from Lt. Col. Patrick Disney, battalion commander, 325th BSB, during an activation ceremony, Oct. 16, on Leaders Field. In addition to activating the company, the 325th BSB held a re-flagging ceremony for its existing forward support companies.

James. From what I have already observed, you are greatly trained, experienced, enthusiastic and ready to take on any challenge that comes before you,” James said, addressing Co. E. “It is with great pride and unbridled enthusiasm that James’ parents traveled from Alabama to share the historic moment with their daughter.

Capt. Chardette James (left) accepts the Echo Forward Support Company flag from Lt. Col. Patrick Disney, battalion commander, 325th BSB, during an activation ceremony, Oct. 16, on Leaders Field. In addition to activating the company, the 325th BSB held a re-flagging ceremony for its existing forward support companies.

"To the Soldiers of Echo Company, today is a very special day for you and for the nation of which you are a part. Today, there are discussions to have one. Qualitative Service Program, or QSP, board to consider a new military occupational specialty (MOS) if their current one is over-strength. During the meeting with Army Senior Warrior Officers, Chandler offered feedback to Sgt. Maj. of the Army Raymond F. Chandler III at a meeting of the Army's Warrior Officer Council, Oct. 16.

"We all know that most of our warrant officers serve components, at their annual meeting in the Pentagon, Oct. 16, he had a slightly different message. Standing up a new unit is never an easy undertaking, James observed, noting that it's full of excitement, a little chaos and a lot of training. "From what I have already observed, you are greatly trained, experienced, enthusiastic and ready to take on any challenge that comes before you,” James said, addressing Co. E. “It is with great pride and unbridled enthusiasm that James’ parents traveled from Alabama to share the historic moment with their daughter.

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225th BSB medics dive into combat water survival

**2nd SBCT observes Hispanic Heritage Month**

**STAFF SGT. CARLOS R. DAVIS**

2nd Stryker Brigade Combat Team Public Affairs

25th Infantry Division

SCHOFIELD BARRACKS — Performing traditional dances and songs, Soldiers of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, celebrated National Hispanic Heritage Month, here, Oct. 1.

“This celebration commemorates Hispanics who have served in so many capacities — as members of the armed forces defending American liberties, as teachers and mentors in schools and in communities, as police officers and first responders,” said Lt. Col. Alberto Rodriguez-Cruz, deputy maintenance chief of Staff, 2nd Stryker Brigade Combat Team, 25th Infantry Division, 2nd Stryker Brigade Combat Team, 25th Infantry Division.

“Hispanics continue to serve in these roles every day, making a mark on this great nation of ours,” he added.

The event was designed to educate the community about diversity.

“Hispanics are very diverse people,” said Staff Sgt. Sofia Nicholson, information system analyst, Headquarters and Headquarters Company, 2nd SBCT. "Hispanics include people from many Spanish-speaking countries in Central America, South America or Spain," she said.

Speaking in both English and Spanish, Rodriguez-Cruz spoke about faith, family and education, and how National Hispanic Heritage Month resonates with him because it encompasses his personal story.

“I stand before you today as a proud American Army officer and as a proud American citizen who was born on the Caribbean island of Puerto Rico,” said Rodriguez-Cruz. “I joined the Army in search of the American dream. My family story is not special. What makes it special is the theater in which the story took place, our country, the United States of America,” he continued. “In this land, you are able to pursue your dreams because of the many available opportunities there are here.”

“For those who already know how to swim, the training helped them to reinforce what they already knew. “As an experienced swimmer, I felt that the training was very realistic. The training was a must-have, being stationed on an island. "Everyone is proud from where they come, “ said Nicholson. “It is important to continue highlighting the importance and necessity of this potential perishable skill. Following the training, health care specialists will already preparing to take the training to the next level, CIVIL in the ocean. ‘Service swimmers can survive in water,”’ said Diamond "Water survival is possible if correct standards and training are implemented."
A Cacti warrior gets a hand adjusting his weapon before engaging 100-meter targets with a Singapore Assault Rifle – 21st Century. The 2-35th Inf. Regt. Soldiers were familiarized with the SAR 21 at the Singapore Urban Training Facility, Oct. 7. Their fitness test includes pull-ups, shuttle sprints, standing broad jump, sit-ups and a 2.4-mile run. Cobra Challenge commemorates the 6th Singapore Division’s “Cobra” birthday, Oct. 1. The Cacti Soldiers won the challenge. First finished push-ups, followed by ten 300-meter sprints, carrying a dummy 155 mortar round, 600 sit-ups, and finished by twelve 300-meter tire pulls,” said Staff Sgt. Nicholas Hammer, squad leader, 2-35th Inf. Regt. “It smoked all of us. It was a great culture-sharing experience and a chance to see what type of physical fitness the Singapore soldiers conduct.” Military training exchanges included an indoor shooting range for familiarization with the Singapore assault rifle-21st century (SAR 21), close-quarter battle classes, and small-arm urban clearing operations at the Singapore Murai Urban Training Facility. Cacti who fired the SAR 21 received immediate feedback via a computer system that allows shooters to see exactly where they were hitting or missing on the targets.

For the final event, a combined platoon conducted a mock city raid, testing the 2-35th on its ability to plan, assess and lead two different forces with different procedures and tactics. “We cleared the buildings as a team,” said Pvt. Benito C. Arizmendez, 1st Platoon, 2-35th Inf. Regt. “During the urban assault, it was great to see how the Singaporeans breached doors and cleared rooms with the different size squads and different types of weapons systems. Everyday, I was learning something new.”

2ND LT. RACHEL MILLER
2-35th Infantry Regiment, 25th Infantry Division, 8th Theater Sustainment Command

SINGAPORE — A multinational force emerged from the thick, dense forest, it traversed enemy forces from nearby buildings.

“The force returned fire as a Singapore Army squad, supported by American forces, moved to the nearest buildings to engage the fighting soldiers with the 2nd Battalion, 35th Infantry Regiment, “Cactus,” 3rd Infantry Combat Team, 25th Infantry Division, and 6th Singapore Division forces entered and cleared buildings inside the mock urban city, here.

Troops Lightning Soldiers were sponsored by the Singapore Army for physical fitness and urban training at the Marine Urban Training Exchange.

“This is a slice of life from Tiger Bum 2014 exercises, to expand our interoperability between our nations, and building partnership and connections. This is the first time anyone from the 25th ID has done this type of exercise in Singapore,” said Capt. Adam Novak, commander, Company A, 2-35th Inf. Regt.

“The first day was going through our individual physical proficiency test, our individual obstacle course and standardized obstacle course,” he continued, “and we had an eight-man team compete in their Cobra Challenge.

“The Singapore obstacle course is slightly when compared to the U.S. Army’s physical fitness test. Their times test included pull-ups, shuttle sprints, standing broad jump, sit-ups and a 2.4-mile run. Cobra Challenge commemorates the 6th Singapore Division’s “Cobras” birthday, Oct. 1. The Cacti Soldiers won the challenge. First finished push-ups, followed by ten 300-meter sprints, carrying a dummy 155 mortar round, 600 sit-ups, and finished by twelve 300-meter tire pulls,” said Staff Sgt. Nicholas Hammer, squad leader, 2-35th Inf. Regt. “It smoked all of us. It was a great culture-sharing experience and a chance to see what type of physical fitness the Singapore soldiers conduct.”

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The CSA's Five Imperatives

CONTINUED FROM A-1

of sexual assault and sexual harassment.

Flynn said Soldiers and civilians must ensure the CSA Resource Center works. The Army Values do not allow such behavior in the service.

Keynote speaker, Dr. Carolyn West, an associate professor of psychology at the University of Washington Tacoma, provided alarming statistics, years of research and personal experiences building a sexual assault awareness.

West discussed the realities of the victim, "the perpetrator is often an "undetected rapist" and doesn't usually have just one victim, she added. The perpetrator proceeds through stages, including "target selection," "proposing," "mutilating false trust," and eventually, "initiation of assault." Leaders and bystanders, she said, must recognize and intervene in the crimes in order to prevent instances.

Before the summit ended, Lt. Col. Larry Dewey, commanding, 311th Military Police Battalion, Criminal Investigation Detachment, asked an umpire, but vital question, "Are we improving?" Dewey asked, "Yes, we are.

He presented evidence showing fewer sexual assault and harassment offenses. However, more reports from victims and reports from them that may be delayed by years muddle the statistics.

The CSA Resource Center is "victim-centric," said Lisa Charles, le Col. and SHARP program manager, before closing the summit.

"During the holiday season, the rate of sexual assaults spikes up," she said, explaining her team will be especially focused on younger Soldiers to educate and prevent instances.

Brig. Gen. Sue Jenkins, 25th ID deputy commanding general, Support, provided closing remarks.

"We still have much to learn and we have a ways to go … Each one of us … owns part of this problem," she said. "Treat and respect are our foundation."

Bystanders must confront "perps," and "have the courage to change the culture; they must begin to see and visualize the victim; they must confront and deal with the perpetrators, and have the courage to change the culture.

"With the surgeries, I was not supposed to get in the water," said the 35-year-old. "My plastic surgeon didn't want me in the water at all, for various reasons, mostly infections, but he knew that I love the water, so he wanted to make sure that I could get back into it."

To Hawaiians, water is sacred and healing. Nahale's first name, Kawaiola, literally translates to mean water of life.

"Water is a healing tool and has always been that for me, a lot more than just a physical feeling," said Nahale. "Next was Warrior Transition Battalion, and "Warrior Games," the international military competitions.

"Sgt. Nahale is a prime example of a Soldier who overcomes obstacles and has achieved greatness," said Capt. Jason Grems, 311th ID (T) command commander. "She could have been overcome and discouraged when she was first diagnosed, but instead, she forged eyes on the light at the end of the tunnel."

The April 2013 summit was the first of its kind, all at Tripler Army Medical Center, in the space of a year.

"The Army family has supported me in many ways," said Nahale. "My first Army family was with the 311th, especially through the support of the previous command team when I was first diagnosed. Lt. Col. Martin Jenkins and Capt. Steven Lester and their spouses were truly family with their emotional and physical support.

"Next was Warrior Transition Battalion, and I didn't know what to expect when I got there, but the staff and cadre made sure that whatever I needed and whatever I wanted to achieve there was possible," she said.

Nahale had advice for anyone struggling through illness or injury. "Don't let your illness or injury define you," she said. "I didn't let cancer define me, don't let it yours."
Morgan said that when his unit can get each Soldier involved and believing in each other and the organization, especially in this type of realistic live-fire exercise, it can build the safety, confidence and esprit de corps that will make the difference in future missions.

Morgan emphasized, “If they reached that level of efficiency, and we’re confident in their ability to negotiate the course safely, only then will we move on.”

This focus on safety existed at every level during the training. As a gunner during their convoy, Spc. Joshua Smith of the 73rd Signal Company, said that while he was nervous and pumped up, he was also very vigilant in keeping his battle buddies safe.

He said that the training ultimately strengthened both his awareness and confidence. Smith hasn’t performed his mission in a deployed environment yet.

“Normally I sit behind a desk, but I now know I would be able to sit in a turret and cover my buddies in a convoy,” Smith said.

Townsend was also critical of how he wanted to accomplish with the exercise. Morgan said that when his unit can get each Soldier involved and believing in each other and the organization, especially in this type of realistic live-fire exercise, it can build the safety, confidence and esprit de corps that will make the difference in future missions.
Traffic Report — road, construction and tune advisories received by press time from Army and Hawaii Department of Transportation (HDOOT) sources. Visit www.garrison.hawaii.army.mil/traffictimetable.htm for the latest tune traffic advisories. Unless otherwise noted, all phone numbers are area code 808.

22 / Monday
Lyman VPC. — Construction work begins, 6 a.m., on Lyman VPC Processing Center, and is expected to be completed by close of business, Oct. 31.

The route for the VPC will be closed during this period. Drivers are encouraged to use alternative gate entrances during this period to help reduce traffic congestion.

29 / Wednesday
Water Outage — (soldiers, 6315, 6318, 6319, 6322, and 6323) on Aliamanu Military Reservation's Nim Road (including veterans day). The closures will be performed weekdays, 7 a.m. to 5 p.m., until Nov. 17 (excluding Veterans Day).

22 / Saturday
Modified Traffic Flow — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheldon to Maclachlan Street. Call 655-5309.

Ongoing
TAMC Traffic — Weekdays (excluding holidays), 7-9 a.m., the merge at the Tripler Army Medical Center connector located after the speed bumps on Kokoiki Road, and the 3:30 to 4:00 am for outbound traffic begins after the traffic board.

Amb Closures — Aliamanu Military Reservation has several traffic modifications at Skyview Loop and Aliamanu Drive. All work will be done 8 a.m. -4:30 p.m.

Aliamanu Drive between Anahana and Okamura Street will have one-lane traffic contractions between Anahana and Okamura until Dec. 1. Aliamanu Drive will be completely closed between Anahama and Jinn Drive, Dec. 2, 2012 - Feb. 2, 2013.

Traffic Report Road, construction and tune advisories received by press time from Army and Hawaii Department of Transportation (HDOOT) sources. Visit www.garrison.hawaii.army.mil/traffictimetable.htm for the latest traffic traffic advisories. Unless otherwise noted, all phone numbers are area code 808.

Boozy Repairing — There will be lane closures at Fort Shafter's Boozy Loop between Fortune Road and the corner at Bldg. 515, in order to repair the road. Traffic will be one way for the lane that remains open. The lane closures will be performed weekdays, 7 a.m. to 5 p.m., until Nov. 17 (excluding Veterans Day).

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Modoified Traffic Flow — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheldon to Maclachlan Street. Call 035-5309.

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For a closer look at the map and more details about the Kahauiki Bridge lane closures, visit www.hawaii.armyweekly.com.

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Women sweep Operation Rising Star semifinals

Women sweep Operation Rising Star semifinals

Divi,sion, was one of six contestants to ad-
Stryker Combat Team, 25th Infantry
225th Brigade Support Battalion, 2nd
whose husband is a master sergeant in the
"I've been singing all my life, but I was
"Operation Rising Star" two days before
"Operation Rising Star" winner and an all-
won 205th Military Intelligence Battalion, 500th
Pvt. 2nd Class Shannen McDonald of the
"Can you Feel the Love
"Con Te Parito."
"I'm not familiar with the song," judge
"Summertime" by Ella
"I sing for a sold-out concert every night
"Soldier for Life," and the focus is on the
"Operation Rising Star" are scheduled for Dec. 6-12
The winner will be revealed online,
"I’m too shy to sing in front of people until I was
"Can you Feel the Love
"Operation Rising Star" contestants.
"Operation Rising Star" is an “American
"I've been singing all my life, but I was
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A DAY WITH THE DOLPHINS

# A Day with the Dolphins #

Photos courtesy of Center for Marine Conservation, Inc.

COMMUNITY CALENDAR

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

Today

• Movie Night — AFTB: Army Family Team Building — AMC: Aliamanu Chapel — AMR: Aliamanu Chapel — CYS: Youth & Family

• Volunteer opportunities — CYS: Youth & Family — FS: Fort Shafter — IPC: Island Palm Communities — PFC: Physical Fitness Center — SC: Soldiers’ Chapel

• Film screening — AMC: Aliamanu Chapel — FS: Fort Shafter — IPC: Island Palm Communities — PFC: Physical Fitness Center — SC: Soldiers’ Chapel

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Trick or treat safely, dress, rules should be followed

Children under age 10 must be accompanied by an adult to trick or treat and

Children under the age of 10 require an adult escort.

24 / Friday

Halloween Fun Fest — Get into the Halloween spirit with more than 20 carnival booths, prizes, pumpkin decorating, games, mall-wide trick or treating and costume contests for various age groups with categories for the cutest, most creative and spooky costumes at Shaka Marketplace. 8:44 Liliho St. Visit www.allsaintsshoppingcenter.com.

Boo Fest — Scene actors and themed décor will transform the sky atrium in downtown Honolulu into a 15th annual Halloween Street Fair. Magic props and princes will direct trick or treating. Free. All ages. 10 a.m.-5 p.m. Oct. 31. Visit www.allsaintsshoppingcenter.com.

Pumkin Patch — Alien Farmers, 5-3140 Farrington Hwy., opens its pumpkin patch in the public. There will be hula, pumpkinmates, food, rides, food, games and games. Pumpkinmates will be priced according to size, 8:30 a.m.-3 p.m., Oct. 5-31. Visit www.absolutemoms.com.

26 / Sunday

Halloween In Store — Children of all ages are invited to hear spooky Halloween tales, enjoy Halloween arts and crafts, food and drinks from 5:30-10 p.m., Oct. 25-26, at the Honolulu Zoo. Runs 5:30-7:30 p.m. at the Honolulu Zoo. Tickets are $20 online and $20 at the door.

Trick or Treat with Tea — The Honolulu Musical Arts Center, 1449i Church St., hosts a tea party to kick off a Halloween costume contest. Tea party runs 5-7 p.m. at the Honolulu Musical Arts Center. Visit www.halowinbaloo.com.

31 / Friday

Boo in the Zoo — Come out for a costume contest, prizes, scavenger hunt, apple bobbing, Santa, movie and more at the Honolulu Zoo. 3360 Zoo Dr. Visit www.pearlridgecenter.com. Free admission with lots of free festivities, 5-7 p.m., Nov. 1-4. Tickets are $15 online and $20 at the door.

Trunk or Treat — Families wishing to have their trunks examined should report to the TAMC Radiology reception area, 3G, mountainside, or USAHCSB Radiology, 570 Mt. Tantalus, 3G, any time during the week before Oct. 31, or any time on the week of Nov. 1. The trunking of candy will not detract from trick or treating, face paint, lollipops and chemical contaminants.

Halloween Sockpuppet — Dress up with a costume or as a character from your favorite television show, movie or video game. Participating merchants at Pearlridge Center will be offering costume contests and performances by Chris Da Clown and The Hon-olulu Street Show. Performances are at participating merchants at Pearlridge Center and stick around for one of the spookiest shows of the year at the Pearlridge Center. Visit www.pearlridgecenter.com.

Nightmare on Beretania Street — Join Honolulu Police Department and Turtle Cove (Reservations, Bldg. 1773) for a very special Halloween performance art and more, 5:30-10 p.m. Honolulu's Chinatown district. Visit www.pearlridgecenter.com.

Trick or treat at Ala Moana — Merchants at the state's largest shopping center will be offering in-store specials, 5-7 p.m. Visit www.alamaonenline.com/events.

Schofield Trick or Treating — The Exchange at Schofield Barracks will be hosting a trick or treat event with face painting, 4-6 p.m. Call the Schofield Main Exchange at 622-1773.

11 a.m. - 1 p.m. Bring a container to collect candy, 9 a.m.-1 p.m. at the Honolulu Zoo. Oct. 26

Boo in the Zoo — Come out for a costume contest, prizes, scavenger hunt, apple bobbing, Santa, movie and more at the Honolulu Zoo. 3360 Zoo Dr. Visit www.pearlridgecenter.com. Free admission with lots of free festivities, 5-7 p.m., Nov. 1-4. Tickets are $15 online and $20 at the door.

Trunk or Treat — Families wishing to have their trunks examined should report to the TAMC Radiology reception area, 3G, mountainside, or USAHCSB Radiology, 570 Mt. Tantalus, 3G, any time during the week before Oct. 31, or any time on the week of Nov. 1. The trunking of candy will not detract from trick or treating, face paint, lollipops and chemical contaminants.

Halloween Sockpuppet — Dress up with a costume or as a character from your favorite television show, movie or video game. Participating merchants at Pearlridge Center will be offering costume contests and performances by Chris Da Clown and The Honolulu Street Show. Performances are at participating merchants at Pearlridge Center and stick around for one of the spookiest shows of the year at the Pearlridge Center. Visit www.pearlridgecenter.com.

Nightmare on Beretania Street — Join Honolulu Police Department and Turtle Cove (Reservations, Bldg. 1773) for a very special Halloween performance art and more, 5:30-10 p.m. Honolulu’s Chinatown district. Visit www.pearlridgecenter.com.

Trick or treat at Ala Moana — Merchants at the state’s largest shopping center will be offering in-store specials, 5-7 p.m. Visit www.alamaonenline.com/events.

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Dust bunnies are the bane of my existence. Well, that might be a tad dramatic, but let’s just say that I pretty much hate dusting.

Then again, my mother taught me to never use the word “hate,” so let’s go with this: Dusting is an activity of which I am not particularly fond. (And I get bonus points for not ending with a preposition.)

You see, I just spent all last week cleaning my 100-year-old base house for a neighborhood party. Even though every military family on my street has the exact same old house with its government budget linoleum floors and gajillion layers of paint, we still try to spruce things up when we host each other. So, I cleaned the house for my guests. Sure, housework is pretty lousy all the way around, but dusting is, by far, the most frustrating and futile of household chores.

Take, for example, vacuuming. On the cleaning satisfaction scale (this doesn’t exist, but just go with it), vacuuming is a 10. There’s something about the whirring, the amps and the way you can hear debris being slurped up the suction tube.

Other tasks, such as folding laundry and ironing, are not as exhilarating as vacuuming, but the monotony can be minimized by simply turning on the television. Putting a crease in my husband’s cammies is actually quite riveting, if done while watching a catfight on “The Real Housewives of New Jersey.”

And I must admit, there are days when I’d rather chew my own arm off than empty the dishwasher for the umpteenth time, but it’s really not so bad if I can catch a rerun of “House Hunters” on the kitchen TV, too.

I think it’s safe to say that there’s no soul on this planet who truly enjoys cleaning bathrooms. However, the revolting nature of this foul chore is so universally recognized, that there are a plethora of products on the market to make the job palatable.

Flushable toilet scrubbing wands, automatic shower sprayers, disinfecting wipes, bleaching toilet tank tablets, and just in case you can’t even stomach harmless soap scum, there are Scrubbing Bubbles who will gladly do it for you.

But dusting? Dust is one of those sad facts of life, like stretch marks and male pattern balding. It’s always going to be there, so you’ve just got to deal with it. And, unfortunately, no one has invented anything to make dusting any easier.

Here we are in the 21st century, and in order to dust your house, you’ve still got to grab a rag — your son’s old football T-shirt is as good as anything else — and a can of furniture polish and get to work.

You may be able to catch a few minutes of a favorite show while tackling the family room, but that brief distraction is short-lived. You’ve still got to plod, slowly and methodically, room to room, sprucing, rubbing and wiping. Starting with the cob-webby ceiling fan blades and hitting every last desk, lampshade, molding, photo frame, table, piano key and baseboard, all the way down to the tumble-weeds of dusty dog hair on the floor.

Then, to make matters worse, the instant your ionically-charged ShamWow glides over the coffee table, there are millions more minute particles depositing themselves right back on the surface. We can’t see the little buggers, but every minute of every day, they’re there, coursing through our ductwork, wafting from room to room, floating from the ceiling to the floor, landing silently on every horizontal surface in our homes.

Where do these particles come from and why are they hell-bent on banishing us to a lifetime of dusting drudgery?

Lisa Smith Molinari

It’s the 21st century, but there has yet to be a product that takes the monotony out of dusting.

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Early detection is key for treating breast cancer

TRICARE News Release

October is National Breast Cancer Awareness Month. The goal is to raise awareness about the importance of early detection in treating breast cancer. The Centers for Disease Control and Prevention (CDC) report that breast cancer is the most common cancer among American women. The Department of Health and Human Services estimates that about 1 in 8 women born in the U.S. today will get breast cancer at some point.

It is important that all women, especially those with a higher risk of breast cancer, get screened and know when to start getting mammograms. Mammograms are an X-ray picture of the breast used to look for early signs of breast cancer. When breast cancer is found early, many women go on to live long and healthy lives.

Breast cancer affects women of all ages and ethnicities. TRICARE covers clinical breast exams for women under 40 years old during a covered periodic preventive health exam. Annual mammogram screening for women starts at age 40. For women who have a 15 percent higher risk, TRICARE covers screening mammograms annually starting at age 30. For women who don’t fall into one of those categories, the CDC’s National Breast and Cervical Cancer Early Detection Program works with health departments and other groups to provide low-cost or free mammograms for women who qualify.

For information about mammograms and how they are done, visit www.cdc.gov/cancer/breast/basic_info/mammograms.htm. Go to www.cdc.gov/cancer/rbhp/screenings.htm to find out about screenings.

For more information on your TRICARE coverage, go to www.tricare.mil/breastexams.

Women should get screened with mammograms to detect breast cancer. TRICARE provides annual screenings at age 40 — at 30 for women with a 15 percent higher risk.

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Mammograms

U.S. Army Health Clinic Schofield Barracks (USAHC-SB) is now offering walk in mammograms weekdays, 1-3 p.m., at its Radiology clinic, Bldg. 485, first floor. Call 433-8355.
The Performance Triad is speeding to its end. In a couple weeks, the health challenge will conclude. How have you been faring with sleep, activity and nutrition goals?

Sleep Goal
Keep your sleep area dark and quiet. Cover windows with darkening drapes/shades or wear a sleep mask to block light.

Activity Goal
Household activities like vacuuming and gardening count as exercise as long as they are done with moderate intensity.

Nutrition Goal
Find at least two new healthy recipes to try this week.

Recipe Links


Triad enters week 21
Continued from B-2
Family Movie Night — Enjoy a free movie in the great outdoors with IPC at its Helemano Community Center, Nov. 8. Food trucks will offer food for purchase beginning at 5 p.m. Movie starts at 6 p.m. Bring your blankets, mats or low-sitting lawn chairs. Call 273-3139.

Wounded Warrior Golf Tournament — Across the nation, proceeds from golf tournaments are going to benefit the Military Golf Program, which provides golf lessons, golf equipment and golf outings to Wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii takes place 12:30 p.m. at Hoakalei Golf Club in Ewa.

Dance Performance — Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American heritage observance, 1-2 p.m., at SB Sgt. Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

Operation Homefront — Nominate an outstanding child for the 2015 Military Child of the Year Award. Operation Homefront will present an award to a military child from each branch (Army, Navy, Marines, Air Force and Coast Guard) and honor the winners at an annual gala in Washington, D.C. Nominees must be between 8 and 18 years old, and able to travel to Washington, D.C., for the gala. Deadline is Dec. 12. Visit operationhomefront.net and militarychildoftheyear.org.
Family Sports Day is Nov. 5 at Stoneman complex

ADAM FABEL
Army Community Service
Directorate of Family and Morale, Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Wednesday, Nov. 5th, the Army Community Service (ACS) Exceptional Family Member Program (EFMP), in partnership with the Directorate of Family and Morale, Welfare and Recreation (DFMWR), will host Family Sports Day at the newly renovated Stoneman Athletic Complex, here, from noon till 4 p.m.

The event will allow all military youth an opportunity to participate in an athletic setting, regardless of experience or ability, and without the pressure of competition.

At least eight “clinics” will be set up to expose youth to different sports and to practice basic athletic skills.

At the football clinic, youth can learn the fundamentals of throwing, kicking and receiving a football. For basketball, the focus will be on dribbling and passing.

“Not every child will have the athletic ability of (professional basketball player) Michael Jordan,” said Leonard Webster, ACS EFMP coordinator, “but that shouldn’t prohibit him or her from trying the sport or enjoying the game.”

The idea that athletic development should be encouraged at all levels of ability is not new. Special Olympics Hawaii, a partner of ACS EFMP, maintains the philosophy that, through sports training and competition, people with intellectual disabilities benefit physically, mentally, socially and spiritually. They believe that families are strengthened and that the community, at large, can participate in and observe an environment of equality, respect and acceptance.

This same philosophy can be seen on display throughout the course of the event.

Children of all abilities will have the opportunity to participate in a variety of different sports including bocce ball, soccer, football, track and field, obstacle course, softball, golf and basketball.

After completing the various events, the first 300 children will be awarded a prize. Also available will be a variety of informational booths on available community supports. These all-inclusive events will be fun for the entire family.

Whether you have a child with a disability, or not, you are welcome to this event, which seeks to promote inclusion of all community members in a friendly athletic environment. This event will be an opportunity to expose your child to a broad range of sports and activities, all in one day, where they will have the opportunity to find their inner athlete.

Once your child falls in love with a particular sport, there will be knowledgeable staff on hand who can direct you in how to sign up for the various youth sports.

It is the goal of the EFMP to expose as many children as possible to the joys of athletics to foster growth, find potential and turn disabilities into possibilities.

These events work in build family resiliency through boosting your child’s confidence, making new friends and building a network of natural supports. Come out and join the EFMP and its partners for a fun-filled day of family friendly activity.

(Note: Fabel is the EFMP System Navigator at ACS.)