

HAWAII ARMY WEEKLY

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INSIDE

USAG-HI welcomes its new commander

LORAN DOANE

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS – Soldiers, family members and government civilians, along with local civic and Native Hawaiian leaders, gathered on Sills Field, here, Monday, to bid aloha to Col. Matthew Margotta, outgoing commander, U.S. Army Garrison-Hawaii, and to welcome Col. Douglas Mulbury, incoming commander.

The ceremony's reviewing officer, Debra Zedalis, director, Installation Management Command-Pacific, remarked that each garrison within IMCOM-Pacific was represented at the ceremony.

Representatives from city and community organizations were also present.

"This speaks to the regard that is held for Col. Margotta, his family, U.S. Army Garrison-Hawaii and the Army," Zedalis said. "It's important to stop and reflect on Matt's impact on our lives."

"Three qualities immediately come to mind," Zedalis continued, "his passion, his commitment and his caring."

"Matt's passion for command is reflected in the successes of this garrison," Zedalis said. "Most importantly, it's reflected in the garrison team he led



Mulbury

and nurtured.

"I can't tell you how many e-mails we receive from commanders who praise Matt and this garrison for the great support they provided in deploying or redeploying," Zedalis said.

Margotta remarked that his team accomplished two goals he had set for the garrison at the start of his command. The first goal was to improve the quality of life for Soldiers, families and community members. The second goal was to encourage teamwork among garrison employees.

"I confidently say to the garrison team ... you've accomplished both goals," Margotta said. "You dedicated yourselves to these goals. You willingly and enthusiastically did everything within

your power to make Hawaii a better place to live, work and play.

"Look around our community to see the results of your tremendous efforts," Margotta said. "We now have thousands of new homes. We have new and renovated barracks for our single Soldiers. We have the Army's finest recreation program."

"Be proud of what you've accomplished. For this, I and the community owe you a debt of gratitude and a sincere thank you," Margotta concluded.

Margotta had commanded USAG-HI since June 27, 2007. He is noted for his initiatives in building strong partnerships and programs between the Army

SEE USAG-HI, A-6



Honor, remember

8th Military Police Brigade dedicates Watchdog Memorial Grove to the fallen.

A-4

2nd BCT deployment

The 2nd Brigade Combat Team, 25th Infantry Division's deployment ceremony is June 24, 2 p.m., at Sills Field.

A-4

Career Fair

The Hawaii Military "Defense Technology and Intelligence Career Fair," is June 22, 10 a.m.-2 p.m., at the Nehelani on Schofield Barracks.

See Community Calendar, B-2



Spc. Ashley Armstrong | 94th Army Air and Missile Defense Command Public Affairs

Happy 235th birthday, Army!

HONOLULU — Lt. Gen. Benjamin Mixon, commanding general, U.S. Army-Pacific; Command Sgt. Maj. Joseph Zettlemoyer, command sergeant major, USARPAC; and Pfc. Daryl Tippens, intelligence analyst, 8th Military Police Brigade, 8th Theater Sustainment Command, cut into an Army birthday cake during the 235th Army Birthday Commemoration, at the Hilton Hawaiian Village, here, June 12.

New center aids in defeating explosive devices

U.S. ARMY-PACIFIC PUBLIC AFFAIRS

News Release

FORT SHAFTER – U.S. Army-Pacific's newly established Asia-Pacific Counter-Improvised Explosive Device, or C-IED, Fusion Center provides service members stationed in the Pacific access to cutting-edge training in the fight to defeat improvised explosive devices.

IEDs are currently the leading cause of casualties to troops deployed in Afghanistan and Iraq.

The make-shift or "homemade" bombs often are used by enemy forces to destroy military convoys.

"The IED threat and our efforts to defeat the threat are top priorities for the Department of Defense, the Army and USARPAC," said Col. Stanley Toy, director, C-IED Fusion Center, USARPAC.

"The Asia-Pacific Counter-Improvised Explosive Device Fusion Center is focused on defeating the weapon causing the greatest number of casualties in Afghanistan, Iraq and in the Asia-Pacific area of operations," Toy explained.

USARPAC's C-IED Fusion Center, located in the command's headquarters, here, was developed to combine intelligence gathering, training and a knowledge center to defeat IEDs in Afghanistan, Iraq and Asia-Pacific countries where IEDs are an increasing threat.

The curriculum at the C-IED Fusion Center, or "Counter-IED University," as Toy puts it, is designed to teach troops at all lev-

SEE C-IED, A-8

USARPAC safety specialists ensure safe operation

Crew helps protect Soldiers and environment

U.S. ARMY-PACIFIC PUBLIC AFFAIRS

News Release

FORT SHAFTER – Unlike most military missions, the success of the Army's safety mission lies in what does not happen.

U.S. Army-Pacific's Safety Office works diligently across the command to ensure that mission goals are met without incident.

Soldiers' lives are rife with risk – travel, tactical and physical training and a warrior lifestyle – that too often results in injury or even death.

The Army is committed to doing all it can to enhance the safety of its fighting force, while maintaining training intensity.

USARPAC's efforts to provide command and control for small-scale contingency operations – to support humanitarian assistance and disaster relief and peacekeeping operations across the Pacific area of operations – takes a lot of coordinated effort and teamwork.

Lt. Gen. Benjamin Mixon, commanding general, USARPAC, understands the value safety personnel add to mission accomplishment.

"Safety is a top priority for my command. The successful efforts of our safety team before, during and after a training exercise are vital to mission success," Mixon said. "They are vital enablers,

but ultimately, commanders are responsible for safety programs."

By embedding civilian safety specialists with tactical forces who participate in exercises throughout the USARPAC area of operations, leaders are provided the crucial expertise required to implement an effective safety program.

Donnie Butler, USARPAC safety specialist, is among the professionals who arrive on-site weeks preceding an exercise to identify safety hazards and potential dangers prior to the arrival of the operations training party.

"We work with leaders and training and exercise personnel to conduct their safety operations," Butler said. "We mentor leaders on how to create a pre-accident plan including tactical operations, fire drills and patient evacuation plans."

"We also prepare for environmental hazards such as spills, and we inspect personal protective equipment such as gloves, protective clothing and other safety equipment," Butler said.

USARPAC safety officers help ensure a safe environment for Soldiers as they travel, train and fight.

Butler said he and others on his team are an integral part of annual training exercises such as Cobra Gold, held in Thailand, and Balikatan, which takes place in the Philippines.

USARPAC safety experts travel to a site well in advance to survey the training area and identify areas that may be considered safety hazards.



Courtesy Photo

Members of U.S. Army-Pacific's safety team conduct a crew fire rescue plan safety briefing during Cobra Gold 2010 in February. The a joint training exercise focused on maintaining and improving military relationships among the U.S., Thailand, Singapore, Japan, the Republic of Korea and Indonesia.

They remain throughout the exercise to advise Army leaders on the best course of action to maintain the highest level of safety and operability.

In addition, these experts brief personnel to ensure all involved are aware of the risks unique to the training site.

"We provide a list of what to do and what not to do in a particular country, including insect and wildlife hazards, food and health hazards, and other issues unique to a specific training area," Butler said.

Before and after training exercises,

USARPAC safety officers team with ordnance personnel, ammunition experts, and medical and range safety personnel to provide the expertise vital to the safety of Soldiers and other exercise participants.

The success of the Safety Office lies not in what happens, but rather in what does not happen, Butler said.

"What we're doing is ensuring the safety of Soldiers and those involved in the exercises," he explained. "Our measure of success is in avoiding the loss of personnel or equipment."



JROTC magnet

Punahou encourages homeschooled students from military families to join leadership program.

B-1

This issue

Footsteps in Faith A-2

Deployed Forces A-3

News Briefs A-4

FMWR B-2

Sports & Fitness B-5

We want to hear from you...

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

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3155, or e-mail editor@hawaiiarmyweekly.com.

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

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

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Nondelivery or distribution

problems in Army Hawaii

Family Housing areas? If so,

call 656-3155 or 656-3156.

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 6/17/10.

64 days since last fatal accident

Straight Talk

DWI, crime prevention among DES's concerns

LT. COL. DANIEL HULSEBOSCH
Director, Directorate of Emergency Services

With the summer months here, the Honolulu Police Department and the Military Police are aggressively pursuing drinking and driving.

Arrests for driving while intoxicated on the installation have been steadily rising for the last few months.

Our police are conducting more DWI checkpoints at multiple locations in an attempt to keep drunk drivers off the roads.

Before going to any function that will serve alcohol, make sure you have a designated driver. One day without alcohol will not kill you. It might actually save your life.

•National "Click It or Ticket"
Last month kicked off the national campaign to enforce seatbelt use.

Spot checks, on and off the installation, are common occurrences.

The fine for a driver or anyone in the vehicle not wearing a seat belt is \$92.

Seat belts save lives. Wear yours.

•Department of Defense decals on privately owned vehicles.

All POVs that regularly entering the installation must have a DoD decal posted on their windshield.

Motorists without the DoD decal who wish to enter the installation will be directed to the Visitor Control Center to receive a one-day pass.

•Crime Tips

Tired of criminal mischief in your neighborhood but concerned about getting involved? The Directorate of Emergency Services has employed a system



Hulsebosch

Department of Defense Decals

Anyone who has regular business on any Army installation is eligible for a DoD vehicle sticker.

Stop in at vehicle registration on Fort Shafter or Schofield Barracks. For more information, call 655-8940 (Schofield) or 438-1517 (Shafter).

wherein community members can submit anonymous crime tips to the MP Station via cell phone text messaging or with their computers.

To submit a text message tip through your personal cell phone, follow these steps:

- 1) Type "TIP730" and provide your tip information (e.g., John Doe stole a plasma TV from 123 Main Street).
- 2) Type "Crimes" (or the numbers 274637) in the "to" line.

3) Hit "Send."

To submit a tip via your computer:

- 1) Go to <https://www.tipsubmit.com/start.htm>.
- 2) Enter country and state information and select either Schofield or Shafter from the pull-down screens.
- 3) Provide as much tip information as you have on the following webpage.
- 4) Click on "Submit Tip."

Tipsters are given an alias to allow for anonymous two-way communication should the MP Station require more information.

More information regarding our anonymous crime tip program will be provided through community bulletin channels.

Please continue to report emergencies by dialing 911 or contacting the Schofield MP Station at 655-7114 or the Fort Shafter MP Station at 438-7114.

Military partnership improves education for all Hawaii's children

REP. K. MARK TAKAI AND DR. KATHLEEN BERG
Joint Venture Education Forum

HONOLULU – It's no secret that many military families coming from beyond our shores arrive with negative perceptions of Hawaii public schools.

With recent high-profile national news coverage of Furlough Fridays, this fact can hardly be a surprise.

In truth, poor school performance has been an enduring perception for some time, despite clear evidence that both kamaaina and military students tend to do well when working side-by-side in our schools.

For example, a recent examination of 2008-2009 test data from 56 "military-impacted" schools in Hawaii showed that their students overwhelmingly tended to score at the national average or better.

But negative perceptions persist. The Joint Venture Education Forum, or JVEF, is a partnership involving the military, public schools, businesses, the legislature and others with the goal of facilitating communication and action about schooling in Hawaii.

As two JVEF members, we are very aware that schooling ranks at the top of military quality of life issues, especially in Hawaii. Many do not realize how much the military presence impacts our schools and, in turn, is impacted by our schools.

Nearly 15,000 military dependent students attend Hawaii public schools. Military dependents make up more than 90 percent of students in five schools, more than 50 percent in 11 schools, and more than 20 percent in 10 others.

When former Hawaii Superintendent Paul LeMahieu and Adm. Dennis Blair, then commander of U.S. Pacific Com-

mand, initiated the JVEF in 1999, the situation at the time called for the military and school community to create better working relationships.

The effort came to the attention of U.S. Sen. Daniel Inouye, who understood the frustrations on both sides. In 2000, the senator supported the incipient organization with \$5 million in federal dollars through Defense Appropriations legislation "to bring some additional funds to the table and to encourage a venue where issues could be brought and resolved together."

Over the last decade, JVEF has become an exemplar of partnerships that focuses efforts for maximum benefit, helping military-impacted schools with textbooks, computers, playgrounds, and repair and maintenance projects.

With JVEF assistance and guidance, schools have developed transition programs to help incoming students, offered staff development courses to help teachers and counselors understand the unique stresses and culture of military families, and instituted citizenship programs that enhance student behavior, respect and understanding of differences.

But perhaps the most significant impacts of the JVEF are the volunteer ef-



Berg



Takai

orts through 158 partnerships throughout the state. Military personnel and their spouses can be seen regularly tutoring in classrooms, painting buildings, coordinating fitness programs, beautifying school grounds, and serving as Parent, Teacher, Student Association and school community council officers, chaperones and in other capacities.

On Kauai, the Pacific Missile Range Facility coordinates a rocketry program to support math and science skill building. Also, Pohakuloa Training Area, on the Island of Hawaii, with an active duty staff that often numbers fewer than a dozen, partners with schools many miles away.

Dr. Gail Awakuni, 2005 U.S. National Principal of the Year, has said, "The honor I received is directly attributable to the cooperation and work of many people on the Campbell High School (Ewa Beach, Hawaii) staff and in the community here."

"That includes our three military partners who have brought both fiscal and human resources and expertise that have been invaluable to the school, the staff and the students," Awakuni added.

Implicit in Awakuni's words is the fact that the assistance to Hawaii's schools that serve military dependent students benefits all students.

Many of JVEF's initiatives have only just begun, and new initiatives are being developed each year. Significant future achievements will clearly add to those already accomplished and continue to benefit all keiki living and learning in Hawaii.

(Editor's Note: Rep. K. Mark Takai and Dr. Kathleen Berg are co-chairs of a JVEF committee. Takai is a 16-year member of the Hawaii State House of Representatives and Berg is on the faculty at the University of Hawaii at Manoa.)

Letter to the Editor Soldier renders assistance

I was driving my car, June 3 on H2 towards Schofield Barracks when my tire went flat.

I pulled over to the side of the road to assess the situation.

Countless vehicles passed me, save one, a vehicle driven by Pfc. Josh Ross, 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division.

He stopped to help.

Pfc. Ross quickly changed the tire, accepted only my "thank you" for payment, and only until I was able to drive off did he continue on his way.

It is heartening to know that our military members are not only protecting and serving our country in the wars in Iraq and Afghanistan, among other locations, but are also doing their part to protect and serve the community in which they are stationed.

I would like to express my thanks and my gratitude toward Pfc. Ross and also to his noncommissioned officer support channel and commanding officers.

They clearly have continued to cultivate a sense of honor and commitment in him. It makes me very proud to be a part of a community in which the military are such a presence.

—Joanna Amberger, Wahiawa Resident

FOOTSTEPS in FAITH

Belief, trust integral to faith even in troubled times

CHAPLAIN (CAPT.) PEPPE HIBBERT

Headquarters and Headquarters Battalion, 25th Infantry Division

I have found it to be very interesting that the main focus outside of salvation is often either to develop or increase our faith. By now, we all have internalized the basic understanding that "faith is the substance of things hoped for and the evidence of things unseen."

But have you ever noticed that it appears that the only method by which our faith is increasing is because of the constant opposition and struggles that we face from year to year, month to month, and week to week.

As is often the case, our faith increases because of the intense trials and unfortunate circumstances that we expectedly or unexpectedly encounter.

It is almost as if the more we have to go through, the more we are convinced that there is a God who will help us to make it through.

The more that we are "friendless," the more faith we have that Jesus is a friend who will stick closer to us than

a brother. The more we are pressed down and stretched beyond our very limits, the more we believe that God has the effortless ability to "bring us up out of our horrible pits and out of the miry clay."

The more pain we experience or the more tears we have to shed, only elevates our faith to the level of declaring that yes, this "weeping may endure for a night, but joy comes in the morning light."

So with all of this in mind, just how would one accurately describe this thing called faith? Just what does faith mean to you?

From its origin, faith has a two-fold sense in the Bible: On one hand, it means trust or reliance. On the other hand, it means fidelity or trustworthiness.

Faith is best represented and described as our belief



Hibbert

and trust in God. Faith does not deny the fact that the mountain still exists, but by faith we believe that there is power to tell the mountain to get out of our way!

Faith may not always remove the darkness from any given situation, but by faith we are encouraged to keep on walking even "through the valley of the shadow of death."

When our trials come, do we still believe God?

I know we have all "come this far by faith," but for the unexpected that has come or is yet to come, do we still say with assurance "the Lord giveth and the Lord taketh away. Blessed be the name of the Lord?"

I know we may be trusting God for things great or small right now, but do we do so only when we are really tested, when we are tried by fire, or when the enemy has come in like a flood? Will our testimony be that we displayed a faith that did not fail?

In the midst of whatever we are going through at this very moment, we truly need a faith that won't fail.

Faith inspires us to keep walking.

Voices of Ohana

What is the wisest thing you've learned from your Dad?



"It's easier to light a candle than it is to curse the darkness. That means that if you look closely, the solution is at hand."

Greg "Ben" Benjamin
599th Transportation Brigade



"My father always told me to take your work seriously, but don't take yourself too seriously."

Sgt. 1st Class Emilio Calzada
599th Transportation Brigade



"My dad would say, which had been passed down from his dad, 'Don't sweat it. A man on a galloping horse going by won't notice.'"

Maj. James Congrove
599th Transportation Brigade



"Some of the many things he taught me are the importance of family and the meaning of unconditional love."

Millie Griggs
599th Transportation Brigade



"If it's important to your family, it's important to you."

Clayton Maciorowski
599th Transportation Brigade

TF Marne's CAC Co. executes critical missions

Deployed Forces

Story and Photo by

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq – On a recent afternoon in northern Iraq, here, visibility diminished from three miles to one in less than an hour, enough to cancel all but the most critical aviation missions for the most experienced combat aviators.

For the air crew of the “Stingrays,” Company A, 25th General Support Aviation Battalion, Task Force Hammerhead, 25th Combat Aviation Brigade, 25th Infantry Division, the extreme weather amounted to another challenging mission change.

The command aviation company is always prepared to navigate poor weather and restricted visibility conditions to safely transport U.S. Division-North’s commanding general to critical meetings in Iraq.

The Stingrays transport some of the most senior and influential personnel throughout USD-North. It’s a “no-fail” mission and, by all accounts, one the unit has performed flawlessly since arriving in Iraq almost nine months ago.

“Our primary mission is to support the Task Force Marne and USD-North commanding general, Maj. Gen. Tony Cucolo; the deputy commanding general for maneuver, Brig. Gen. Patrick Donahue; and the deputy commanding general for support, Brig. Gen. Thomas Vandal, as well as other general support missions,” explained Capt. Bonnie Wood, commander, Co. A, 3rd Bn., 25th GSAB.

“The mission is critical because we allow Task Force Marne’s senior leaders to move around their battle space quickly, safely and efficiently,” Wood said.

The Stingrays have accomplished their mission with about 50 Soldiers from two locations: COB Speicher, near



Soldiers assigned to Company A “Stingrays,” 25th General Support Aviation Battalion, Task Force Hammerhead, 25th Aviation Brigade, 25th Infantry Division, conduct preflight checks and inspections on a UH-60L Black Hawk helicopter. Pictured are Sgt. John Stefanik, top left, crew chief and UH-60L Black Hawk mechanic; Sgt. Estevan Gonzales, right, signal support systems specialist and A2C2S operator; and Pfc. Rebecca Pottebaum, left, crew chief and UH-60L Blackhawk mechanic.

Tikrit, Iraq, and Contingency Operating Location Diamondback in Mosul, Iraq. They are executing the mission with UH-60L Black Hawk helicopters modified for their unique mission.

Each primary helicopter contains an Army airborne command and control system, also referred to as the A2CS2, and an experienced signal support systems specialist to operate it.

The A2C2S functions like a mobile tactical operations center. In addition to multi-band and satellite radios, this airborne command and control system contains command post of the future and blue force tracker capabilities, among other systems.

Both CPOF and BFT give the aircraft’s general officer passengers un-

precedented communication ability and situational awareness in flight.

Since October 2009, the Stingrays have flown more than 700 missions, accumulated more than 5,000 flight hours, and have earned high praise from TF Marne’s most senior leader.

“Alpha Company and my particular pilot and air crew are absolutely invaluable to my mission,” Cucolo said. “We operate in a huge battlespace, so much of which is only accessible by rotary wing aircraft.

“Many of the locations I need to go to are only accessible by rotary wing,” Cucolo continued. “As the commanding general, I simply must have the ability to pick up and move quickly. Alpha Company provides me that ability.

“They also bring much-needed agility,” Cucolo added. “There have been instances, for example, where I will be meeting with a sheik in far western Ninewah province and, over the radio, my aide-de-camp will receive word that I am needed in Kirkuk province.

“It won’t be something that’s part of the day’s flight plan, but the pilots and air crew who I have are capable of adjusting,” Cucolo said. “They do it every day, and they bring a level of credibility that makes me feel like I can really do anything, anytime, anywhere.

“They have done a fantastic job for us. They are all great Soldiers, and I am proud to serve with them,” Cucolo added.

Polynesians with TF Wings host Asian-Pacific celebration in Iraq

Story and Photo by

STAFF SGT. MIKE ALBERTS

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Dance is a form of cultural expression.

Like visual art, sculpture or architecture, dance encapsulates, reinforces and transmits cultural traditions and values.

The diversity of Asian-Pacific American culture was on display as a group of more than 30 Task Force Wings Soldiers and other volunteers celebrated Asian-Pacific American Heritage Month with a performance of traditional dance, song and food, here, recently.

The annual observance commemorates the contributions of people of Asian-Pacific Islander descent in the United States.

In 1978, Congress passed a joint Congressional Resolution to commemorate Asian-American Heritage Week during the first week of May. This date was chosen to coincide with two significant anniversaries: the arrival of the first Japanese immigrants in America, May 7, 1843, and the completion of the transcontinental railroad by mostly Chinese laborers, May 10, 1869.

Congress later voted to expand Asian-American Heritage Week in 1990 to a monthlong celebration. In 1992, the month of May was permanently designated as Asian-Pacific American Heritage Month.

TF Wings’ luau-themed celebration was replete with Hawaiian décor, traditional dishes, such as kalua pig, and a variety of traditional Polynesian music and dance.

According to Sgt. Taimi Taala, a native of Samoa and human resource specialist with Headquarters and Support Company, 209th Aviation Support Battalion, TF Lobos, the observance performers hailed from several Polynesian islands, and even India, with a dance performed by 1st Lt. Puja Ghosh, chemical officer and medical platoon leader, HSC, 209th ASB, TF Lobos.

“Polynesian” is a term commonly used to describe a large grouping of over 1,000 islands scattered throughout the central and southern Pacific Ocean that share similar traits, including culture, language and beliefs,” Taala said.

“The performers hail from all over Polynesia and, as a result, we performed several different dances from several different island cultures,” Taala added. “Some of those dances were the Haka, a traditional dance form of the Maori of New Zealand, the Tahitian O Tea, and the Sasa and Faataupati, both traditional Samoan dances.

“This was our way of showing how important tradition and family is to us,” Taala continued. “Where we are from, family is everything, and we are always doing everything as a family. This event hopefully helps others understand that about Pacific Island culture.”

Capt. Marie Slack, battalion adjutant, Headquarters and Headquarters Co., 2nd Bn., 25th Avn. Regiment, TF Diamond Head, and Sgt. 1st Class Punipua Tuatoo, petroleum supply specialist and distribution platoon sergeant, Co. E, 2-25th Avn. Regt., TF Diamond Head, both performed at the celebration.

Both Soldiers hoped to convey a sense of family and fun to those in attendance.

“I love sharing my culture with people,” said



A group of Task Force Wings Soldiers perform songs accompanied by ukulele during Task Force Wings’ luau-themed Asian-Pacific American Heritage Month celebration that featured traditional dance, song and food at Contingency Operating Base Speicher, Iraq, last month.

Slack, a native of Hawaii with family originating from Samoa. “The whole spirit of Polynesia is about family, being happy and sharing that happiness with others.

“I hope that, when people see us celebrate our culture, they take away the spirit of Polynesia,” Slack continued. “They see the joy and the fun atmosphere that we carry with us wherever we go.”

Tuatoo, a native of American Samoa, agreed. “We Polynesians love to entertain. I enjoy seeing fellow Soldiers participate in our celebration with a curiosity to learn about our culture, and hopefully they left understanding how impor-

tant our culture and our family traditions are to us,” Tuatoo said.

More than 200 Soldiers, Airmen, civilian contractors and others attended TF Wing’s celebration and, by all accounts, it was an experience they will not soon forget.

“I really enjoyed today’s celebration, especially all of the different types of dances,” said Pfc. Tiffany Gordon, paralegal specialist, HHC, 25th Combat Avn. Brigade, 25th Infantry Division, TF Wings. “The Army is so diverse, and for that reason, it’s especially important to host these types of events.”

8th MPs erect Memorial Grove to honor their fallen



Cpl. Frank Bland | 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command

Sgt. Clark Bartholomew, 8th Military Police Brigade, 8th Theater Sustainment Command, places the dog tags of his fallen friend — Sgt. Raul Moncada, 563rd MP Company — on the Soldier's Cross, represented by a rifle, boots and helmet, at the 8th MP Bde. memorial on Schofield Barracks, June 4.

PFC. MARCUS FICHTL

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 8th Military Police Brigade, 8th Theater Sustainment Command, honored 11 fallen Soldiers from the brigade's deployment to Iraq in a memorial ceremony at the new 8th MP Bde. Watchdog Memorial Grove, here, June 4.

Eleven dog tags were placed upon the Soldier's Cross, consisting of a helmet, bayoneted rifle and combat boots.

For Sgt. Clark Bartholomew, Operations section, 8th MP Bde., 8th TSC, the memorial had special meaning as he laid the dog tags belonging to his close friend, Sgt. Raul Moncada of 563rd MP Co., on the monument.

"Sgt. Moncada was the ultimate friend, the ultimate Soldier, the ultimate noncommissioned officer, and a huge family man," Bartholomew said.

"You don't forget a fellow Soldier."

— **Sgt. Clark Bartholomew**
8th Military Police Brigade

In Memorium

- Staff Sgt. Jonathan Dean, 561st Military Police Company
- 1st Lt. William Emmert, 269th MP Co.
- Staff Sgt. Rafael Futrell, 13th MP Detachment
- Air Force 1st Lt. Joseph Helton, 732nd Expeditionary Security Forces Squadron
- Spc. Thomas Lyons, 545th MP Co.
- Sgt. Zachary Myers, 545th MP Co.
- Sgt. Raul Moncada, 563rd MP Co.
- Cpl. Gary Moore, 978th MP Co.
- Spc. Matthew Pollini, 772nd MP Co.
- Sgt. Jeffery Reed, 41st MP Co.
- Staff Sgt. Shannon Smith, 545th MP Co.

their time and energy into building the memorial.

Placing the Soldier's Cross onto the granite with engineer and MP patches became a moment that rekindled a fraternal bond that engineers have with MPs when the engineers were part of the MP unit.

Monetary donations came from MP units and private citizens such as Nick Lohr, president of Nick Lohr Construction, who gave his time and labor.

"Working with these guys, I really felt like I became one of the team," Lohr said.

"I never cease to be amazed at our Soldiers and families' commitment to duty and each other," said Col. Byron Freeman, commander, 8th MP Bde. "But rather than dwell on the loss of these Soldiers, I choose to remember and celebrate who they were as men, as brothers, as husbands and as fathers."

Eleven names are etched into the granite at Watchdog Memorial Grove — none to be forgotten.

"The emotions that one goes through during an event like this makes it an extremely hard experience, but ultimately a rewarding one.

"You don't forget a fellow Soldier," Bartholomew added.

A day before the memorial ceremony, Soldiers from the 8th MP Bde. and engineers from the 643rd Engineer Co. finished the memorial by placing the Soldier's Cross directly onto the granite base of the memorial.

The engineers had spent months dedicating

Col. Roland Niles at the Post Theater, Building 91, Pohakuloa Training Area, June 24, at 10 a.m.

July

1/Thursday

ID Card System — U.S. Army Garrison-Hawaii's new ID Card Appointment System start is delayed until October at the Directorate of Human Resources ID Card Offices. Call 655-1374.

Road Closures — Portions of Ayres Avenue, from Waianae Avenue to McNair Gate on Schofield Barracks, will be closed for road resurfacing, July 1-19. Call 656-2473.

Ongoing

West Point Recruitment — If you are interested in becoming a West Point cadet, you must be a U.S. citizen, unmarried, with no legal obligation to support dependents; not be older than 23 years of age on July 1 of the year you are entering the U.S. Military Academy; of high moral character; and have a sincere interest in becoming an officer.

For more details, contact Maj. Brian Easley, DSN 312-688-5780, or Brian.Easley@usma.edu.

Personal Relationships Worries? — Tripler's marriage and family therapists, as well as licensed clinical social workers, provide individual, couples and family counseling to help military personnel and family members.

Tripler medical personnel can help with communication, conflict resolution, parenting and deployment issues. No referrals are required.

For more details, call the Social Work Outpatient Services Clinic at 433-6606.

Network Service interruption — The 311th Signal Command is working to improve the classified and unclassified networks, and network infrastructure for continued reliability, and to increase the size and processing power of e-mail and data file servers.

Users may experience short-term interruption of services. Your first line of support is at the unit level, by your Information Management Officer, or IMO, and the S6/G6 staff section.

IMOs and sections work with the Network Enterprise Center to resolve problems.

Interactive Water Safety Tool — Test your water safety I.Q. with the new U.S. Army Combat Readiness/Safety Center's web-based Water Safety tool at <https://safety.army.mil/> Water Safety.

Players will be presented with water safety challenges including swimming, jet-ski, life ring-toss and beach hazards.

Fort Shafter ACS Closure — The Fort Shafter Flats Army Community Service office will be closed until further notice.

ACS services are available at the Tripler Army Medical Center office, Building 127A, Krukowski Road. For Army Emergency Relief assistance, call 438-4499 or 655-4227.

Deploying Units — Family and Morale, Welfare and Recreation is available to come to pre-deployment family readiness group meetings to explain the benefits of the Blue Star Card program and to answer questions. Call 655-0002.

Ethics Competition — The U.S. Army's professional ethic is strong, and you can make it Army Strong.

The U.S. Army Center of Excellence for the Professional Military Ethic is sponsoring an Armywide ethics competition.

Soldiers, civilians and family members may choose up to seven ways to share powerful personal stories about how we maintain the U.S. Army's high ethical standards in this era of persistent conflict.

The contest runs through Aug. 15. Visit <http://acpme.army.mil>.

News Briefs

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

Today

25th ID Values — The 2nd Tropic Lightning Values Photo Contest is running through Aug. 1. Soldiers are invited to submit photographs of 25th Infantry Division Soldiers depicting Army Values, which will be used for posters and publicity items.

For entry rules, call 655-8780, e-mail divisionretentionoffice@hawaii.army.mil or visit the Division Retention Office at 1586 Trimble Rd., Building 585, Schofield Barracks.

715th MI Change of Command

— Lt. Col. Parker Pritchard, commander, 715th Military Intelligence Battalion, will relinquish command to Lt. Col. David Perrine at Sills Field, Schofield Barracks, June 18, at 10 a.m.

DFAC — Fort Shafter's Paradise Haven Dining Facility will permanently close its doors after lunch, June 18.

Road Closures — Portions of Ayres Avenue, from Cadet Sheridan Road to Abbot Street on Schofield Barracks, will be closed for road resurfacing through June 18. Call 656-2473.

21 / Monday

Second Career Marketing — The Army Career and Alumni Program is sponsoring a "Marketing Yourself for a Second Career" seminar, June 21, 9-11:30 a.m., at Richardson Theatre, Fort Shafter.

An expert on transitioning from the military to civilian employment will present this seminar for service members and spouses.

This lecture is presented annually and is up-to-date, hard-hitting and sharply focused, especially for those separating or retiring within three years or less. Call 655-8945, or e-mail charlene.shelton@us.army.mil.

Road Construction — Portions of Ayres Avenue, from Abbot Street to Waianae Avenue on Schofield Barracks, will be closed for road resurfacing, June 21-30.

Bragg Street will temporarily be converted to a two-way street for residents of Patrick Henry Court, Thomas Jefferson Court and Betsy Ross Court. Call 656-2473.

22 / Tuesday

311th Signal HHC Change of Command — Capt. Jason Hillman, commander, 311th Signal Command, Headquarters and Headquarters Company, will relinquish command to Capt. Denyada Barnes at Chapel Field, Fort Shafter, June 22, at 10 a.m.

24 / Thursday

Deployment Ceremony — The 25th Infantry Division bids aloha to the Soldiers of 2nd Brigade Combat Team during a deployment ceremony, June 24, 2 p.m., at Sills Field, Schofield Barracks.

The public is invited. Expect traffic congestion to be heavier than normal on roads leading to the 25th ID headquarters, and for Cadet Sheridan Road to be closed, June 23-24.

POSH — Civilian employees and military and civilian supervisors need to attend mandatory Prevention of Sexual Harassment, No Fear Act and Equal Employment Opportunity training sessions. Call 655-9382.

Schofield Barracks employee sessions are at the Sgt. Smith Theater, June 24, 8:30-9:30 a.m. or 1-2 p.m.; or June 25, 10-11 a.m. or 2:30-3:30 p.m.

Schofield Barracks supervisor sessions are at the Sgt. Smith Theater, June 24, 10-11 a.m., or 2:30-3:30 p.m.; or June 25, 8:30-9:30 a.m. or 1-2 p.m.

USAG-PTA Change of Command — Lt. Col. Warline Richardson, commander, U.S. Army Garrison-Pohakuloa, will relinquish command to Lt.



Forward observers train to be eyes of field artillery

Story and Photos By
SPC. JAZZ BURNEY

3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS – On a battlefield, before artillery rounds of any size can be used to support a platoon or company of infantry Soldiers, exact targeting information must be gathered by Soldiers known as forward observers.

During the execution phase of a weeklong training event at 3rd Brigade Combat Team, 25th Infantry Division, called “FIST Cert” or fire support team certification, brigade Soldiers learned and sharpened their skill set at Area X, here, June 4-14.

“Forward observers have to think fast in a changing environment and keep situational awareness on the battlefield.”

— **Capt. Jacob Bowen**
3rd Brigade Combat Team,
25th Infantry Division

With the upcoming deployment to Afghanistan, FO Soldiers have had to change training procedures due to the difference in mission they will face there as opposed to their previous mission in Iraq.

Increased attention on proper fire support tasks, battle drills and accurate target location techniques have been ramped up to meet this change.

The weeklong course consisted of three portions, with the third being the actual execution phase of the training.



Sgt. Chestin Scott shows Spc. Justin Hix, with Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, the grid coordinates, so Hix can send the information to their fire support base during the 3rd Brigade Combat Team's forward observers certification.

The first portion consisted of a 50-question written examination. It tested Soldiers' knowledge about targeting skills, including determining direction and distance needed to hit a target area and creating a terrain sketch. Soldiers were also tested on their understanding of a weapon's capabilities.

The second phase required Soldiers to participate in a virtually simulated battlefield. Soldiers received a map, a protractor and a 10-minute time limit to draw a terrain sketch on a virtual screen. They assessed any target presented and called for fire.

Soldiers were required to either destroy or get within 100 meters of each target.

During the execution phase, Soldiers completed a half-mile foot patrol and set up an observation position, or OP. They used a map, radio, binoculars and various field laser marking devices.

Once at the OP, Soldiers called in fire missions.

“The forward observer's main objective on the battlefield is passing accurate targeting information to whatever system will be firing on the field, whether it is close air support, artillery or



Sgt. Chestin Scott and Spc. Justin Hix, both forward observers with Headquarters and Headquarters Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, work together. Scott yells what he sees and Hix uses a compass to check their location as they complete the execution phase of the brigade's weeklong certification.

mortars,” said Capt. Jacob Bowen, fire support officer, Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, 3rd BCT, 25th ID.

“These elements cannot be called into play without the essential information from the FO,” Bowen added. “The key to a successful observer is communication.”

Bowen explained that an FO must be a dynamic Soldier. “Forward observers have to think fast in a changing environment and keep situational awareness on the battlefield,” he said. “Additionally, the FOs need the ability to communicate information to leaders.

“They also need to be savvy with recommending weapons to the fire support center, and at the same time, move tactically with a squad element,” Bowen explained.

Soldiers were not without guidance. Senior FO leaders moved along with

Soldiers during the execution phase. The leaders critiqued and assisted with the observer's thought process.

“We are helping these Soldiers understand the basics of tactical movements while knowing how to set up a proper defensive plan,” said Sgt. 1st Class Michael Julga, brigade effects noncommissioned officer, HHC, 3rd BCT, 25th ID.

“We assist the Soldiers with knowing where to sensibly put a target to call for fire, to set them up for successful missions when we get to our next mission in Afghanistan,” Julga continued.

“Because we are on the ground giving our information back to our fire support base, we are truly the eyes of the artillery, giving them the ability to accurately suppress or neutralize enemy targets,” said Spc. Justin Hix, HHT, 3rd, 4th Cavalry Regt.

Reservists, National Guardsmen asked to give medical reviews

TODD FOGLE
Army News Service

WASHINGTON – Members of both the Army Reserve and National Guard have been asked to complete an online survey about their perceptions of the medical review process.

A review team headed up by retired Gen. Frederick Franks is conducting a study on the medical evaluation board and physical evaluation board process. He conducted a similar project last year examining the medical evaluation board/physical evaluation board process for the active component.

All reserve-component Soldiers with an Army Knowledge Online account have been sent a link to the survey.

Family members are also being asked to complete a survey to judge their needs and how they perceive the process, said Col. David Romine, chief surgeon for the National Guard and Lt. Col. Floyd Burgher, chief of clinical operation.

In a letter posted online, Chief of the Army Reserve Lt. Gen. Jack Stultz wrote, “I am asking you to take this survey, so we can implement positive changes for you, your fellow Soldiers and families.”

Col. Anne Bauer, chief of staff for the Reserve Components Medical Process Review Team said, “Even though it can be painstaking, it is critical.”

Those going through the process have the most experience with the issues inside it, Bauer said.

“We need their feedback,” Bauer added, explaining that this feedback will help initiate change.

Officials from the National Guard Surgeon's Office said, “If it has to go to the Hill to change law, that's not beyond the scope.”

There are actually four different surveys. One is for Soldiers, and three others are for administrators, leaders and families.

The surveys take about 30 minutes to complete and do not have to be finished in one sitting, according to the instructions.

Lack of representation is the only penalty for not answering a question on the survey, officials said.

Administrators described it as a branch survey. The questions displayed will be based on how previous questions were answered. Romine and Burgher said changes are already being made because the responses are being monitored.

Almost 3,700 surveys had already been completed by Tuesday afternoon. Soldiers completed the majority of the surveys.

Bauer said there is currently no deadline to complete the survey, but the online site is expected to close around July 9. She said Franks wants to have the report available in September.

Statistics experts were hired to help determine what problems and challenges seem to be trends. Romine and Burgher said it is a tremendous opportunity to influence the system.

“We want the best and appropriate things for our Soldiers,” they said.

Although the survey was sent to every reserve-component AKO account, social media are also being used to help reach family members who do not have military accounts or IDs to access the survey.

USARPAC officer gets distinguished by Defense Department as role model, wins Latin American Citizens Award

NANCY RASMUSSEN
U.S. Army-Pacific Public Affairs

FORT SHAFTER – U.S. Army-Pacific Soldiers have raised the bar for successful Equal Opportunity Soldier programs Armywide.

For the second time in two months, a USARPAC Soldier was named outstanding in his EO area of responsibility.

The most recent winner is Maj. Alberto Rodriguez from the 45th Sustainment Brigade, 8th Theater Sustainment Command.

The Deputy Chief of Staff of the Army Human Resources board, who is responsible for selecting the League of United Latin American Citizens Award winner, recently notified Lt. Col. Darren Holbrook, USARPAC EO director, that Rodriguez was chosen as this year's recipient.

The note to Holbrook from Maj. Catania Gregory, special projects officer for EO policy, read, “We are extremely proud of your candidate, as he best exemplified the role model qualities and the core values the board was looking for.”

The LULAC presents the Excellence in Military Service Award to service members who support the Department of Defense mission or overseas contingency operations, or whose attributes best epitomize the qualities and core values of their respective military service.

The period of performance for this award was from July 2008 through June 2010.

Holbrook said, “Maj. Rodriguez's outstanding performance was vital to the success of the 45th Sust. Bde. during Operation Iraqi Freedom.”

Rodriguez was directly responsible for oversee-

“Maj. Rodriguez's outstanding performance was vital to the success of the 45th Sustainment Brigade during Operation Iraqi Freedom.”



— **Darren Holbrook**
Lt. Col.

ing daily operations of six subordinate battalions, consisting of 43 subordinate companies across 15 locations, stretching from the Turkish border to north of Baghdad, Holbrook explained.

“Maj. Rodriguez was directly responsible for planning and executing the mission readiness exercise for the 45th Sust. Bde., 524th Corps Sust. Support Battalion, and 18th Movement Control Team in preparation for their deployment to Afghanistan,” Holbrook added.

Rodriguez coordinated with 10 separate units and developed realistic scenarios that had a direct impact on deployment readiness as the brigade prepared to function as a joint logistics headquarters for Operation Enduring Freedom.

Rodriguez will accept his award at the 81st Annual LULAC National Convention and Exposition, July 12-17, in Albuquerque, N.M.

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Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

The 25th Infantry Division Tropic Lightning Band performs during the U.S. Army Garrison-Hawaii change of command ceremony, Monday, on Sills Field, Schofield Barracks.



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs

(Clockwise, from top)

1- Kumuhula Ladd Heleloa performs the Oli chant.

2- Col. Matthew Margotta, outgoing commander, USAG-HI, receives the Legion of Merit from Maj. Gen. Michael J. Terry, commander, U.S. Army Hawaii, during an awards ceremony preceding the change of command.

3- Col. Douglas Mulbury, incoming commander, USAG-HI, passes the organizational colors to Command Sgt. Maj. Robert Williamson III.

4- Lt. Col. Daniel Hulsebosch, commander of troops, leads the USAG-HI color guard.



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs



Aiko Brum | U.S. Army Garrison-Hawaii Public Affairs

USAG-HI: Mulbury recognizes importance of garrison mission

CONTINUED FROM A-1

and the state's local communities and Native Hawaiian groups.

Margotta established the first-ever Native Hawaiian Advisory Council, comprised of leading business, civic and community leaders, in an effort to help the Army better understand issues important to Native Hawaiians.

He was also responsible for the drafting and signing of the Army Native Hawaiian Covenant, a written commitment by the U.S. Army to work together with Native Hawaiians for the mutual interests, understanding and advancements of both sides for the common good of all.

Under his leadership, the garrison received numerous accolades for its initiatives in taking care of Soldiers and their families.

Several efforts have served as models for the Army at large: USAG-HI's Soldier and Family Assistance Center for wounded warriors and their

families; the Blue Star Card, a discount and activity card for families of the deployed; and the "Train as you Ride" motorcycle safety course.

The garrison has also been recognized numerous times by both the Hawaii Department of Land and Natural Resources and the U.S. Fish and Wildlife Service for the garrison's outstanding environmental programs.

Margotta urged garrison staff to sustain their passion for helping others in providing services and support for the care and welfare of the Army's Soldiers and their communities.

"Never lose sight of the fact ... that our Soldiers and their families are living through tough times now," Margotta said. "Our nation has asked them to sacrifice a lot over the last eight years. The least we can do is to provide them with the highest quality of services and support with the resources we have."

Early next month, Margotta will step into his new role as both deputy commander and chief of

staff for the Warrior and Family Support Center, Fort Sam Houston, Texas.

During the change of command ceremony, Mulbury remarked that he recognized the importance of the garrison and its mission of supporting all the Army commands in Hawaii and their Soldiers and families.

"To the many distinguished guests representing the civilian communities outside the gates of our installations, I thank you for your continued support to our Soldiers, their families and the Army," Mulbury said.

"During this time of sustained conflict that our nation faces, when our Soldiers and their families voluntarily sacrifice so much for their nation and its people, it's so extremely helpful that they view Hawaii as their home and that their service and sacrifice are appreciated," Mulbury said. "You do that in so many, many ways."

"I look forward to meeting with you and continuing our strong relationship of engage-

ment, involvement and communication and mutual respect and understanding," Mulbury said.

"We will continue to be an active member of this community," Mulbury concluded.

Mulbury has more than 25 years of experience in the Army and is no newcomer to Hawaii. The New York native and Cornell University graduate has been stationed at Schofield Barracks previously with the 25th Infantry Division.

Mulbury recently returned from Iraq following a 15-month deployment where he served as the 25th ID's G3 (chief of operations) and the G3 of Multi-National Division North during Operation Iraqi Freedom. He had also served previously in Iraq as a battalion commander with the 10th Mountain Division. He has taught Behavioral Science and Leadership at the U.S. Military Academy at West Point as an assistant professor; taught Military Science at Syracuse University as a professor; and served as Chief of Tactics, at the U.S. Army Infantry School.

8th Theater Sustainment Command welcomes Roberson to 45th Sust. Bde.

Story and Photo by

SGT. PHILLIS WHITE

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – Soldiers, family members and friends gathered on Hamilton Field, here, for the 8th Theater Sustainment Command's 45th Sustainment Brigade change of command ceremony, June 9, to bid farewell to Col. Clay Hatcher, outgoing commander, and to welcome Col. Dianna Roberson, incoming commander.

The ceremony displayed the traditional movements, calling of commands, inspection of the brigade, and the passing of the colors that signi-



Roberson

fies the assumption of command.

"Clear vision, creativity, diplomacy and a lot of old fashioned hard work ... these attributes clearly describe Clay Hatcher's way of leading this unit for three years," said Maj. Gen. Michael J. Terry, commanding general, 8th

TSC.

"The 45th has been richly blessed to have such a talented officer as its commander," Terry added.

Hatcher, a native of Missouri, assumed command of the 45th Sust. Bde. in June 2008. He later deployed the brigade in support of Operation Enduring Freedom from January 2009 to January 2010.

"The officers, noncommissioned officers and Soldiers standing before us epitomize duty for the country. They know what support is all about," Hatcher said. "I know of no other place that has teamwork working as I've found in Hawaii."

Hatcher will become the U.S. Army-Pacific G3, or operations officer.

"Diana, I wish you the best of luck in settling in Hawaii," Hatcher said. "The command goes

quickly, and in no time, you'll be here again.

"You and Command Sgt. Maj. Roger Bynoe will do well with this great team of Soldiers and leaders," Hatcher continued.

Roberson previously served as executive officer to the chief, Congressional Liaison. In addition, she has deployed several times in support of operations Desert Shield and Desert Storm, and to Operation Iraqi Freedom.

As Roberson stood before the brigade, she expressed readiness for her responsibilities. She farewelled Hatcher and his family as he begins his new journey.

Tripler hosts health fair at USARPAC Commanders Conference

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU – Coming out to show their support, members of Tripler Army Medical Center provided a health fair for attendees at the U.S. Army-Pacific Commander's Conference held at the Hilton Hawaiian Village, here, June 11

While Nutrition Care personnel provided participants with their body mass index and discussed good eating habits, Hope Cooper-Oliver, patient educator, spoke about diabetes.

"I explained that reading labels carefully is very important," Cooper-Oliver said. "The amount of sugar in products needs to be identified. I also explained how to prevent Type II diabetes."

Public Health Nursing staff provided blood

pressure checks and something new: mini-pulmonary function tests.

"By blowing into the spirometer, we can check just how old your lungs are," said Capt. Joycelyn Constantino, officer in charge, Army Public Health Nursing, TAMC.

"By virtue of your past habits, whether or not you have asthma, and your environment, we are able to get a good idea of just how healthy your lungs are," Raymond said.

Staff Sgt. Raymond Manalo, noncommissioned officer in charge, Point-of-Care Department, spent the morning discussing the department's benefits.

"This fairly new department, monitored by the Department of Pathology, is geared toward bringing diagnostic testing to or near patient care," Manalo said. "The devices used to accomplish this

are not only used here at Tripler but in field units in Iraq and Afghanistan.

He continued: "By bringing the test to the patient, we increase the likelihood that results are received in a timelier manner. Tests available at Tripler include, but are not limited to, urine chemistry, monitoring of blood levels in diabetics and strep infections."

The Physical Therapy Department provided a video about the advanced tactical athlete conditioning train-the-trainer program.

Designed to provide unit leaders the tools to increase tactical fitness and decrease injury rates in order to optimize Soldiers' readiness, the program is offered to units on-island.

"At our running form booth, we explained current research and evidence regarding proper

running form and the risks and benefits of various types of footwear," said Capt. John Mason, staff physical therapist.

Additionally, the Tricare booth provided medical and dental information for active duty, family members, pre-retirees and the "Age 26 Law" for children.

This law will require insurers to allow dependent children to stay on their parents' policies until age 26.

However, final regulatory decisions on specific requirements have not yet been determined. For further information, visit the Tricare website at www.tricare.mil.

Information about behavioral health options for active duty service members and family members was also available.

30th Signal Battalion takes on new tactical, technical mission

Unit will provide sole support for entire Pacific theater of operations

LT. COL. FRANK SNYDER

Commander, 30th Signal Battalion

516th Signal Brigade, 311th Signal Command

FORT SHAFTER – The 30th Signal Battalion, also known as Network Enterprise Center-Hawaii, has made history.

As of June 1, the 30th Sig. Bn. became the sole provider of information technology services to tenant units in Hawaii, regardless of where those units are deployed.

The new mission means more frequent deployments for the 30th Sig. Bn. in order to provide signal support in the Pacific region.

This milestone marks the first time that a single signal battalion has been charged with a mission that spans the tactical and strategic realms of the Pacific region, the most geographically dispersed theater of operations in the world.

While there was no ceremony to mark the event, excitement runs high among the Soldiers of the 30th Sig. Bn. over the significance of this enormous responsibility.

“It really is awesome, as we continue to engineer a true network enterprise. Our customers will have a single clearinghouse to ensure the quality provision of the IT services they need,” said Col. Dana Tankins, commander, 516th Sig. Bde.

“There’s an accompanying change in mind-set, as well,” Tankins said. “With one unit overseeing both of these tactical and strategic missions, we no

longer simply link customers back into the network from remote locations around the world, but rather we extend the network enterprise out to our customers.”

Traditionally, the 30th Sig. Bn. served strictly as a strategic signal asset charged with providing sustaining base IT services to units such as U.S. Army-Pacific, 8th Theater Sustainment Command, 25th Infantry Division, 311th Signal Command (Theater), and U.S. Army Garrison-Hawaii.

The recent deployment of the 307th Integrated Theater Signal Battalion headquarters element to Afghanistan has changed that.

Since relocating from Korea to Hawaii a little more than three years ago, the 307th ITSB has provided the expeditionary, tactical IT services that USARPAC units require. Now that half of the 307th is deployed, however, that responsibility falls to the 30th Sig. Bn.

The 30th received the attachment of Company C, 307th Sig. Bn., June 1. The company will remain attached to the 30th during the yearlong deployment of its parent headquarters element.

Co. C is a joint network node-equipped, or JNN, company, which now provides more capability to forward-deployed warfighters than an entire ITSB previously did.

“We’re excited to field JNN, join the 30th Sig. Bn. team, and to be a part of the emerging strategic-tactical hybrid construct,” said Capt. Zachery Leonard, commander, Co. C. “This formation will be cutting edge.”

The 30th Sig. Bn. is now the sole



30th Signal Battalion, 516th Signal Brigade, 311th Signal Command Courtesy Photo

Lt. Col. Frank Snyder, Commander of the 30th Signal Battalion and Network Enterprise Center – Hawaii, addresses the Soldiers of Charlie Company, 307th ITSB following the deployment ceremony for the 307th Signal Battalion’s HHC and Bravo Companies, May 24. Charlie Co. will now be assigned to the 30th during the year-long deployment of their parent battalion’s headquarters element. These Soldiers will help enable the 30th Signal Battalion to execute all tactical and sustaining base communication missions in support of USARPAC and its subordinate units.

provider and point of service for all Army communication services in the Pacific.

To prepare for this task, the 30th Sig. Bn.’s Headquarters and Headquarters and B companies completed their transformation to modular expeditionary signal battalion units in May.

The transformation helped pave the way for Alpha and Charlie companies’ transformation, which will be complete in September.

“This (combination of 30th and 307th Soldiers) will no doubt further the 30th Sig. Bn.’s reputation for top-

shelf customer service, as we’ll now provide it from desktop to foxhole,” said Command Sgt. Maj. Verne Washington Sr., 30th Sig. Bn., who previously served as the 307th Sig. Bn. operations sergeant major.

“Having served in both units, I can tell you that I’ve never seen so much capability combined under one headquarters,” Washington said.

The 30th Sig. Bn. began providing more expeditionary services during Exercise Cobra Gold in Thailand and Exercise Key Resolve in Korea, earlier this year.

During Cobra Gold, the customer

service center located at the information systems facility at Schofield Barracks received and processed trouble tickets from Thailand, proving that centralized support to the entire theater was possible.

The battalion deployed Jorge Bonilla, an Army civilian and networking subject matter expert, to Thailand to support USARPAC customers from their deployed locations.

Relating what has now become an unofficial motto for the 30th Sig. Bn., Bonilla said, “Now, just like the Army and Air Force Exchange Service, the 30th Sig. Bn. truly goes where you go.”

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C-IED: Oahu training will teach movement in high IED threat

CONTINUED FROM A-1

els about the basics of counter-IED operations.

The course's goal is to give deploying troops greater freedom of movement when they operate in areas where IEDs are regularly used, Toy said.

"The end state is our ability to achieve freedom of movement in theater to deny the insurgents the ability to use IEDs against us," Toy said.

"It's through the center that we're able to provide an over-the-shoulder look at what they're going to likely see when they deploy, and it will be specific to the area in which they're going to operate," Toy said.

"Simply put, the IEDs are an increasing threat throughout the U.S. Pacific Command's area of responsibility," Toy added. "IEDs are the weapon of choice of our adversaries. They are cost effective and achieve the desired results."

"Through the Asia-Pacific C-IED Fusion Center, USARPAC is devoting significant resources to include equipment, personnel, tactics, training and procedures to defeating IEDs," Toy said.

The C-IED training will be conducted primarily at Army training facilities on Oahu, Toy said.

To combat the threat to the PACOM AOR, the C-IED University also plans to offer training to partner countries.

"We understand we have a PACOM responsibility under the Theater Security Cooperation Plan to engage with our regional partners," Toy said.

"The Asia-Pacific Counter - Improvised Explosive Device Fusion Center will work with our Asian-Pacific allies to develop integrated solutions that balance intelligence, training and technology," Toy said.

"We are facing a thinking, evolving enemy who will continue to change methods as we find ways to defeat them," Toy concluded. "We are also a thinking, adaptive adversary seeking to counter our enemies and anticipate their next moves."



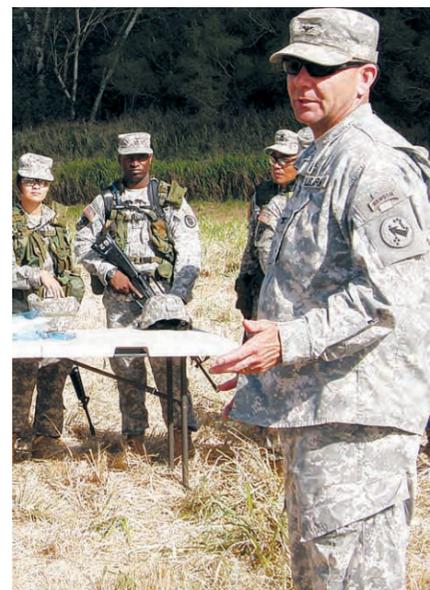
Robyn Romero | Asia-Pacific Counter-IED Center

Attendees are briefed at the recent inaugural Asia-Pacific Counter-Improvised Explosive Device Fusion Center capabilities training exercise.



Kristin McCallister | Asia-Pacific C-IED Fusion Center

Soldiers receive training certificates upon completion of the Asia-Pacific C-IED Fusion Center course that provides service members stationed in the Pacific access to cutting-edge training in the fight to defeat improvised explosive devices.



Kristin McCallister | Asia-Pacific C-IED Fusion Center

Col. Stanley Toy, far right, director of the Asia-Pacific C-IED Fusion Center, addresses Soldiers attending one of the center's courses..

Virtual Squad Training simulates patrolling techniques, tasks

CURTIS SHINSATO

Directorate of Plans, Training, Mobilization and Security Battle Command Training Center

SCHOFIELD BARRACKS – Sgt. Jerel Concepcion, a squad leader with 25th Transportation Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, was leading his squad through the streets of Baghdad.

Gunfire suddenly erupted from an enemy ambush.

The squad quickly eliminated the ambushers, but Concepcion was down.

Rather than being disappointed, Concepcion realized this moment was an excellent opportunity for his team leaders to take charge.

The squad continued the mission by engaging rooftop snipers and clearing a building in the process. The building the squad cleared, however, was a virtual building.

Concepcion and his squad weren't really in Baghdad. Instead, they were training at the Virtual Squad Training

The VSTS is available for scheduling, Monday-Friday, 9 a.m.-4:30 p.m. For more information, contact Clayton Creech or Jeremy Escasa at 655-2267. To schedule a session, call Johnny Scott at 655-2810.

Simulation, or VSTS, here, which simulates tactical training for Soldiers at the squad-level.

Although Concepcion's squad was new to patrolling, they had practiced good patrolling techniques.

Training was conducted virtually using suits that sense movement of the body and the use of weapons, such as the M4, M203 and M249.

The beauty of the virtual environment is that it allows errors to be made with positive learning as the only consequence. There are no real-world rounds expended or wear-and-tear on equipment, just valuable lessons

learned from the virtual world.

Users can interact with the simulation simply by turning their head or body, or by aiming their weapon as they would in real life.

Squads engage in warrior tasks, such as combat patrols, entering and clearing buildings, and reacting to vehicle- or ground-based improvised explosive device.

Soldiers use real-life tactics, such as calling for fire, medical evacuation, hand-and-arm signals, and using explosives.

Soldiers get feedback from each exercise using a full-featured replay function, allowing them to conduct after-action reviews.

Squads also have the ability to build their own training scenarios, along with VSTS staff, to capture their training points, to train on unit standard operating procedures.

(Editor's Note: Curtis Shinsato is a training specialist at the BCTC.)



Battle Command Training Center Courtesy Photo

Spc. Jeffrey Lafever scans and moves through the computer-generated virtual world he is about to patrol in the Virtual Squad Training Simulation.



PAU HANA



JROTC

The JROTC magnet program attracts students, left to right, like Xylia Lydgate from Sacred Hearts Academy, homeschooler Hoku Tamala and Tommy Takao from Punahou High School. Students use a compass in a land navigation course at Area X, Schofield Barracks.



Magnet program attracts military students

Story and Photos by
LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS – The Punahou High School JROTC magnet program draws in students from surrounding military communities on Oahu to participate in a program designed to develop lifelong leadership skills and community service initiatives in high school teenagers.

The JROTC cadets attended a week of boots-on-ground adventure activities, June 7-11, where students – only a few weeks removed from air-conditioned classrooms – strapped on boots and sweated through their Army combat uniforms while camping in the woods at East Range, here.

"This is an intense week, ratcheted up to 150 mph and very different than other camps," said retired Lt. Col. Bob Takao, the senior Army instructor for Punahou JROTC. "The students have adapted well; they're not complaining and are very stout. We all might smell a little strong, but it's all worthwhile."

More than 50 students, half from the host school and half either homeschoolers or joining from a multitude of local schools that don't offer a JROTC program, spent the week learning field skills and land navigation; conducting compass, confidence, obstacle and leadership reaction courses; rappelling; building and shimmying across rope bridges; and learning drown-proofing.

"Punahou is the only school that allows homeschoolers like me to join JROTC," said Josiah Gill, a ninth-grade family member of a Navy petty officer 2nd class. "Homeschool is easier for military kids rather than public or private school because we move around a lot."

"This way, you take schoolbooks with you and are never behind in class because you

never have to switch," Gill continued, "but sometimes you do miss out on programs only offered through local schools."

Gill joined the JROTC program for more physical activities on a daily basis, to learn discipline and to round out his education for college applications, especially if he pursues attending a naval academy, which he's thinking about.

The JROTC program offers ninth-12th graders half a physical education credit and half a general elective credit for school curriculum-based JROTC classes in leadership development, health and first aid, government, geography and community service.

"I'm hoping JROTC will help toughen me up, get me more active and teach me leadership and responsibility, as I am looking to go into politics to help stand up for other people's rights," said Gage Moody, 11th-grade homeschooled family member of Staff Sgt. Benjamin Moody, 2nd Brigade Combat Team, 25th Infantry Division.

"Punahou has the magnet program that allows me to join without going to that school, and they are the only one who has it," he said.

Moody joined the JROTC magnet program this past school year only two months after arriving on island. He said the best part of the program was making new friends.

Takao agreed, saying the most important aspect of the program, like the military, is the lifelong camaraderie and friendships formed among the 120 cadets, headed only by Takao and retired Command Sgt. Maj. Gary Mobley.

"We couldn't do it without the help of others, and the spirit of the military families is incredible," Takao said. "There is big support from families. The parents are all behind it and do what they can to support us with cookouts or helping to find uniforms."

"This is like Little League but on a much bigger level," Takao added. "We're here to motivate young people to be better students and community members."



Dan Grocki, a JROTC cadet from Punahou, glances over his shoulder to make sure the belay line is being manned before descending down a rappel tower. Lt. Col. Bob Takao supervises.

ARMY

JROTC



Robin Cone-Murakami, Punahou JROTC alumni cadet offers advice and answers to Junior ROTC Leadership Challenge cadets questions, as they eat Meals, Ready-to-eat while preparing to rappel after a land navigation course on Area X at Schofield Barracks.



Tyrone Wilkinson, a homeschool cadet with the Punahou JROTC magnet program, conducts a weight-confidence rappel test.

The Punahou JROTC meets Wednesdays, 3-6 p.m., starting Sept. 1. Presently, there is no cost for magnet students to join. Call 258-4285 or e-mail rtakao@punahou.edu for more information.



Today

Waikiki Party Bus – Your free party bus to Waikiki runs again June 18, 9 p.m.-4 a.m. Reservations are required and pick-ups are available from Schofield Barracks and Fort Shafter. Call 655-9971 or 438-1985.

Family Fun Friday – Join other families for fun, games and prizes, June 18, 4 p.m., at Richardson Pool, Schofield Barracks. Entry fee is \$1 per person for pizza, drinks and fun. Call 655-5798.

19 / Saturday

Woodshop Safety – This class is required if you want to work in the woodshop. It's held on the first and third Saturday of the month at the Schofield Barracks Arts and Crafts Center. Class is \$10 per session and starts at 8 a.m. Call 655-4202.

20 / Sunday

Nehelani Brunch – Treat dad to a spectacular Father's Day Brunch Buffet at the Nehelani, June 20, 9 a.m.-2 p.m. This buffet will offer a variety of cuisine from seafood, salads, breakfast favorites and a dessert buffet. Cost is \$27 per person, \$18 for children 6-10, \$12 for children 3-5. Gratuity is not included. Call 655-0660.

Hale Ikena Brunch – Celebrate Father's Day with a magnificent brunch at the Hale Ikena, June 20, 9 a.m.-2 p.m. Enjoy garlic peppercorn prime rib, "build your own" omelet stations, salads and other breakfast favorites, plus enjoy a decadent dessert buffet. Cost is \$33.50 per person, \$21.50 for children 6-10, and \$14.50 for children 3-5. Gratuity is included. Call 438-1974.

Father's Day Bowling Event – Don't let the family fun with dad stop right after brunch because dad gets three free games and shoe rental when he bowls with his family on Father's Day. Just bring in the brunch receipt from the Nehelani to Schofield Bowl, 10 a.m.-11 p.m. Call 655-0573. Or bring the receipt from the Hale Ikena to Fort Shafter Bowl from 12-9 p.m. Call 438-9778.

PARC Steak Dinner – Treat dad to something he can really sink his teeth into this Father's Day at the Sunset Café at Piliilau Army Recreation Center, June 20, 5-9 p.m. Call 696-4778.

21 / Monday

Bible School – Vacation Bible School is June 21-25 at the Aliamanu Military Reservation Chapel. Call 836-4599.

ACS Courses – Registration is open for Army Community Service courses in June. Visit www.acsclasses.com or call 655-4227 for details on courses:
•June 21, First-Term Financial Training;



Sabina Dooley | Courtesy Photo

Conner Dooley shovels dirt and rocks into a wheelbarrow, June 11, to level the ground in preparation for the pouring of a concrete patio at the Tripler Army Medical Center's Fisher House as part of his Eagle Scout project.

Scout cements community relationship

SGT. MAJ. TERRY ANDERSON

8th Theater Sustainment Command Public Affairs

HONOLULU – The Fisher House at Tripler Army Medical Center functions as a home-away-from-home for family members of service members who are receiving medical care at military and Veterans Affairs medical centers.

So, when Conner Dooley from Hickam Boy Scout Troop 135 heard the Fisher House didn't have the money to complete a patio project, he didn't hesitate to chose it as his Eagle Scout project.

"I was going to help improve the Aiea Loop hiking trail but decided to take on the Fisher House project because it would benefit more people," he said.

"This project took months of planning, coordination and patience," said Sabina Dooley, Conner's mother. "It was great to watch Conner's confidence grow throughout this process."

To volunteer at Tripler Army Medical Center's Fisher House, call 433-1291.

Conner began by completing a cost estimate on the project and figured out he could complete the concrete patios for \$1,860. He pitched his project to family, friends and local veterans organizations like the American Legion and Veterans of Foreign Wars, collecting nearly \$2,000, in total.

Conner called a local concrete company, Ameron Hawaii, which performed a site survey at the Fisher House, where the company was so moved by what the Fisher House does for service members and their families that it decided to donate all the concrete needed for the project.

"That donation alone saved us almost \$2,000 and allowed us to spend the money in other ways to help out the Fisher House," said Conner.

Conner, along with his fellow scouts and volunteers

completed all the site preparation work – clearing out rocks in order to level the ground and setting the expansion joints to hold the concrete in place.

The contractor poured the concrete with Conner and subject matter experts from the 130th Engineer Brigade, 8th Theater Sustainment Command, which was on hand to assist with the concrete finishing that included placing coins in the cement.

Conner and his volunteers completed the project, June 12, Conner's 15th birthday and two days before the Army's 235th birthday. Conner said he considered the completed project as a great present for himself, and an early present for Soldiers and their families.

"My hope is that these patios will give the residents of the Fisher House a sense of normalcy, and takes their minds off their problems for a little while," Conner said.

"The patios are another stage for the families to enjoy the beautiful weather of Hawaii," said Theresa Johnson, manager, Tripler Fisher House. "The project was a lot of fun and got the Fisher House residents involved. It also saved us a lot of money. Conner's fundraising efforts will allow us to buy barbecues and furniture for the patios."

Conner also held two food drives, one at the Hickam commissary and another at the Aliamanu Military Reservation Chapel, to fill the food pantry at the Fisher House.

"This project placed Conner in a leadership position and taught him lessons about planning, coordinating and managing his fellow Scouts and a large group of volunteers," said Command Sgt. Maj. Scott Dooley, 728th Military Police Battalion, 8th MP Bde., 8th TSC, and Conner's father. "We figured that Conner's efforts saved the Fisher House around \$9,000. When the project was completed, it went about as close to the plan as possible."

"I learned a lot about leadership and that nothing ever goes according to plan," Conner said. "These are skills I can use in the future."

- June 22, Individualized Education Program, call 655-1551;
- June 23, Managing Your Checking Account;

- June 23, Money and Divorce;
- June 29, Breastfeeding Basics;
- June 30, Money Management; and
- June 30, Home Sweet Home.

New courses also include the New

Parent Support Program and Kelly Bear C.A.R.E.S. Call 655-1670.

22 / Tuesday

King and Queen of the Jungle – This class will help enhance leadership skills, identify strengths and weaknesses, and share knowledge, June 22-24, 5-9 p.m., Fort Shafter Flats, Building 1599.

Call 655-1703.

23 / Wednesday

Hawaiian Food Workshop – Participate in a free Native Hawaiian Food Workshop about desserts and side dishes, June 23, or ethnic dishes, June 30,

SEE MWR BRIEFS, B-6

20 / Sunday

Father's Day Cruise – Join the Hoku Naia Dolphin-Watch, Snorkel and Lunch Cruise, which includes a full day of dolphin watching and snorkeling, June 20, 9:30 a.m.-3 p.m., from Waianae Boat Harbor. Military and kamaaina rates apply. Call 983-7827 or visit www.starofhonolulu.com.

When Elmo Grows Up – Go see a "Sesame Street Live" production that asks, "What do you want to be when you grow up?" through June 20, at the Blaisdell Concert Hall, Honolulu. Call 591-2211 or visit www.sesamestreetlive.com.

22 / Tuesday

Technology, Intelligence Career Fair – Are you nearing separation or retirement and looking for an IT, technical or intelligence job, and have an active federal security clearance?

If so, attend the Hawaii Military "Defense Technology and Intelligence Career Fair," June 22, 10 a.m.-2 p.m., at the Nehelani, Schofield Barracks. Additional career fairs will be held at Pearl Harbor, June 23; Hickam Air Force Base, June 24; and Camp H.M. Smith, June 25. These events are only open to job seekers who already have access onto military installations. Visit www.TransitionCareers.com.

25 / Friday

Splash Day – All Playmorning locations are invited to the Wheeler Armed Services YMCA for Splash Day, June 25, 9-11 a.m. Bring a swim suit, towel, sunscreen and a dish for lunch. Call 624-5645.

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- FS: Fort Shafter Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Friday, 9 a.m. at AMR
- Saturday, 5 p.m. at FD, TAMC and WAAF chapels
- Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
- Sunday services:
-7:30 a.m. at WAAF
-8 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
- Monday-Friday, 12 p.m. at MPC and TAMC

Gospel Worship

- Sunday, 12 p.m. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
-9 a.m. at FD, FS, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at AMR and HMR

This Week at the MOVIES Sgt. Smith Theater

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



Iron Man 2

(PG13)

Fri., June 18, 7 p.m.
Wed., June 23, 7 p.m.

Diary Of A Wimpy Kid

(PG)

Sat., June 19, 4 p.m.



Robin Hood

(PG13)

Sat., June 19, 7 p.m.
Thur., June 24, 7 p.m.

Furry Vengeance

(PG)

Sun., June 20, 2 p.m.

No shows on Mondays or Tuesdays.

Community Calendar

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

Today

Recycling Plastic – Plastic bottle caps and lids can now be recycled at Kapahulu, Mapunapuna and Wahiawa Goodwill locations. The project aims to reduce the amount of plastic in the ocean and help save endangered birds. Caps and lids made from No. 2, 4 and 5 type plastic are recyclable. Call 393-2168 or 656-5411 or visit www.b-e-a-c-h.org/recycling.html.

Veterinary Treatment Facility – The Schofield Barracks Veterinary Treatment Facility is now seeing patients five days a week, with extended hours every third Wednesday of the month until 7 p.m. Book an appointment for the new Wellness Package or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call the facility at its new phone numbers: 655-5893 or 655-5889.

PTA Hunting – Hunting activities at Pohakuloa Training Area are closed through July 2, and July 17-Aug. 31 for live-fire training purposes. Call the PTA Hunter's hotline number

This week on

"Sesame Street: Talk, Listen, Connect"



Catch shows, daily, at 8 a.m. and 3 p.m. on Hawaii Army Cable Network TV2.

The Sesame Street Workshop has developed a series of "Sesame Street" episodes featuring favorite "Sesame Street" characters and special guest stars, specifically designed as an educational outreach for military families and their young children, in partnership with the Department of the Army and USO.

for more information, 969-3474.

Cub Scout Day Camp – Boys ages 6-10 are invited to experience Cub Scout Day Camp, June 18, 2-7 p.m. or June 19, 11 a.m.-5 p.m., at Camp Pupukea on the North Shore.

Activities include archery, horses, water balloons, slingshots and BB guns. Cost is \$30 for both days. Boys don't need to be a member of a Cub Scouts Pack to participate and walk-ins are welcome. Call 347-2581, visit www.AlohaCouncilBSA.org or e-mail camp_crazy@hawaii.rr.com.

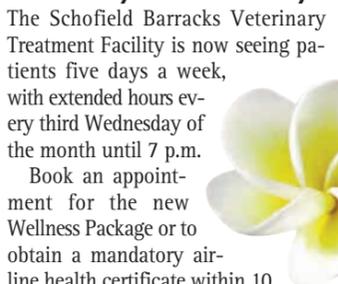
Dinosaurs – It's the invasion of the dinosaurs! Pearlridge Center's Uptown and Downtown Center Courts will be overrun with animatronic dinosaurs and other free activities, June 18-Aug.

15. The Pearlridge Safari Train will take youngsters on a reptile adventure amidst oversized flora, creepy fauna and huge boulders for a nominal fee.

19 / Saturday

Dinner and a Movie – Join an evening of good fun for children and adults at Barbers Point Riding Club with dinner and the film "Avatar," June 19. Dinner will be grilled hot dogs, chili dogs, chips, brownies and nonalcoholic beverages at 6:30 p.m. The movie will start at 7:30 p.m. Bring lawn chairs or blankets.

Piano Festival – Come hear the music during concerts, competitions, recitals, classes and workshops of the Aloha International Piano Festival at the Hawaii Convention Center through June 19. Visit www.alohapianofestival.com.



8th MPs, Operation Purple help military children deal with deployment

Story and Photos by
PFC. MARCUS FICHTL

8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

WAIALUA — “Kids serve, too,” according to the back of the shirts worn by a special bunch of children attending Hawaii’s Hiway Camp at the YMCA’s Camp Erdman, here.

These children are part of Operation Purple, a program developed by the National Military Family Association, which reaches out to children of deployed service members.

The camp celebrates these children, who are the sons and daughters that hold down the home front for those who serve the nation in a time of need.

“A lot of the children may be in a school with kids who aren’t part of the military, and may feel like an outsider when their parents are gone,” said Sana Hanible, program director, Operation Purple. “Operation Purple wants to show the children that there are other children just like them.”

The two-week event culminated June 9, with showcases from all five of the military services’ best, to show children that the military and community are there to support each other.

The K9 crew from the 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, was one of the biggest crowd pleasers as children dared their counselors to role play as criminals running from the police.



During a demonstration of search dog techniques, a military police dog chases down Peter McGregor, camp counselor, in front of an awestruck crowd of children at Operation Purple.

The counselors obliged, and the crowd roared as the counselor was unable to outrun the dog and was taken down.

“It was terrifying but an awesome rush,” said Peter McGregor, one of the camp counselors who helped demonstrate the dog’s criminal-catching capabilities.

“The children love the dogs,” said Spc. Edmond Adams, a dog handler with the 39th MP Det. “But what bringing the dogs out here really accomplishes is to show the children what the military does

for the community.”

“The children get to see the military version of the police officer, and that the MPs do missions just like police off post,” said Sgt. Spencer Wellman, noncommissioned officer in charge of the Special Reaction Team, 13th MP Det., 728th MP Bn., 8th MP Bde., 8th TSC.

Hanible said Operation Purple strives to make sure children know that they aren’t alone when their parents deploy, and that people in the community, like the MPs, are always available to help.



Spc. Edward Gonzalez, 13th Military Police Detachment, 728th MP Battalion, 8th MP, signals his search dog to start the demonstration.

“It all boils down to family,” said Melody Dean, camp counselor. “The attention and comfort Operation Purple gives them recreates that sense of family.”

In the camp’s Hall of Honor, children may place a tribute to their parents on the Wall of Honor, which is filled with pictures or drawings of the children’s parents that keiki can share and discuss with one another.

Operation Purple not only teaches children how to cope with their situation, but it gives kids a chance to be a kid again.

Children encouraged to voice their opinions in Military Child in Hawaii study

SCHOOL LIAISON OFFICE
News Release

SCHOFIELD BARRACKS — Why do some families stationed in Hawaii choose public, private or parochial schools?

How many military families homeschool, and why?

How do children from military families cope with parental deployments?

What has the Hawaii experience been like for children?

Despite a wide range of passionately-held beliefs, no one really knows the answers to these questions. Yet.

U.S. Pacific Command believes it is critical to hear everyone’s concerns and voice, so it has contracted researchers from Johns Hopkins University, in collaboration with the University of Hawaii, to conduct the first longitudinal study of military families.

Army children are invited to participate in focus groups during the first

Preregistration is required. Sign up your child for the chance to be heard in a focus group, e-mail yorks@hawaii.edu or call 542-1821 or 956-9210.

phase of this study.

The focus groups will be held for children ages 10-18 years old, and who are attending private, public, parochial or homeschools.

Recent graduates are also invited to participate.

Drs. Robert and Michael Blum of Johns Hopkins University will conduct focus groups, June 22-25, at the Teen Center, here, and at Aiea Methodist Church.

Focus groups are 45 minutes long and will run from 1:30-6 p.m.

Children will need to be preregistered for specific focus group times to participate in age-appropriate conversations and questions.

Fourth of July schedule is released

LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS — Soldiers, civilians and families are invited to a myriad of activities as U.S. Army Garrison-Hawaii and the Directorate of Family and Morale, Welfare and Recreation honor and celebrate America’s Independence Day, here, July 4.

Adults can start earning all the great Fourth of July food they’ll eat later with a 5K run at 9 a.m., around Sills Field, here. Cost is \$15 to enter and includes a T-shirt.

At 10 a.m., children 12 years and younger have the opportunity to burn off excess energy in a 1-mile Fun Run. All finishers will receive a ribbon and may purchase a T-shirt for \$10. Call 655-9650 for information on both of the races.

Games and Midway rides and food booths will be open from 10 a.m.-9 p.m., on Sills Field. Tickets are required for games, rides and food purchases.

One highlighted exhibit that families will not want to miss is the Military Working Dogs Demonstration at

11:30 a.m. The Crafts and New Products Bazaar will open from 10 a.m.-6 p.m., and pony rides will be available from 10 a.m.-6:30 p.m.

The FMWR Stage will open at 12 p.m. with Kazoo Fun. The 25th Infantry Division Lightning Jazz Project will play from 1-2 p.m., when Attitude, a Top-40 variety band will start.

Attendees are encouraged to stick around for Show of Force, a rock band that will play at 3 p.m. At 3:45 p.m., grab the family and head on over to the Tony Group Autoplex Main Stage to hear the Better Opportunities for Single Soldiers’ Battle of the Band winner, Delayed Resistance, a band comprised of teenage military family members.

The official flag retreat will be at 5:25 p.m., five minutes before Smash Mouth will take the main stage.

Video recording of the Smash Mouth concert is prohibited.

At 7:30 p.m., the 25th ID Band will play the “1812 Overture” and a 50-state patriotic salute and concert.

Then it will be time for the grand fi-



For more information, visit www.mwrarmyhawaii.com.

nale and an event synonymous with Fourth of July celebrations: fireworks.

Fireworks will start at 8:30 p.m., from the Commissary parking lot. They’re the day’s main event. Personal fireworks are prohibited on post, including sparklers.

Revelers are invited to attend an after-party featuring Flux Capacitor when the fireworks show concludes.

Celebrators are also reminded that no pets are allowed on Sills Field during any of the day’s events. No open flames or charcoal cooking is permitted, except in picnic areas on post.

Be aware, too, that portions of Trimble Road will be closed throughout the day.

Schofield residents are encouraged to walk to the day’s events due to the lack of parking available around Sills Field.

Mixon charges all to maintain personal safety

LT. GEN. BENJAMIN MIXON
U.S. Army-Pacific

FORT SHAFTER — We have lost good Soldiers to motor vehicle and non-combat, operation-related accidents during the last few years, and recently, we lost a Soldier who was killed in a motorcycle accident.

These accidents could have been prevented.

Summer is here, and the Army is continuing its commitment to safe-guard Soldiers, Army civilians and family members to help prevent these types of accidents.

I charge leaders and Soldiers to continue stressing the importance of composite risk management during the summer months and to always “play it safe.”

I want you to relax and enjoy your downtime this summer by engaging in healthy outdoor recreation.

Each of you work and train hard, and you deserve it. While participating in leisure activities is a well-deserved reward for your continued dedication to military duty, it is also incumbent on each of you to make smart and informed decisions at all times.

Whether you find yourself at the beach, engaging in water sports, grilling burgers or steaks, riding motorcycles, working around the house or in the yard — play it safe!

Take time to consider a situation and the possible risks associated with each activity before starting out, and ask yourself several questions:

- Is the area free of hazards and safe for the activity you’re planning?
- Do you have the proper safety equipment, like



Mixon

life jackets for boating activities, safety glasses for at-home projects, or personal protective equipment for motorcycling or rock climbing?

- Have you had enough rest to embark on the activity you’re planning?
- Do you have enough water and ice to avoid dehydration or heat injury?
- Have you packed a first aid kit and sunscreen?

If you plan to drink alcohol during any event, make sure you know your limit and choose a designated driver beforehand.

Leaders also need to make sure they know what their subordinates are doing, as summer is always a high-risk period due to increased travel, heat and physical activities.

Whatever activity you engage in, make the right decisions and play it safe. One Team!



Motorcyclist credits safety training with his life

U.S. ARMY-PACIFIC
Safety News Release

HONOLULU — There was little time to react.

By the time the Soldier saw the car pull out of the driveway along the highway near post, the impact that took his leg and nearly took his life was imminent.

“I saw her pull to a stop and, with my bright gear and the motorcycle’s headlight on high, I thought she saw me, too,” he said, as he recounted the events of Feb. 19, 2009. “I checked her face and her tires to make sure she wasn’t moving and slowed my speed just in case.”

As he passed the car, he saw motion out of the corner of his eye and glanced to his right just in time to see the driver as she hit him with the passenger-side bumper of the car.

The impact trapped this Soldier’s right leg between the car and the motorcycle, nearly ripping it from his body and shattering his pelvis.

He hit the hood of the car hard enough to leave an impression of his body before flying 75 feet through the air.

He came to rest near a curb, where he remained as a passersby worked to place a tourniquet on his leg to stop the profuse bleeding be-

“I swerved the bike the way we always teach the students to do in an emergency.”

fore paramedics arrived.

When help came, the Soldier was quickly evacuated to a near-by medical center where doctors determined they would not be able to save his right leg. The doctors amputated the leg and worked to fix his crushed pelvis.

By the time doctors were able to stabilize this Soldier, the retired helicopter mechanic had lost four pints of blood.

In theory, the Soldier shouldn’t have been the victim of such a crash. At the time of the accident, he had many years of motorcycle riding experience under his belt and was a lead instructor for the Army Traffic Safety Training Program.

He had spent most of his days preaching motorcycle safety to other riders and prided himself on his own strong riding skills and a full set of superior, personal protective equipment.

Still, on a bright, chilly morning, a nearly fatal motorcycle accident found him. Thanks to

his training and PPE, this Soldier was ready to react; because he was ready, he got away with his life.

“When I saw her coming, I swerved the bike the way we always teach the students to do in an emergency,” he said. “Had I not swerved the way I had practiced a hundred times before, she would have crushed the entire right side of my body and probably killed me.”

More than a year after the accident, the Soldier is back on his bike and once again teaching motorcycle safety courses to riders, emphasizing the importance of practicing emergency techniques as often as possible.

Before every ride, he dons his complete set of PPE including a full-face helmet. As often as he can, he practices the emergency swerve that saved his life.

“It never crossed my mind to stop riding after the accident,” the Soldier said. “Everything out there is dangerous, and safety is just about under-

To register for a local motorcycle safety course, visit <https://airs.lmi.org>, call 655-6746 or e-mail william.n.maxwell@us.army.mil. For information about motorcycle safety, visit <https://safety.army.mil/povmotorcyclesafety>.



Brenda Naki | File Photo

A motorcycle rider hones his riding skills during a U.S. Army Garrison-Hawaii “Train as You Ride” safety course.

standing and being ready for the risk.”

At U.S. Army-Pacific

USARPAC has lost 10 Soldiers to motorcycle accidents over the past five years, and most were due to rider and driver carelessness and lack of awareness.

USARPAC’s safety staff is continuing its education campaign to remind riders and vehicle operators to be mindful of each other and to always practice safe road etiquette.

Sleep deprivation can lead to weight gain, illness

KRISTY OSBORN
Health and Fitness Center

SCHOFIELD BARRACKS — Studies have shown that sleep-deprived people eat more snacks.

Appetite and food intake tend to increase following sleep deprivation since sleep-loss influences the hormones that regulate appetite.

Inadequate sleep interferes with metabolic mechanisms that regulate appetite, metabolic rate and physical activity levels.

Inadequate sleep also affects hormones like increasing ghrelin and decreasing leptin, which causes people to eat more.

In turn, when people don’t get enough regular sleep, they

generally eat more snacks.

Adequate sleep is important for normal immune function as sleep deprivation can increase the risk of catching a cold or the flu.

The immune system is the ultimate

limiting factor in athletics, too. A cold or flu can stop progress in a training program as fast as a muscular or joint problem.

If a person is healthy, well-fed and well-rested, however, the immune system will be able to handle the stress without negative results and weight gain.

Sometimes people try to com-



Osborn

pensate for their fatigue with large doses of caffeine.

More caffeine is not better!

A suggested dose of caffeine to enhance performance is a 12-ounce mug of coffee, one hour prior to exercise, or 1.5 milligrams of caffeine per pound of body weight.

Higher doses of caffeine don’t offer any performance advantages and can create sleep problems that end up hurting performance and cause overeating.

Also, excessive use of computers and television at night can interfere with sleep patterns

and promote obesity.

People should see a doctor if they are feeling overly fatigued or having trouble sleeping since these symptoms are a disadvantage to a healthy weight. Otherwise, get more sleep to lose more weight.

(Editor’s Note: Information compiled from Self and Fitness RX magazines, the American Journal of Clinical Nutrition, the British Nutrition Foundation and the Archives of Internal Medicine.)

Inaugural bench press competition is huge success

Soldiers powerlift max weight

2ND LT. BRIAN NORTH

205th Military Intelligence Battalion, 500th MI Brigade

FORT SHAFTER — During the early morning hours of physical training, six contestants ranging from a retired command sergeant major to junior-enlisted Soldiers recently gave their all, vying for titles during a Bench Press Competition at the Physical Fitness Center, here.

The contest victor was determined by the percentage of weight lifted, based on body weight ratio instead of by weight class.

For example, if a contestant weighed in at 200 pounds and bench pressed 250 pounds, the competitor would have lifted 125 percent of his or her body weight.

Standing 5-feet, 6-inches, weighing 144 pounds and bench pressing 265 pounds, Spc. Phillip Herold, an imagery analyst with Company A, 205th Military Intelligence Battalion, 500th MI Brigade, pumped enough iron to earn first place in the “max press” — lifting 184 percent of his body weight.

“I’m happy with the weight I lifted, but I am definitely looking to throw up 275 pounds or above on the next go-around,” Herold said.

He added, he became interested in

weightlifting because he was tired of being skinny. He had competed in two bench press competitions during a tour in Afghanistan, where he finished fourth in his weight class.

The competition’s “repetitions” winner was retired Sgt. Maj. Max Champaco, who pressed 225 pounds, 23 times.

Two competitors each bench-pressed an identical weight of 265 pounds — the “heaviest” in the competition. Therefore, the pair — Spc. Michael Van Horn, a signals intelligence analyst with Co. A., 205th MI Bn., 500th MI Bde., and Sgt. Jeffery Jenkins, a light-wheel mechanic with the 94th Army Air and Missile Defense Command — agreed to compete against each other in the near future to end the deadlock results.

Van Horn, who is 5 feet, 9 inches and weighs 225 pounds, lifted 167 percent of his body weight during the contest. He said he works out for “pleasure, and just enough to keep my belly from jiggling when I brush my teeth.”

“I’m pleased with the outcome of the competition,” said Michael Smyrychynski, recreation assistant for the Directorate of Family and Morale, Welfare and Recreation, who also organized and directed the contest.

Smyrychynski hopes to make the Bench Press Competition an annual event.



Michael Smyrychynski | Fort Shafter Physical Fitness Center

Spc. Michael Van Horn, 205th Military Intelligence Battalion, 500th MI Brigade, prepares to lift 375 pounds.



19 / Saturday

Home Run Derby — How many home runs can you hit, derby style? Find out June 19, 12-1 p.m., at Schofield Barracks.

This derby is open to National Guard, Reserve and active duty Soldiers, retirees, other military and civilians working on an Army installation on Oahu. Call 655-0856 or 438-9572.

Mountain Biking — Enjoy a relaxing bike ride around the island with Outdoor Recreation, June 19, 7 a.m.

Cost is \$30 if using a personal bike, or pay an extra \$5 to rent one.

Round-trip transportation from Schofield Barracks is available.

Call 655-0143.

20 / Sunday

Adventure Snorkeling — Enjoy a great day under the water in some of the world’s best snorkeling spots with Outdoor Recreation, June 20, 6:30 a.m.-1 p.m.

For pleasure and physical fitness, snorkeling can’t be beat as a source of good exercise and tons of fun.

Cost is \$42 per person. Call 655-0143.

25 / Friday

Fun Run — Register for the Fourth of July celebration 5K and the children’s 1-Mile Fun Run by June 25.

The 5K Run is at 9 a.m. and the 1-Mile Fun Run is at 10 a.m., July 4, at Sills Field on Schofield Barracks.

The 5K entry fee is \$15 or \$20, on race day. A T-shirt is included with all 5K preregistrations. No entry fee is charged for the 1-Mile Fun Run, which is for children 12 years or under.

All Fun Run finishers will receive ribbons, and Fun Run T-shirts are \$10.

E-mail michael.e.kim@us.army.mil or call 655-9650 for more details.

Ongoing

Free Ladies Golf Clinic — Learn the basics of golfing at a free ladies golf clinic. This clinic is offered the first Saturday of each month, from 2:30-3:30 p.m., at the Leilehua Golf Course Driving Range. Call 655-4653.

Ladies’ Fitness Classes — Cardio Step and Circuit, and Vinyasa Power Yoga classes are offered at the Fort Shafter Physical Fitness Center.

Beginner through advanced-level yoga classes are Tuesdays, 9-10 a.m., and cardio classes are Thursdays, 9-10 a.m. Call 438-1152.

Volleyball & Racquetball — Learn basic skills and techniques from experienced instructors, Tuesdays and Thursdays, 8:30-10 a.m., at Martinez Physical Fitness Center, Schofield Barracks. Courts will be open for free play across the street from the facility.

Call 655-4804.



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

19 / Saturday

Simply Ballroom — The Armed Services YMCA is offering ballroom classes that cover the basic techniques and patterns of the American style of ballroom dance for \$10 per class, per person.

Participants aren’t required to find their own partner before registering for a class.

Classes for service members and spouses are June 19, or every other Saturday, 10-11 a.m. Classes for children ages 6-18 are every other Tuesday, 3-4 p.m.

E-mail wheeler@asymcahi.org or call 624-5645 for more details.

Aloha State Games — Register by June 19, at 9 p.m., for the Aloha State Games 10K, an out-and-back course over Diamond Head from Kapiolani Park in Honolulu, June 20, at 7 a.m.

Cost is \$20 for adults and \$10 for children under 12 years old.

Visit www.active.com/running/honolulu-hi/aloha-state-games-10k-2010.

Shooting-Sports Fair — Join the Hawaii Rifle Association for a few days of fun and shooting, June 19-20, 9:30 a.m.-4 p.m., at the Koko Head Shooting Complex.

Enjoy shooting displays, diverse venues and firearms, including action pistols, air guns, archery, black powder muzzleloaders, cowboy firearms, high-power rifles, hunting firearms and military small arms from the Civil War to modern U.S. and foreign forces.

A safety briefing is required.

Call 271-8117.

Team Hawaii plans repeat victory at Ten-Miler

Runners qualify in time trials

TEAM HAWAII

News Release

WHEELER ARMY AIRFIELD – They crossed the finish line first, second, third, fourth.

Team Hawaii was back in action for a second year.

The Directorate of Family and Morale, Welfare and Recreation sponsored the Army Ten-Miler trial held here, Saturday.

Runners completed the first stage in what looks to be a repeat of last year's win:

- Capt. Shawn Dodge, 9th Mission Support Command, was the top male finisher in 56 minutes, 46 seconds;
- Capt. John Mozer, Tripler Army Medical Center, came in second at 57:05;
- Lt. Col. Marty Muchow, U.S. Army-Pacific, finished third with 57:28; and
- Sgt. 1st Class Paul Lancaster, Defense Information Systems Agency-Pacific and team captain, finished out the top four in 58:26.

Last year, Team Hawaii placed first out of 38 teams, winning the coveted Men's Active Duty Commander's Cup title.

"As long as everyone stays healthy and injury free, it's hard not to consider us the favorite," said Lancaster, a former All-Army runner. "Having four runners capable of running 10 miles under 55 minutes is tough to beat."

"This title isn't given to us," Lancaster added. "We work extremely hard, putting in long runs up to 16 miles, tempo runs and track sessions. I guarantee that we are one of the hardest working teams, and our production shows it."

Lancaster and Muchow were on the Korea team



Courtesy Photo

Qualifying athletes pose after running great times in the 3rd Annual 10 Mile Race Around Wheeler, a time trial to determine members of Team Hawaii for the U.S. Army Ten-Miler later this year. Pictured are (left to right) Capt. John Mozer, Sgt. Sammy Ngatia, Sgt. 1st Class Paul Lancaster, Capt. Shawn Dodge and Lt. Col. Marty Muchow.

that won the same title in 2006.

"Having the continuity that Paul and I have built a strong team core," said Muchow, a former All-Army runner who won the Masters Division at the 2006 Army Ten-Miler. "Add in great runners like Shawn and John, and we have a team that can compete with any active duty team."

The top female finishers of the 10 Mile Race Around Wheeler were Kathryn Walker in 1:12:35;

Amy Gordon, who came in second at 1:13:39; and Elizabeth Schubert, who finished third with 1:17:59.

All runners expressed their appreciation for the hard work and dedication of DFMWR staff who, along with many volunteers, made the race possible.

The 3rd Annual 10 Mile Race Around Wheeler is the first trial to determine Team Hawaii members.

A second FWMR time trial is being planned for later in the summer.

Chronic stress steals energy while affecting physical, mental health

LISA YOUNG

U.S. Army Public Health Command (Provisional)

ABERDEEN PROVING GROUND, Md. – For Soldiers who are often deployed, the continual stress of patrols, searches, training and the usual tedium of Soldiering requires troops to manage their stress levels in a challenging situation.

For family members, life brings another set of stress-inducing trials.

Stress can be very useful as it causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger.

However, many of the activities that cause stress in today's world do not require a physical response. Unfortunately, the body does not know that.

The resulting muscle tension, increased heart rate and intensified

hormone levels can eventually produce body aches, headaches, digestive problems, sleep disturbances and fatigue.

If ignored, chronic stress can affect physical health and steal a person's most precious resource: energy.

Stress management can help maintain energy and prevent physical pain, but the ability to cope with the overwhelming demands for time and attention is essential.

Since chronic stress is a factor in reduced energy and uncomfortable physical symptoms, stress reduction is essential and possible with a few steps.

Participate in therapeutic massage or progressive muscle relaxation, listen to music, try relaxed breathing or meditation.

These activities help relax muscles, clear away information overload and



Resources specifically related to stress and service members are available at the Deployment Health Clinical Center, Combat/Operational Stress site. Visit www.pdhealth.mil/op_stress.asp.

reduce anxiety, and they have the added physical benefits of reducing heart rate, blood pressure and tension.

Having a positive outlook on life and not taking things personally also can reduce stress, so let go of the things that can't be changed.

Set limits and stay in control of how time is spent, since finding a balance

among career obligations, family events, social activities and personal time is vital.

Planning ahead will help to avoid last-minute stressors, as well.

Maintain an exercise routine with aerobic activities and stretching to increase endorphins and relieve tight muscles, which helps to reduce stress.

Aerobic exercise should be vigorous, frequent and last for at least 30 minutes. For example, participating in outdoor activities with friends can be a fun way to keep fit and build supportive relationships.

Staying properly hydrated is essential, too, since the body is mostly composed of water. Water carries oxygen, nutrients and glucose to cells to provide energy, cushion joints and fortify muscles. Dehydration can leave a person mentally and physically drained.



CONTINUED FROM B-2

5:30-7:30 p.m., Army Community Service, Building 2091, Schofield Barracks. E-mail nhliaison@gmail.com or call 655-9694.

24 / Thursday

Library Movie – Are you a movie lover? Join a free showing of "North Shore" June 24, 6 p.m., at Sgt. Yano Library on Schofield Barracks. Bring the family and enjoy the PG-13 evening. Call 655-8002.

25 / Friday

Hawaiian Luau – The Piliiaau Army Recreation Center hosts a luau the last Friday of every month at the Sunset Café. Experience "Old Hawaii" with authentic cuisine, a hula show and a fire-knife spectacular, June 25. Dinner begins at 6 p.m., and the entertainment starts at 6:30 p.m.

Cost for adults is \$22.95 and \$15.95 for children ages 5-12. Call 696-4778.

26 / Saturday

Ceramic Pouring – Learn about all the items a person can make by taking a ceramic pouring class, June 26, 9 a.m. Call 655-4202.