HAWAI'I ARMY WEEKLY

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Serving the U.S. Army Community in Hawai i ★ www.garrison.hawaii.army.mil/haw.asp

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John McHugh, Secretary of the Army, greets 25th Infantry Division Soldiers and spouses following a luncheon with Army families at Schofield Barracks, May 7. McHugh visited Soldiers and their families to gain further understanding of the needs of Army families and solutions for those problems.

Army Secretary looking into potential remedies for deployment stress

Story and Photos by
SPC. JESUS ARANDA
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – The Secretary of the Army, The Honorable John McHugh, visited with several military families, here, May 7, during his visit to the Pacific theater.

"There's no substitute for getting boots on the ground (or) putting your eyes onto a facility or a problem, and talking to troops is one of the most beneficial things we'll get to do," said McHugh. "I try to sit down and have lunch for at least an hour or so with spouses to hear from them and what their problems are."

McHugh sat down May 7 for a meal with Soldiers and their spouses at the 3rd Brigade Combat Team, 25th Infantry Division, dining facility, where he listened to the suggestions and concerns of military families.

McHugh also answered questions regarding past, present and future Army family support. McHugh promised to bring their input to the highest level.

"We want to really access the Soldiers' opinions and what challenges or opportunities they see if any," McHugh said. "The Secretary of Defense (Robert Gates) has instructed us to do our very best and to come back with our findings, and they will compile that and take it to the President."

McHugh believes one of the chief concerns the Army has now is the mental health of Soldiers and the amount of time they have to spend time with their loved ones.

"When a Soldier redeploys out of a theater of conflict, it takes at least 24 months, ideally 26 months, to fully recover," said McHugh. "War is very taxing – not just physically, but mentally as well. We're working very hard to expand that dwell time for each and every Soldier."

"The Chief of Staff of the Army (Gen. George Casey Jr.) and I have made a commitment ... that by the end of 2011, we'll have 70 percent of the active force enjoying a dwell time of two-to-one. In other words, three years back for every year deployed," McHugh said.

He also discussed the Army's proactive solution to Post-Traumatic Stress Disorder – the Comprehensive Soldier Fitness Plan.

"It allows us to affect something before and not after it occurs," McHugh

SEE REMEDIES, A-9

He finishes out USARPAC tour with press conference

NANCY RASMUSSEN
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS – The Secretary of the Army, The Honorable John McHugh, visited Makua Military Reservation, the 25th Infantry Division and Schofield Barracks, here, May 7, on the last leg of his visit to the Pacific area of operations.

McHugh

After stops in Alaska, South Korea and Japan, McHugh visited U.S. Army-Pacific for the first time since being appointed to the position in September.

Following a morning tour of various facilities, McHugh, a former congressman, held a press conference joined by Lt. Gen Benjamin Mixon, commanding general USARPAC, and Maj. Gen. Bernard Champoux, commanding general, 25th ID.

McHugh said, by the end of 2011, his goal is for 70 percent of active duty Soldiers to have two years at home for every year of deployment.

Champoux will lead 800 25th ID Soldiers in a deployment to Iraq later this year, continuing the Army's high operational tempo of frequent and repeat deployments to Iraq and Afghanistan.

McHugh also said the Army is in the "very early stages" of working with the defense secretary's office to set up a method for Soldiers to express their views about a possible repeal of "don't ask, don't tell," the law that prohibits gays from openly serving in the U.S. military.

President Barrack Obama has said he wants to repeal the law.

Vital AFAP issues addressed at USARPAC conference

Story and Photo by
SGT. NANCY DEWEESE
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS – Delegates from the U.S. Army-Pacific family gathered, here, May 3-6, to discuss issues directly impacting USARPAC Soldiers and their families.

The USARPAC Army Family Action Plan conference hosted representatives from Hawaii, Japan and Alaska who spoke on behalf of family members of enlisted Soldiers and officers, wounded warriors, surviving spouses, retirees, the National Guard and Reserve, and Department of Defense civilians.

Conference attendees defined and discussed issues that affect Soldiers in the Pacific area, and they will recommend solutions to Army leadership.

During the opening ceremony, Lt. Gen. Benjamin Mixon, commander, USARPAC, addressed the delegates. Mixon thanked them for their support and addressed the importance of AFAP.

"What you're about here is really important business," he said. "We want to make sure that you get the full opportunity to express your views and provide your insight because all of you in the room are the ones who live this, day in and day out."

Mixon cited past AFAP conference successes, including implementation of the standardized Armywide pregnancy program for Soldiers, military spouse preference across all federal agencies, and distribution of Army G.I. Bill benefits to family members.

With the hope that the 2010 USARPAC AFAP conference could continue to build on those successes, the delegates met for four days to discuss issues that affect the USARPAC Army family.

At the end of the four days, the delegates presented five issues to Maj. Gen. Bernard Champoux, commanding general, 25th Infantry Division, who presided over the May 6 closing ceremony.

The first issue concerned OCONUS, or outside the continental U.S., cost of living allowance unique criteria. Delegates suggested that the Army authorize all OCONUS areas as COLA unique, since all OCONUS locations present unique financial challenges to Soldiers and their families.

An Army Family Action Plan conference work group leader explains the formula for composing a valid issue statement to group members.

The second issue aimed to improve the lives of single Soldiers living in barracks. Most Soldiers who live in the barracks receive a meal card to eat at dining facilities on base rather than receive a stipend for food like Soldiers who do not live in the barracks.

To give those Soldiers more options of where and what to eat without sacrificing pay, delegates recommended that the Army institute a prepaid swipe card system at the dining facility. The prepaid card would allow Soldiers to receive money back for any meals they did not eat there.

The third issue dealt with the varying costs of dental care from state to state. Delegates maintained that for families living in high-cost states, beneficiaries receive fewer services than those living in less costly states. The panel recommended that the Army increase the maximum annual benefit cap to adjust for high dental care costs in those states.

The fourth issue seeks to ensure that initial entry Soldiers with dependents have enough time to complete the additional processes needed for overseas assignment to allow Soldiers to move to their assignment

SEE ISSUES, A-8

Garrison leaders search for solutions to AFAP's quality of life issues

In part one of a four-part series, work groups update actions taken on four issues addressed during the March conference

BILL MOSSMAN
News Editor

SCHOFIELD BARRACKS – The 2010 Army Family Action Plan Conference may have come and gone, but the issues raised by delegates at this past spring's brief-out continue to command the attention of U.S. Army Garrison-Hawaii leadership.

Those quality of life issues for Soldiers and their family members will once again be addressed early next month, when delegates and subject matter experts convene for the Garrison Commander's AFAP Steering Committee Meeting. Slated for June 7, the meeting will take place at the Garrison Conference Room, here.

"Soldiers and families should care about AFAP because it is their opportunity to make an impact on their quality of life," said Tracey Clark, volunteer corps coordinator, Army Community Service, and moderator for the AFAP conference.

"Many of the great changes that have occurred are because AFAP started as a concern or issue for one person on an installation," Clark said. "The AFAP process changes things. It puts an X in the complete column."

During the next four weeks, the Hawaii Army Weekly will publish topics previously raised at this year's AFAP, March 18-19, and the action plan the garrison is currently taking to address these issues.

The first four issues follow.

Issue 1: Soldier physical fitness.
SME Agency: Directorate of Family and Morale, Welfare and Recreation.
Scope: The Army Physical Fitness centers have unsatisfactory hours for Soldiers. The current Army Physical Fitness Center baseline standard (90 hours) is insufficient to accommodate off-duty hours.

Lack of fitness center availability negatively affects Soldier combat readiness and morale.

Issue 1 Conference Recommenda-

SEE SOLUTIONS, A-10

Board committed to setting youth straight

MIKE EGAMI
U.S. Army Garrison Hawaii Public Affairs

FORT SHAFTER – When it comes to getting wayward youth back on track, the Oahu Juvenile Review Board is ready to step in and do its part.

Since September 2009, the U.S. Army Garrison-Oahu JRB has tackled just about every infraction committed by a juvenile, here, or at Wheeler Army Airfield, Tripler Army Medical Center and Schofield Barracks.

"This is USAG-Oahu's sole opportunity to combine efforts with local commands and USAG-Oahu support agencies, to wrap our arms around our own youth in an attempt to stem future misconduct," said Command Sgt. Maj. Darryl Jannone, command sergeant major, USAG-Oahu, and JRB president. "It is us taking care of our own and attempting to preserve the Army culture in the process."

Since its inception, the JRB has been a strong advocate in setting Army youth straight. It has also been recognized by Installation Management Command as a "Number One" practice.

The JRB is made up of professionals from USAG-Oahu community services, directorates and other organizations, all coming together to help youngsters.

"We are there to ensure that juveniles know exactly why their behavior needs to change and where they could find themselves if they don't change the way they think and act," said Sgt. Maj. Sulang Sarver, board member.

Sulang works for Directorate of Emergency Services, USAG-HI.

"The board members are more than likely repeating things that parents have said to their children, but it's different hearing it from a total stranger," Sarver said.

Other members share similar commitments to support teens and their families.

"Professionals who make up the board work together to support each teen to get on the right track by accepting responsibility, expressing apologies to the community and their own families, and to learn about resources the garrison command has made available for their use," said Sara Hill, clinical supervisor, Adolescent Substance Abuse Counseling Services, Schofield Barracks Health Clinic.

Jannone

Jannone is proud of the volunteer board members and credits them for the program's success.

"I may sit at the head of the table and guide the Juvenile Review Board as its president, but the true strength of the JRB is found in the board members that provide their time, professionalism and enduring support for our military youth," Jannone said. "Without their participation, it would be a hollow process."

The type of infractions committed by juveniles vary from shoplifting, underage drinking, criminal property damage, home break-ins, trespassing, assault, school bus misconduct and harassment.

Shoplifting continues to rank first among crimes committed, despite the many cameras and presence of plain clothes security personnel at Army and Air Force Exchange Service facilities.

As of April 22, there were 37 shoplifting cases in which AAFES privileges were suspended to youths.

Other administrative actions are mandatory participation in community service projects, Saturday mornings at Tripler's Fisher House; at the Pililaau Army Recreation Center, White Plains Beach; and at the 25th Infantry Division Museum. Additional community partnerships will provide more community projects in the future.

Youth participating in the outings expressed gratification and a sense of pride when cleaning and landscaping as a group.

"The juveniles that have appeared before the board have recently performed two beach clean-up community service projects," Jannone said.

"About 50 juveniles and several of their family members picked up a cumulative 400 pounds of rubbish off of White Plains Beach," Jannone said. "This enforces the intent of the board to process behavior modification and clearly illustrates our ability as service members and family members to participate in our community outside the gates, rather than just exist in it."

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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29 days since last fatal accident

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 5/13/10.

FOOTSTEPS in FAITH

Thanks to 'JB,' chaplain finds sheer happiness within the Army ministry

CHAPLAIN (CAPT.) SEAN PHILLIPS
Chaplain, 84th Engineer Battalion
(Construction Effects)

I have a confession to make. Ready?

I used to be an Air Force chaplain.

There. I said it.

Please don't hate me. I bleed green now and have a deep connection with the Army and its Soldiers.

I do realize that after reading such a confession, many folks are left wondering, "Wait a minute. You were in the Air Force and switched to the Army? Doesn't it usually go the other way?"

Let me explain.

I enlisted in the the Air Force and served from 1991 to 1997 before starting formal education and training. My plan was to return to the Air Force Reserves as a commissioned officer in 2001, with dreams of moving on to the active duty chaplain ranks.

While performing a six-week active training tour, however, my chaplain supervisor (who I'll simply refer to as JB) disagreed with a few of my religious standards.

JB wrote a poor performance report and claimed I was unfit for pluralistic ministry. The Wing Chaplain supported the claim, and the Wing Commander over-ruled my rebuttal.

As a result, my desire for active duty as an Air Force chaplain took a big heat round, and the future did not look good.

The Army did not appear to be a viable option, even though I enjoyed camping. And while I enjoyed swimming, I was not the least bit interested in the Navy.

What I wanted was the cushy life in the Air Force, with short deployments (if any) and a corporate lifestyle.

That door, however, kept slamming shut in my face.

Yet, God kept bringing active duty chaplain ministry to my heart, and I eventually decided to check out the Army.

Today, I am in a job and ministry I love, and I've been selected for promotion ahead of my Air Force peers.

Why do I tell you all of this?

For me, the Bible is real. It brings me comfort because it holds the answers to life's tough questions, such as "Why is God allowing this tragedy in my life?" "Why did someone steal my purse?" "If God is so good, why is there so much evil in the world?"

In Genesis 37, the Bible describes the evil Joseph's brothers plotted against him. Chapters later, in Genesis 50:20, we read Joseph's statement, "As for you (Joseph's brothers), you meant evil against me (Joseph), but God meant it for good."

I realize that Joseph makes this statement long after his economic skills had saved a nation from widespread famine. I'd imagine he was neither singing praises while being held captive in Egypt for 24 years, nor was he thanking his brothers for selling him into slavery in the first place.

Phillips

You and I do the same thing when people plot their evil actions against us. When we're in the struggle, we cry and complain, but later, when we've calmed down, we usually see the good results. It's often in hindsight that we see how God has turned evil into good.

In my case, JB sabotaged my Air Force career, but God used JB's actions for my good. In hindsight, I would have never completely considered the Army had the road to the Air Force remained open. I didn't like it at the time; my sight was limited.

But now, I can count my blessings and thank JB for "the evil" he meant. Why? His acts, combined with God's benevolence, gave me the desires of my heart.

I can't answer exactly what this truth means for you or how it may impact your life and situation, but I know, through experience, that God takes the evil acts of people and turns them into wellsprings of life in the hearts of those who love Him.

Sgt. Robert Carmical | 25th Infantry Division Band

And the band played on

WAHIAWA – Sgt. Benjamin Hoshko, from the Tropic Lightning Band, plays through music with beginning saxophone students at Leilehua High School, recently, as part of 25th Infantry Division's Educational Outreach Program. **Read the full story on B-3.**

Five sentenced to confinement, hard labor

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

OFFICES OF STAFF JUDGE ADVOCATE
8th Theater Sustainment Command
and 25th Infantry Division

Five Soldiers have been tried recently, found guilty and sentenced for various offenses.

A staff sergeant from Medical Company B, Tripler Army Medical Center, pled guilty to two specifications of Article 120 (aggravated sexual abuse of a child) and one specification of Article 90 (disobeying a commissioned officer), and was sentenced to confinement for four years and discharged for bad conduct.

A sergeant from Hawaii Replacement Detachment, 8th Special Troops Battalion, 8th Theater Sustainment Command, pled guilty to five specifications of Article 121 (wrongful appropriation) and five specifications of Article 134 (fraud and related activity in connection with identification documents, authentication features, and information), and was reduced in rank to E-2, required to forfeit $664 in pay per month for the next 24 months, and sentenced to hard labor without confinement for 90 days.

A private first class from 71st Chemical Company, 8th Military Police Brigade, 8th TSC, pled guilty to one specification of Article 86 (absent without leave) and two specifications of Article 128 (aggravated assault of a child), and was sentenced to reduction in rank to E-1, forfeiture of all pay and allowances, confinement for 114 months, and a dishonorable discharge.

A specialist from Bravo Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, pled guilty to one specification of Article 86 (absent without leave), and was sentenced to reduction to E-1 and forfeiture of $800 pay per month for 10 months and confinement for 160 days.

A specialist from 2nd Battalion (Rear), 25th Combat Aviation Brigade (Rear Provisional), 25th ID, pled guilty to two specifications of Article 81 (conspiracy), two specifications of Article 128 (assault) and one specification of Article 129 (burglary), and was sentenced to confinement for 19 months.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, these Soldiers will also have a federal conviction on their record, meaning they must report this when filling out a job application.

A federal conviction strips Soldiers of many rights, including the right to purchase and maintain firearms and the right to vote.

Voices of Ohana

"What are some of the cultural traditions you plan on observing during Asian-Pacific American Heritage Month?"

"I'm looking forward to the luaus!"

Staff Sgt. Daniel Jackson
Information System Analyst, 8th TSC

"I'll sit down and watch more Korean soaps with my mom."

Kimberly Lehmann
Fort Shafter PX Cashier

"All the delicious food sounds good to me."

Sgt. Danielle Ortiz
Automated Logistical Specialist, 8th TSC

"I plan to visit the Okinawan Cultural Center."

Merl Shiroma
Recreation Assistant, Fort Shafter Physical Fitness Center

"I live it up all year long!"

Pfc. Bryan Westling
Information Systems Analyst, 8th TSC

Defender 6 sends

Support of Army community begins by making IT a priority

LT. GEN. RICK LYNCH
Commander, Installation Management Command

WASHINGTON – The Installation Management community is committed to leveraging the power of technology to expand our communication capabilities and enhance our ability to serve and support Soldiers, civilians, and families.

"I am dedicated to embracing these new and exciting technologies."

— Lt. Gen. Rick Lynch
Commander, IMCOM

In today's world, information technology is at the core of all we do at work, at home and at play. Smaller, more powerful and less expensive IT products hit the market every day.

Becoming savvy with state-of-the-art technology helps us work smarter, learn more efficiently and play harder.

During the past six months, I have visited many garrisons, listening to many members of the Army family to better understand how they prefer to receive information and communicate.

Because more than 75 percent communicate and retrieve information through the Internet and other electronic means, I now communicate through my Facebook page and the Installation Management Command's Twitter, Flickr and YouTube sites.

This implements the Deputy Secretary of Defense memorandum, dated Feb. 25, that requires Department of Defense unclassified networks be configured for Internet-based capabilities like YouTube, Facebook, MySpace, Twitter and Google apps.

Because IT is so critical to how we do business and communicate, I have made IT one of the focus areas of the Services and Infrastructure Core Enterprise in my role as co-lead of the SICE board.

SICE is a collaborative and cross-functional team of more than 15 commands, organizations and staff offices formed to develop solutions to Armywide challenges.

Presently, the SICE team is developing plans to modernize and standardize IT services on Army installations. The results will enhance delivery of IT in the deployment process, training and programs such as Comprehensive Soldier Fitness.

Also, look for improved IT to lead to improvements on how we deliver on our promises of the Army Family Covenant and the Army Community Covenant.

The most important components of IT – telecommunications, information assurance and data processing – tie into every aspect of installation management.

We use telecommunications to connect Soldiers to their families by video teleconference when they deploy. Tech-smart Soldiers and family members use it when they "tweet" to friends and family through their Twitter accounts.

IA measures and practices reduce risk and ensure our communication and information remain secure from malicious attacks. IA enables Soldiers and civilians to communicate with government-issued Blackberries, knowing conversations are secure from unauthorized individuals.

Most of us use data processing to manage our bits and bytes of information each day when we work on desktop computers, laptops, scanners and copiers.

And, cell phones may be the most powerful device of all since they incorporate all three of these IT components (telecommunications, information assurance and data processing).

Every day, the universe of IT products expands. Mobile handheld devices like the current generation of smartphones open up possibilities only dreamed of a few years ago.

The convergence of cell phones, digital cameras, music players, GPS, video games, camcorders, electronic book readers and mobile web browsers rapidly change how we communicate and interact.

As the IMCOM commander, I am dedicated to embracing these new and exciting technologies and adapting them to continue to be ahead of the curve in supporting Soldier, civilian and family well-being and mission readiness.

Each generation of Soldiers brings a valuable, new perspective to the Army.

It is up to us to stay in step with communication capabilities that are in synch with a quality of life commensurate with service.

IMCOM
SOLDIERS • FAMILIES • CIVILIANS

94th AAMDC names its SOY, NCO of the Year

Maldonado, Thorp claim top honors amongst Soldiers in Hawaii and Japan units

STAFF SGT. CHRISTOPHER ROBERTS
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER – The battle was close and the participants were unwavering; yet, only two noncommissioned officers emerged victorious at the 94th Army Air and Missile Defense Command's Soldier and NCO of the Year competitions.

Soldiers from 94th AAMDC's headquarters in both Hawaii and Japan competed in a Warrior Challenge Competition, May 3-5, here, and at Schofield Barracks.

"The Warrior Competition is a really significant event because this is an event that the Soldiers are competing in. They plan, look forward to it all year. A lot of time, energy, physical and mental preparation (have) gone into it," said 1st Sgt. Oubrinyahn Stonewall, first sergeant, Headquarters and Headquarters Battery, 94th AAMDC.

"Not only did those individual Soldiers put time and energy into it, but for the unit, as a result of the Warrior Competition, we are going to have Soldiers emerge as the best," he continued. "We are also going to see a lot of strengths and capabilities in the other Soldiers competing against them, and celebrate the skill sets they have in the spirit of competition."

The Soldier of the Year winner was Spc. Roberto Maldonado, AN/TPY-2 sensor manager, Air Operations Center, Hickam Air Force Base.

The NCO of the Year award went to Staff Sgt. Justin Thorp, an assistant operations sergeant, HHB, 94th AAMDC.

According to the winners, confidence and training were the key factors in the climb to be No. 1 in the competition.

"There were certain tasks I knew I needed to work on, like land navigation," Maldonado said. "Although I was not proficient in my mind, I practiced and I was confident that I would still prevail. I was also surrounded by great NCOs who trained, prepared and gave me guidance prior to each event taking place."

Though standards are set a little higher for NCOs, fellow NCO support allowed Thorp to succeed.

"If it was not for my sponsor, who kept me trained and motivated throughout the competition, I would not have had as much success as I did," said Thorp. "It also helped a great deal that we both approached each event with the right attitude and stayed focused on our goals during the competition."

Due to the level of competition between candidates, identifying who could win early was not an easy task. In fact, the scores were so close and the competitors so evenly matched, that five of the seven NCOs and two of the Soldiers still had shots at the title going into the final event on Wednesday.

"It's tough. If the competition was easy, I would have had a whole bunch of folks standing here getting awards," said Command Sgt. Maj. Phillip Rowland, 94th AAMDC, during the closing award ceremony. "Only the best of the best get to this point. Then, only the best of the best get to move on to the next point."

This year's winners will move on to the next level of competition at the U.S. Army-Pacific Command level, June 7-12.

The USARPAC competition is the final hurdle before the competition at the Department of Army level.

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

Staff Sgt. Justin Thorp, a Honolulu native, serves as an assistant operations sergeant, Headquarters and Headquarters Battery, 94th Army Air and Missile Defense Command, makes adjustments to his M4 during the marksmanship qualification, part of the 2010 94th AAMDC Warrior Challenge Competition, at Schofield Barracks, May 4.

Left — Sgt. Ryan Marchino (left), of Des Moines, Iowa, who serves as an early warning systems operator, Headquarters and Headquarters Battery, 94th Army Air and Missile Defense Command, consults with his sponsor while walking to his next task during the Warrior Challenge Competition, May 3.

Col. Erin Edgar, commander 18th Medical Deployment Support Command, exits the Honolulu International Airport with Lt. Col. Agustin Gogue, 18th MDSC logistics chief. The unit recently welcomed Gogue back from a 12-month deployment to Afghanistan, with leis and hugs.

18th MDSC logistics chief redeploys from year tour

Story and Photo by
SGT. 1ST CLASS RODNEY JACKSON
18th Medical Deployment Support Command
Public Affairs

FORT SHAFTER – Soldiers of the 18th Medical Deployment Support Command welcomed home Lt. Col. Gus Gogue, 18th MDSC deputy chief of staff for logistics, with lei and hugs, April 28, at the Honolulu International Airport.

Gogue's return capped a 12-month deployment, in which he served as logistics chief in support of Task Force, 30th Medical Deployment Support Command, Bagram Air Base, Afghanistan.

The 30th MDSC, a sister unit to 18th MDSC, deployed from U.S. Army Europe to provide command and control of all medical units operating in the Afghanistan area of responsibility.

One of Gogue's most memorable experiences came while working with the joint services to include the coalition units.

"Besides working with a great logistics staff, I especially enjoyed working with the Egyptian, Korean and Jordanian coalition hospitals," said Gogue. "I also had the opportunity to work closely with the Canadian, Spanish, German and Norwegian armed forces partners and nations."

With a newly expanded medical mission for the AOR, Gogue's logistics team had many challenges that allowed it to "experience firsthand and fix the problems of limited resources and capabilities that revolve around logistics and by balancing changes to those logistical problems get the AOR on track," Gogue said.

Gogue and his team described the test in one of their briefings as "the complexities of the forgotten theater," meaning the Afghanistan AOR was taking second place to the fight in Iraq.

"There were a lot of lessons learned and after-action reviews," said Gogue.

Gogue returns to 18th MDSC, where he served briefly after transferring to the unit from the U.S. Army-Pacific Surgeon's Office before deploying. He found out during a "hail and farewell" event from USARPAC that he had three weeks to get ready to deploy to Afghanistan.

"It was a challenging three weeks," said Gogue. "I'm glad I went. The timing was right for me. We worked hard, and it was a great deployment."

Film crew, 2BCT contribute to West Point study on officers

Pfc. Robert England | 2nd Brigade Combat Team Public Affairs

Lt. Col. Donald Brown, commander, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, is interviewed at the 1-27th battalion classroom at Schofield Barracks for a case study conducted by officers from the U.S. Military Academy, West Point, NY.

2nd Brigade Combat Team, 25th Infantry Division, officers get chance to provide career advice

MAJ. GABRIEL ZINNI & PFC. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – A team of Army officers from the U.S. Military Academy at West Point, N.Y., along with a civilian video crew, conducted interviews with selected officers from the 2nd Brigade Combat Team, 25th Infantry Division, April 20-21, at the 1st Battalion, 14th Infantry Regiment, classroom, here.

The team's goal was to capture on video different perspectives from BCT officers and gain their insight into ways the Army can update its strategy for managing its officer corps.

"Current policies, combined with the demands and operational tempo of warfare, don't meet all the Army's needs," said Col. Jeffrey Peterson, director, Office of Economic and Manpower Analysis, or OEMA, in the Department of Social Sciences at the USMA.

OEMA's mission is to analyze policies regarding personnel and devise strategies for improving them. Part of building a case for the need to update policies involves gathering information from units like 2BCT, on the eve of deployment, and identifying ways the policies have helped or hindered preparation for deployment.

"We wanted to get some feedback based on one brigade's experience, get that message back to the senior leadership and let them know challenges brigades are facing as they prepare to deploy," Peterson said.

The fact that the brigade is filling an advise and assist role, which requires special skills and talents to accomplish that mission, further highlights the need to update officer management policies.

"Our hypothesis is that current policies are not flexible enough to meet those demands of the brigade," Peterson said.

Peterson and his team met with various commanders at battalion and company level within 2nd BCT as well as other staff officers of all ranks to get their perspective on how prepared they are for deployment, if they wish they had opportunities to develop their skills in a different way, and to uncover any other issues they may be facing with current manning policies.

"How selective is the Army being when placing officers in key developmental jobs?" asked Capt. Tony Smith, commander, Alpha Company, 1st Battalion, 14th Infantry Regiment.

"The selection rate to major is around 95 percent, so it's good the Army is evaluating its officer corps strategy," Smith added.

A need exists to better balance and manage time for higher education, along with operational needs and being in positions of responsibility. Officers must have the ability to be critical thinkers, starting at the lowest ranks.

The research conducted will culminate in a conference, June 6-8, at the USMA where many of the Army's senior leaders will discuss the framework for the new officer corps strategy.

Warrior Brigade spouses, supporters bond while performing Soldier tasks

Story and Photo by
PFC. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS – Soldiers, spouses and supporters from 2nd Brigade Combat Team, 25th Infantry Division, here, participated in the brigade's Warrior Ohana Day celebration, April 30, here.

Teams of spouses and supporters from all units within the brigade, including the Stability Transition Team and brigade headquarters, came together for a day full of healthy bonding and friendly competition in an attempt to further unify and strengthen support groups prior to the brigade's departure for deployment.

The opening ceremony was held at Watts Field, with Col. Patricia Frost, senior advisor for the brigade's family readiness groups, who briefed participants about the events that would test the motivation and camaraderie of all the warrior participants, beginning with a guidon-making competition that allowed each team to design unique flags to represent its inner beast.

Competitors were then split into two groups and shuttled to the Battle Command Training Center, and the Training and Audiovisual Support Center, here.

At the BCTC, teams practiced with the virtual squad and convoy trainer, and they learned combat lifesaver techniques.

At the TASC, teams used the engagement skills trainer and posed for pictures in improved outer tactical vests and Army combat helmets with M4 carbines. They were also instructed and tested on the assembly and disassembly of the M-9 pistol and an M-4 carbine.

After both groups rotated between each location, they moved to the Leadership Reaction Course where each team was forced to use critical thinking and teamwork to accomplish its objective.

Participants were then administered a mock physical fitness test, doing as many push-ups and sit-ups as their bodies would allow in the minute allotted per exercise.

Finally, the teams began the two-mile road march down to the obstacle course for the final portion of the competition.

Following the conclusion of the obstacle course, competitors boarded buses and were transported back to Watts Field for the closing ceremony, where the brigade command team presented individuals and teams with awards ranging from the most push-ups completed to the most team spirit.

Spouses and friends of 2nd Squadron, 14th Cavalry, 2nd Brigade Combat Team, 25th Infantry Division, assist each other in negotiating a wall at the Leadership Reaction Course, at Schofield Barracks, April 30, as part of Warrior Ohana Day. The day's events focused on team building and friendly competition.

All participants displayed tremendous amounts of pride for their respective units, but kept the overall theme of unity and sportsmanship in mind as they tackled the various events throughout the day, congratulating their teammates and cheering each other on.

At the end of the day, Col. Malcolm Frost, commander, 2nd BCT, 25th ID, along with members of the brigade command team, expressed gratitude to the participants and the brigade staff for making the event successful.

FA commandant attends 2-11th award ceremony

Story and Photo by
PFC. ROBERT ENGLAND
2nd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS – Brig. Gen. Ross Ridge, commandant, Field Artillery School, Fort Sill, Okla., presented awards to selected members of 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, during a formal ceremony at D-Quad, here, April 22.

Ridge addressed the Soldiers of 2-11th FA after the awards were handed out, and he thanked them for their dedicated service to the Army and to the field artillery branch.

"We continue to be strong while we expand our skill sets," said Ridge, a former member of 2-11th FA who was assigned as the 2nd Brigade fire support officer from 1993 to 1995.

Ridge presented five Army Commendation and 45 Army Achievement medals to battalion officers, noncommissioned officers and Soldiers for their performance during their training cycle at the National Training Center, Fort Irwin, Calif.

"The battalion trained as an advise and assist battalion during NTC rotation," explained Lt. Col. Andrew Preston, commander, 2-11th FA. "We conducted AAB missions, but also maintained a hot artillery platoon, which provided fire support to units of the brigade combat team."

After the awards ceremony, Ridge attended a working lunch at the 3rd BCT dining facility with Brig. Gen. James Nixon, deputy commander (operations) 25th ID; Col. Malcolm Frost, commander, 2nd BCT; and field grade artillery officers of the 25th ID.

Ridge later met with Maj. Gen. Bernard Champoux, commanding general, 25th ID, at division headquarters.

Ridge attended 2-11 FA's St. Barbara's Day Ball, held April 23, at the Hyatt Regency Waikiki, as the guest of honor.

At the ball, individuals who have contributed to the field artillery branch were inducted into the Order Of Saint Barbara.

Normally conducted in December, the event was held early due to 2nd BCT's upcoming deployment to Iraq this summer.

Brig. Gen. Ross Ridge, commandant of the Field Artillery School, Fort Sill, Okla., presents five Army Commendation and 45 Army Achievement medals to Soldiers from the 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, at Schofield Barracks, April 22, for their performance during their training cycle at the National Training Center, Fort Irwin, Calif.

News Briefs

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

Today

Induction Ceremony – Join Command Sgt. Maj. Darryl Jannone, U.S Army Garrison-Oahu command sergeant major at the noncommissioned officer induction ceremony, May 14, 9 a.m., at the Kaena Community Center, 5485 Gallup St., Wahiawa. Call 275-3736.

Diverse Leadership – The 500th Military Intelligence Brigade presents the Asian-Pacific American Heritage May Day Celebration, "Diverse Leadership for a Diverse Workforce," May 14, 10 a.m.-2 p.m., Sills Field, Schofield Barracks.

Experience cultural diversity through music, song and dance. Families are also welcome to attend. Call 655-1125.

17 / Monday

Smoke Testing – The sanitary sewer systems at Fort DeRussy, Pililaau Army Recreation Center and Tripler Army Medical Center will undergo smoke testing, May 17-21.

Residents may see smoke coming from buildings or holes in the ground. Smoke is non-toxic, non-staining, has no odor, white to gray in color and creates no fire hazard. Call 656-3295.

18 / Tuesday

Career Fair – Attend a readiness Employment & Education Career Fair, May 18, at Fort Shafter. Call 655-4227.

SEE NEWS BRIEFS, A-10

Hawaii Guard NCO, SOY candidates overcome pressure, rise to top

Story and Photos by
SPC. BARBARA LIAU
117th Mobile Public Affairs Detachment

Leaping over an obstacle at fullspeed, Spc. Daniel Crowley, a combat medic with the Hawaii Army National Guard, races against 15 other competitors during the National Guard Region VII Noncommissioned and Soldier of the Year competitions held April 30 to May 2, in Waimanalo.

Spc. Phillip Cabedo, from the Guam National Guard, successfully employs a claymore mine during a simulated combat scenario at Schofield Barracks, during the National Guard Region VII Noncommissioned and Soldier of the Year competitions held April 30 to May 2.

WAIMANALO – The state of Hawaii hosted the National Guard Region VII Noncommissioned Officer and Soldier of the Year Competition for the first time, April 30-May 2, as candidates competed with each other to see who the top warriors were.

In the end, Staff Sgt. Michael East, 95th Civil Support Team of the California Army National Guard, and Spc. Ryan Teter of the 5th Special Forces Battalion, 19th Special Forces Group (Airborne), Colorado Army National Guard, took top honors.

East and Teter will compete in the national "Best Warrior" competition in October in Washington.

The NCO/SOY competition, which took place at the 298th Regional Training Institute, here, challenges the physical, emotional and psychological capacity of Soldiers through vigorous and stressful situations, said Sgt. Maj. Kate Arizo, noncommissioned officer in charge of operations for the overall Region VII competition.

Spanning three days, the competition tests participants' abilities to perform under pressure and the state's capability to hold a significant event.

The Hawaii Army National Guard called upon multiple commands to provide support and resources. Among those commands were the 103rd Troop Command, which organized the Army Warrior Tasks, at a military operations urban training at Schofield Barracks.

"Planning (for this event) took months, and safety was on everyone's minds," said Command Sgt. Maj. Ronald Oshiba, command sergeant major for the 103rd Troop Command. "It took almost every unit in Troop Command and their resources to conduct just this one event."

As part of a combat scenario, competitors were airlifted on two UH-60M Black Hawks to the MOUT site to perform security and stability operations.

As the competitors moved through the site, they had to employ a claymore mine, search a detainee, transport a casualty, and call in a medical evacuation.

Competitors performed all tasks while receiving and returning enemy fire.

"The objective was to give them a real-life scenario," said Oshiba. "This event was good training for all Soldiers who participated, and I wanted it to be a win-win where everyone gets good training out of it."

The entire competition consisted of the Army Physical Fitness Test, weapons qualification, a written exam, day and night land navigation, AWTs, an obstacle course with a 2-mile rucksack march, and an appearance before a board of four sergeants major from various states.

The Region VII competition was professional and organized well, according to Sgt. 1st Class Reuben Cde-Baca, the NCO competitor from the New Mexico Army National Guard. "It was an invaluable experience," he said.

The Hawaii National Guard was thankful for the chance to host the event, said Arizo. The Hawaii Guard learned a great deal from planning and executing the regional competition, she added, and recommended that other states host the event if they have the opportunity.

Combatives students learn to strike back through nonlethal methods

SGT. RICARDO BRANCH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Soldiers train to fight and stop the enemy by any means necessary, and often, the methods include lethal force.

However, for one group of Soldiers, combative training has provided them with an arsenal of new weapons to stop the enemy through nonlethal force.

Soldiers came from units all across Oahu to certify in combatives level I training during a 40-hour class, May 3-7, at the gymnasium, here.

"Combatives is helpful for Soldiers because it builds their motivation and gives them a new way to stop the enemy," said Sgt. 1st Class Jesse Thorton, intelligence noncommissioned officer in charge, 84th Engineer Battalion.

Modern Army combatives began in 1995 when the commander of the 2nd Ranger Battalion ordered a reinvigoration of martial arts training within the battalion. Sgt. 1st Class Willie Coleman, combatives instructor, Headquarters and Headquarters Company, 8th Theater Sustainment Command, is just one of a few teachers of the modern method the Army has adapted to teach Soldiers additional combat skills.

"It's really something everyone should go for," Coleman said. "The Army runs a very good training program with safety as a big priority. It's a good experience, which will help you in a variety of ways ... and not just in self-defense."

Thorton went on to break down some of the benefits that Coleman echoed during the class.

"You can be in hand-to-hand combat one day with the enemy, so it's important you know how to take them down safely and with the least amount of risk to yourself and your opponent," he said. "Combatives can often be a better alternative than just shooting your enemy because shooting first is not always the best answer."

During the training, Soldiers went through a variety of holds and take downs throughout the week, eventually culminating in clench holds during the infamous punch drills.

The punch drills involved Soldiers neutralizing the attacker, who was in full attack mode.

The catch, however, was for the combatives student to refrain from striking back.

"This is a physically challenging class," said Spc. Fred Prince, Company B, 2nd Battalion, 35th Infantry Regiment. "I went through a lot of this training at my unit and during basic training, so it was more of a refresher for me.

"However, once the punching begins, all you have to rely on is your training, so I had a lot of fun," said Prince.

For the Soldiers leaving the Fort Shafter gym, combatives training will go a long way to ensure they return to their units and pass down the added knowledge gained during level I certification.

"They have thoroughly impressed me," Coleman said. "Often in these classes, there's usually one Soldier who gets knocked out during the clench drills, but none in this class.

It's a testament to them paying attention and giving it their all," he said.

Pfc. Darnell Collins | 8th Theater Sustainment Command Public Affairs

Sgt. 1st Class Daniel Mena instructs Soldiers on the day land navigation event during the 8th Theater Sustainment Command Soldier and Noncommissioned Officer of the Year competitions, May 4.

8th TSC's best compete for titles, honor

SGT. 1ST CLASS DAVID WHEELER
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – For three long days, the best and brightest 8th Theater Sustainment Command Soldiers put it all on the line as they jockeyed for this year's 8th TSC Soldier and Noncommissioned Officer of the Year honors.

Challenging as it was for participants, they agreed that the competition was well worth the effort.

"The competition has been pretty stressful at times, physically demanding, with long hours," said Sgt. Jerry Bullock, 25th Transportation Company, 8th TSC. "But it was a fun time."

The first day tested the Soldiers' endurance, starting with an early morning Physical Fitness Test and continuing with daytime land navigation and warrior tasks. It ended more than 12 hours later with an urban orienteering course that some participants found particularly difficult.

"It was a lot more challenging than I thought it would be," admitted Staff Sgt. Anthony Ferguson, Headquarters and Headquarters Company, 8th TSC. "I sponsored a Soldier last year, and the course was only a mile or two. Ours was closer to 10 miles."

The last two days of the challenge required Soldiers and officers to report to an M16 range, as well as appear before a military board.

Command Sgt. Maj. George Duncan, command sergeant major, 8th TSC, said the competition turned out to be a great way to gauge the skills of the command's Soldiers, regardless of their career field.

"This is an opportunity," Duncan said. "Our Soldiers work at such diverse career fields, and they work under the flag of the 8th TSC. This is an opportunity for our Soldiers to step forward and become the best of the best, and be recognized by their leadership."

The winners of the competition will be announced May 25 at a ceremony at Sgt. Smith Theater, here. The 8th TSC Soldier and NCO of the Year go on to compete in the U.S. Army-Pacific competition scheduled for later this year.

8th MPs conduct new decontamination testing for vehicles

PFC. MARCUS FICHTL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS – Soldiers of the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, here, conducted baseline tests on a new decontamination system near Bowen Park, here, April 19-23.

The tests were conducted to evaluate the effectiveness of the new system versus the old system, and to improve the effectiveness of the company as a Pacific Command asset.

Current decontamination protocols and systems are based on vehicles two to three generations out, said Capt. William Brysacz, commander of the 71st Chem. Co. A revamp and re-evaluation of the systems was needed.

The new decontamination system, the M26 Joint Service Transportable Decontamination System Small Scale, is a new power washer designed to reach the nooks and crannies of the Army's new, more complex vehicles, and decontaminate them quickly and efficiency, said Brysacz.

Maj. Jeff Parker | 8th Military Police Brigade Public Affairs

A Soldier from the 71st Chemical Company, 8th Military Police Brigade, 8th Theater Sustainment Command, decontaminates a vehicle with the M26 Joint Service Transportable Decontamination System Small Scale during a field exercise at Schofield Barracks, April 23.

"The new system is more powerful, more durable to decontaminate equipment quicker and (to) get the vehicles back out into the fight," said Brysacz.

The decontamination process is a multi-step system, said Sgt. 1st Class Crystal Triplett, decontamination platoon sergeant, 71st Chem. Co.

The process starts with removing large debris, followed by a thorough cleanse with the new M26. The next step is weathering the vehicles in the environment, with a final decontamination check at the end.

The new M26 system demands less physically, making life a little bit easier. Still, the chemical suits the Soldiers' wear while operating the M26 force them to operate in strict rest/work cycles, because operating in the suit is physically demanding, said Triplett.

"The Soldiers love the new system," said Brysacz.

Soldiers weren't the only people witnessing the functions of the new equipment, here. VIPs from John Hopkins to subject matter experts from Fort Leonard Wood, Mo., were on hand to witness the exercise, said Triplett.

Regardless of who watches, ultimately, any increase in the capability of the 71st Chemical directly affects its value as a PACOM asset, said Brysacz.

"We've been increasing the 71st's capabilities not only through the development of better equipment and updated field procedures, but by training with hazardous response groups in the PACOM region from Singapore to civil support teams here in Hawaii," said Brysacz.

"Threats can sprout up anywhere within the region from the Philippines, Thailand, and here at home," he continued.

Overseas contingency operations forces the Army to fight decentralized and unconventional opponents, said Brysacz.

The 71st Chem. Co. provides that multifaceted defense.

"With our training and equipment, the 71st provides a first-time go (for decontamination)," said Brysacz.

POW recalls Bataan Death March trauma for senior leaders

STAFF SGT. NANCY DEWEESE
U.S. Army-Pacific Public Affairs

FORT SHAFTER – About 35 senior leaders from the U.S. Army-Pacific gathered to hear the story of retired Staff Sgt. Guillermo Gutierrez, a prisoner of war and survivor of the Bataan Death March, at USARPAC's Command Conference Center, here, April 23.

Gutierrez, a veteran of World War II, the Korean Conflict and the Vietnam War, spoke with leaders as part of the Senior Leader Development Program, or SLDP, which is geared toward officers and noncommissioned officers in upper-level management positions.

Sponsored by Lt. Gen. Benjamin Mixon, commanding general, USARPAC, the SLDP seeks to emphasize the lessons learned from history.

For the 2010 SLDP series, Mixon is focusing on the U.S. Army's role in the Pacific during World War II.

"It helps to focus on lessons learned, particularly on mistakes made and successes achieved during World War II in the Pacific," said Dave Hilkert, command historian for USARPAC, and coordinator of the 2010 SLDP series.

"What we want to do is explore what happened from 1941 until 1945, and then consider the lessons we can draw from that war that we can apply to the military craft today," Hilkert said.

"We really planned for the wrong war," he added. "We were looking to defend ourselves here in Hawaii with coast artillery against an amphibious landing.

Courtesy Photo

The brutal Bataan Death March killed thousands of Filipino and American prisoners of war during the 61-mile march.

In fact, the Japanese were planning the use of their aircraft carriers, and that took us completely off guard."

The SLDP has held two sessions so far, and already themes have come out, said Hilkert.

"One of the themes that has surfaced a couple of times is flexibility of American officers and NCOs," he said. "Even though we learn by doctrine to do one thing, we have to train and prepare to think 'outside the box.'

"We often have to implement strategies that respond to unique situations in our Pacific theater," Hilkert explained.

Gutierrez, the speaker for the April 23 SLDP, was a scout in the Filipino army when the Japanese attacked the Philippines, Dec. 8, 1941.

The Filipino army, along with units of the U.S. Army in the Philippines, held off the Japanese for four months until the Soldiers' supplies and ammunition dwindled to unsustainable amounts.

After the surrender, Gutierrez and 75,000 Filipino and American Soldiers became prisoners of war, and they were forced to march 61 miles through the jungle in the Philippines.

The Bataan Death March, as it was called, was brutal. It claimed the lives of thousands of Filipino and American Soldiers.

Those who survived remained prisoners of war until the Japanese surrendered in 1945.

Gutierrez's firsthand account had a profound impact on the leaders who attended the SLDP.

Capt. Ryan Mento, commander, USARPAC Operations Company, learned several lessons from Gutierrez's visit.

The junior-enlisted Soldier's experience, Mento said, highlighted the repercussions of the decisions and lack of preparation by senior leaders.

"Staff Sgt. Gutierrez's story from the perspective of a junior-enlisted Soldier, forced to endure a bitter defeat and inhumane treatment due to the decisions and lack of preparation by senior leaders, affected me greatly," Mento said.

"The fact that Staff Sgt. Gutierrez can still remember what happened to him during the march from Mariveles to Capas was amazing and truly a testament to his willingness to survive, and to his resolve to make sure others would know what happened to the American and Filipino Soldiers who were forced to taste a bitter defeat and internment," Mento added.

Mento said he recognized the importance of maintaining a team mentality, or chain of command, especially in the direst of circumstances.

"As individuals, we break," Mento said. "If we are inexperienced, we break. It is important that Soldiers stick together and have a strong chain of command to prop up the team as a whole. Soldiers will have to rely on collective strengths and experiences to prop up individual weakness.

"The one thing Staff Sgt. Gutierrez's story did teach us is that despite a terrible situation, there is always hope through mutual support and resolve."

Issues: DoDEA schools proposed to meet educational standards

CONTINUED FROM A-1

location with their families.

Soldiers who are unable to arrive at their duty assignment with their dependents are likely to assume more emotional and financial stress, said Mike Bozeman, spokesperson for the work group that presented the issue.

The last issue presented to Champoux was the need for Department of Defense Education Activity schools in Hawaii. The Army Family Covenant requires "excellence in education" for military children, something that has been called into question since Furlough Fridays began last October.

The panel of delegates recommended that the Army establish DoDEA schools to meet the needs of all military children in Hawaii.

The five issues briefed to Champoux at the end of the conference will be presented at the Department of the Army AFAP conference in Washington, D.C., in early 2011.

30th Signal Battalion wins Best Warrior Competition

LIANA MAYO
311th Signal Brigade Public Affairs

SCHOFIELD BARRACKS – Twelve Soldiers from the 311th Signal Command, all of whom were selected from their respective battalions throughout the Pacific, converged on the island of Oahu for the annual Best Warrior Competition, here, May 2-6.

The competition, designed to test Soldiers' knowledge and skills, included a written exam, Army Physical Fitness Test, qualification range, Army Warrior Tasks, Combatives, Land Navigation Courses and an evaluation board.

Upon winning the rigorous weeklong competition, the selected Noncommissioned Officer of the Year and Soldier of the Year will go on to compete in the ninth Signal Command (NETCOM) contest at Fort Huachuca, Ariz., June 14-18.

"This competition is about developing our future leaders, those who would run toward a fire to see how they can help, while others run away," said Col. Dana Tankins, commander, 516th Signal Brigade, at the May 7 award ceremony. "The skills tested here involve the five components of Comprehensive Soldier Fitness, which encompass what makes our Army different, and what it means to be a leader."

Selected to represent the 311th as NCO of the Year was Sgt. LeMarquis Jackson, Radio Communication Security Maintenance Shop foreman, COMSEC Logistics Support Unit, 396th Signal Company, 30th Signal Battalion.

Selected as the 311th's Soldier of the Year was Spc. Dustin Higgins, information technology specialist for the Schofield Barracks Network Management Group, 2nd Platoon, 396th Signal Company, 30th Signal Bn.

"It was amazing how Soldiers from all over the command came together as one team, studying to retain as much knowledge as possible," Jackson said.

"I am anticipating the next level to be more intense, but we're stepping up our study skills, and we have a great command team, and they're doing everything they can to help us prepare for the NETCOM board," he continued.

"For me, the most challenging part was the board," Jackson said. "Not knowing what to expect created a real 'conquering your fear' type of situation. It was an exercise in the ability to calm yourself and your comrade, which Spc. Higgins did very well.

"Throughout the entire event, we looked to each other for confidence and strength, to do the best we could," Jackson said.

"I liked the camaraderie between the competitors," Higgins added. "We were a tight-knit group. We all worked really hard, and it was a lot of fun. I'm looking forward to the challenges of the next level."

Tankins applauded participants for their efforts, and then said, "You proved this week that you have the components of comprehensive fitness, that when called upon with capability, you heed the call.

"Each of you, who would run toward the fire, is one in a million," Tankins said. "At war, I would want you by my side."

Photos by Sgt. 1st Class Joshua Coble | 311th Signal Command

Spc. Winlove Mabuti, a wheeled vehicle mechanic for the 311th Signal Command at Fort Shafter, and Sgt. Keith McCale, an information technology specialist for the System Support Team, 287th Signal Company, 78th Signal Battalion at Camp Zama, Japan, demonstrate combatives skills during their match at the Schofield Barracks gym, May 4.

Left — Spc. Steven Kleckner, a motor transport operator serving as the commander's driver for the 516th Signal Brigade, and Staff Sgt. Amy Ou, an information technology specialist for the Headquarters, Headquarters Detachment, 311th Signal Command, in Costa Mesa, Calif., familiarize themselves with navigational equipment during the Land Navigation Course at Helemano Military Reservation, May 5.

Remedies: Preparing Soldiers is top mission

CONTINUED FROM A-1

said. "In situations of physical or mental health, historically what we've done is react to it. You break your leg, we set it. You get a cavity, we drill and fill it. Those are important, but with the Comprehensive Soldier Fitness Plan what we're trying to do now is give Soldiers tools before they encounter those stresses."

"It's not just a matter of combat," McHugh said. "These are tools and techniques which can be shared by Soldiers and their families and be used every day of their lives to make their lives better.

"The Army had always focused on physical health," McHugh continued, "but now we're looking at mental health and spiritual health to give Soldiers the tools to succeed on the battlefield or in real life."

For McHugh, preparing Soldiers for the trials and challenges of life, as well as combat, continues to be the primary mission for Army officials.

"If we can take care of our troops, in this case, making sure they have adequate time to recover, we'll be on the way to doing the right thing," McHugh said.

"There are other challenges along the way, but when I wake up in the morning and go to bed at night, that's the first and last thing I think about," McHugh said.

Solutions: Concerns raised about care of spouses, children

CONTINUED FROM A-1

tions: Increase baseline standards from 90 hours to 130 hours per week. One central gym on base should be open from 4 a.m. to midnight.

Current Action Plan: Col. Matthew Margotta, commander, USAG-HI, would like to implement a Physical Fitness Advisory Board similar to the post exchange, commissary and Nehelani advisory boards.

The AFAP Steering Committee discussed the current funding situation at the garrison level. Both Margotta and committee members agreed that, without more funding, the only way to increase services at physical fitness centers is to cut hours at facilities that are not being used as much.

DFMWR will conduct a survey to see what the needs of the community are and look to discuss with the advisory board the adjustment of physical fitness center hours.

Issue 2: Two-year time limit that restricts spousal employment preference.

SME Agency: Civilian Personnel Advisory Center.

Scope: Executive Order 13473 (the Military Spouse Hiring Authority), which deals with spousal employment preference, has a two-year time limit that does not provide equal federal job opportunities for military spouses who have been at a post for an extended period of time.

Issue 2 Conference Recommendations: Amend the Executive Order to eliminate the two-year limit and provide equal opportunity to all military spouses, regardless of time at a duty station.

Also, establish a waiver to the Executive Order, allowing spouses to renew eligibility once the Soldier receives new orders to extend at current geographical area.

> "The AFAP process changes things. It puts an X in the complete column."
>
> **— Tracey Clark,**
> Volunteer Corps Coordinator, Army Community Service

Current Action Plan: This issue was forwarded to the 2010 U.S. Army-Pacific AFAP Conference. The issue was not briefed out and will be returned to USAG-HI for further action.

Issue 3: Dependents on service members' orders to a first duty station from Advanced Individual Training/One Station Unit Training.

SME Agency: Directorate of Human Resources.

Scope: Dependents are not included on initial orders coming from AIT/OSUT. At the Military Enrollment Processing Station, dependents are enrolled into the Defense Eligibility Enrollment Rapid System program, and this information should be used to place dependents on orders to first duty station.

Issue 3 Conference Recommendations: Enforce Army Regulation 600-8-11 and AR 55-46, Chapter 2, requirements to list dependents and their pertinent information by issuing Permanent Change of Station orders at AIT/OSUT that include DEERS-enrolled dependents, and specify transition entitlements and Exceptional Family Member Program screening requirements.

Also, educate service members to make sure they know their requirements for traveling from AIT/OSUT to duty station.

Current Action Plan: This issue was forwarded to the 2010 U.S. Army-Pacific AFAP Conference and was briefed out. This issue will be forwarded to the 2011 Department of the Army AFAP conference for consideration to be entered into the DA Army Family Action Plan.

Issue 4: Department of Defense Education Activity schools in Hawaii.

SME Agency: USAG-HI, Directorate of Family and Morale, Welfare and Recreation.

Scope: With the inception of Furlough Fridays and other issues, the Army Family Covenant's committment of providing excellence in education is being questioned in Hawaii.

Issue 4 Conference Recommendations: Establish DoDEA schools on military installations in Hawaii. Modify current legislative requirements to allow DoDEA schools.

Current Action Plan: This issue was forwarded to the 2010 USARPAC AFAP Conference and was briefed out. This issue will be forwarded to the 2011 DA AFAP conference for consideration to be entered into the DA Army Family Action Plan.

News Briefs

From A-5

Inactivation and Reorganization – Soldiers of the 25th Infantry Division will conduct an Inactivation Ceremony of the 25th ID Special Troops Battalion and a Reorganization and Redesignation of the Headquarters, 25th ID, to the Headquarters and Headquarters Battalion, 25th ID, May 18, 10 a.m., at Sills Field on Schofield Barracks.

19 / Wednesday

Tropic Lightning Run – A division four-mile run, led by Maj. Gen. Bernard Champoux, the 25th Infantry Division commanding general, is May 19, 6:30-8:30 a.m., throughout Schofield Barracks.

Personnel living and working on Schofield Barracks will need to adjust travel accordingly.

20 / Thursday

Comedy Stop – Listen to Army Substance Abuse Program comedians, May 20, 2-4 p.m., at the Sgt. Smith Theater.

Each individual attending will receive two hours of ASAP training. Call 655-8322/6047.

Comedians may audition at johnny.miller5@us.army.mil. The audience will decide the winner.

25 / Tuesday

AWG Recruiting – The Asymmetric Warfare Group Recruiting Team is conducting briefings, May 25-27, 10:30 a.m. and 1:30 p.m., at the Education Center, Room 211, on Schofield Barracks.

The AWG is seeking experienced captains through lieutenants colonels, and sergeants through sergeants major.

The AWG provides operational advisory assistance to Army and Joint Force Commanders to enhance the effectiveness of the operating force and enable the defeat of asymmetric threats.

Visit www.awg.us.army.mil or call 301-768-6159.

27 / Thursday

3rd BCT Change of Command – Col. Walter Piatt, commanding officer, 3rd Brigade Combat Team, will relinquish command to Col. Richard Kim at Sills Field, Schofield Barracks, May 27, at 10 a.m.

Cadet Sheridan Road Closure – Cadet Sheridan Road on Schofield Barracks will be closed May 27, 9-11:30 a.m.

Call 655-1118.

Ongoing

Deployed OCIE Turn-in – Soldiers and redeploying personnel can turn in organizational clothing and equipment to in-theater Central Issues Facilities, if, within 60 days of returning to home-station, they have a permanent change of station or expiration term of service.

Online Greetings and Self-Assessments – Military Pathways is launching a web-based greeting called "i-Salute" to commemorate Military Appreciation Month and Mental Health Month.

The site, www.i-Salute.org, allows friends and family to send an online greeting to active duty Soldiers, veterans and military families in honor of their service and sacrifice, while providing access to a variety of online services including anonymous mental health self-assessments.

Lane Closures – Lanes on Flagler Road, between Foote and Waianae, on Schofield Barracks, will be closed. Call 234-9102.

Census on Post – Census takers are currently visiting Schofield residents who did not turn in their census forms.

Participation in the 2010 Census is vital and required by law, (Section 221, of Title 13 of the U.S. Code).

Census takers have official government badges and will not ask to enter the home.

Visit www.census.gov.

DODEA Schools – In response to the Hawaii Department of Education 17-day furloughs (this year and next), the Department of Defense is conducting a study on the feasibility of establishing DoD Education Activity schools in Hawaii.

Soldiers with school-aged children attending public, private, charter or home-schools may complete the survey on Hawaii's education quality. Visit https://surv.dodea.edu/dhss/.

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 Army-wide 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.

Military Decals – All drivers who live on, work on or frequently use Army installations need to register their vehicles at an Army Vehicle Registration Office for an official military vehicle decal. Call 656-5398.

Vehicles without a decal will be routed to a Visitor Control Center for a temporary pass. Call 656-5398, 655-9496 or 438-2230.

HAWAI'I ARMY WEEKLY

PAU HANA

www.garrison.hawaii.army.mil/haw.asp "When work is finished." FRIDAY, MAY 14, 2010

U.S. Army Garrison-Hawaii is part of the Waianae Watershed Partnership, a group dedicated to protecting Hawaii's natural resources and watersheds, like the ones here at Kaala Farm.

Partnership signing reflects Army's commitment to Hawaii's watersheds

Story and Photos by
STEFANIE GARDIN
U.S. Army Garrison-Hawaii Public Affairs

WAIANAE – Seven public and private organizations affirmed their commitment to protecting Oahu's primary source of fresh water, April 22, at Kaala Farm, here.

Under a light "blessing" of rain, U.S. Army Garrison-Hawaii joined the Hawaii Department of Land and Natural Resources, Honolulu Board of Water Supply, Gill-Olson Joint Venture, Kaala Farm, MAO Organic Farms, and Navy Region, Hawaii, in the farm's Hale Naauao, or "house of learning," to sign a memorandum of understanding formalizing the Waianae Mountains Watershed Partnership.

This partnership is the tenth of its kind in the state of Hawaii dedicated to protecting Hawaii's watersheds – areas of land that catch and collect Hawaii's most precious resource: water.

In Hawaiian culture, wai, or water, is considered a gift from the gods. Ancient Hawaiians valued the water flowing through their ahupuaa, or the division of land in which they lived. They took only the water necessary to survive and developed sustainable practices focused on conserving resources to ensure survival.

As residents of one of the most isolated places in the world – more than 2,000 miles from the nearest neighbor – early Hawaiians were completely dependent on the islands' resources for survival.

Following in the footsteps of these island ancestors, members of the Waianae Mountains Watershed Partnership are taking a holistic approach to protecting and preserving the Waianae watershed from mauka to makai, from the mountains to the sea.

Urban growth and other watershed impacts, such as the loss of native forests and the diversion of water, have resulted in increased water pollution, soil erosion and runoff, according to Yumi Miyata, Waianae Mountains Watershed Partnership coordinator.

"This alliance will bring people together to responsibly manage watershed areas, native species, their habitat, and historical, cultural and socioeconomic resources for all who benefit from the continued health of the Waianae Mountains ahupuaa," Miyata said, in her remarks at the MOU signing.

Col. Matthew Margotta (front, right), commander, U.S. Army Garrison-Hawaii, signs the memorandum of understanding formalizing the Waianae Mountains Watershed Partnership. The MOU's goal is to establish a cooperative, voluntary partnership that will restore, protect and enhance the Waianae Mountains watershed, while incorporating traditional cultural and community values for future generations.

Left — Michelle Mansker (rear), U.S. Army Garrison-Hawaii, plants taro in the ancient Hawaiian way, giving it Ha, or breath, before planting it in an traditional loi kalo, or wet taro field.

USAG-HI's involvement in the partnership stems from the Army being one of the major land managers of endangered species in the Waianae Mountains, as well as its work protecting the native ecosystems of these species.

"Getting involved is good stewardship," said Michelle Mansker, Natural Resources section chief, USAG-HI. "On a basic level, we are responsible for managing our natural resources, and in Hawaii, they are so rare and so threatened by so many things that partnering is the best way for us to do that stewardship."

The Army has been a member of the Koolau Mountains Watershed Partnership since 1999, and this new Waianae partnership is exciting for Mansker and other partners because it brings something different to the table – the community.

"(The Waianae Mountains Watershed Partnership) is a little different from the other (watershed partnerships) because it involves so many members of the community," said Laura Thielen, chairperson, Hawaii Department of Land and Natural Resources. "It has a breadth and a depth and a community involvement that's really much richer than any of the other watershed partnerships."

Uilani Arasato, a Waianae High School student, was one of the community members involved in the partnership MOU signing held at Kaala Farm. Arasato worked at the farm over the summer, under the guidance of farm manager Butch Detroye. She helped restore the loi kalo, or wet taro fields, of her ancestors.

"Uncle Butch actually told us one time that 'you look at your fingers and you don't see dirt under them; you can't call it your land, or you can't call it your work if you haven't actually gotten into it or worked with it,'" Arasato said. "When we started working here, he told us now this is our aina, also. Now we need to help take responsibility to care for it.

"(Waianae) is not just any place," Arasato added. "This is our sacred place, where we get our food ... our water ... that's why today was so awesome to see, especially hearing Uncle Butch and all of them talk to us over the summer about the water and how we need to help get it back to us.

"It's really awesome to see everything out here going on, the papers being signed, and the water now being able to run down to our streams," Arasato continued.

Kaala Farm's loi kalo, the backdrop for the MOU signing, served as a reminder of the importance of water and watersheds. Built by Hawaiian ancestors and restored by the community today, these sustainable ponds grow the life-giving food kalo, or taro. Stream water irrigates the loi kalo, flowing through each pond before eventually returning to the stream.

"You need places (like this) that people can come together as a family," said Eric Enos, co-founder and executive director of Kaala Farm. "Because when you can't do that, that's when ... you have all the things that aren't working right ... this is a chance for us to work with groups, organizations that don't normally sit and 'he alo a he alo' (talk face-to-face).

"It's really important," Enos continued, "because a lot of time we work through the media or the lawyers or something like that, when all it takes is 'he alo a he alo.'

"These issues are all our issues," Enos added. "Healthy watershed, healthy people, healthy communities."

MWR Briefs

Serving America's Army in Hawaii

Today

"**Three Penny Opera**" – Take in London's Soho district before and during the coronation of Queen Victoria during a showing of "Three Penny Opera" at Richardson Theatre, Fort Shafter, 7:30 p.m., May 14, 21, 22, 28 and 29.

Call 438-4480.

AAFES Cutest Kiddo – Do you think you know the world's most adorable child?

Entrants can upload a picture of a child to the wall of the Army and Air Force Exchange Services Facebook page by June 5, for a chance to win a Peg Perego stroller and car seat in the Cutest Kiddo contest.

This contest is limited to children 5 years old and younger. Visit www.facebook.com/AAFES.BX.PX for more information.

Furlough Fridays – The next Furlough Friday is May 14, and the Family and Morale, Welfare and Recreation has a variety of options for students and teens in all grades available at Child, Youth and School Services and at Army Community Service.

Download an FMWR Furlough Friday activity program guide at www.mwrarmyhawaii.com; select "CYSS."

Battle of the Bands – Make some noise for the bands, May 14, 6 p.m., at Kolekole Bar & Grill. The winner of this contest will perform at this year's Fourth of July Spectacular and the re-opening of the Tropics. Call 655-5698.

16 / Sunday

"**Only the Brave**" – Watch an inspirational film about the 100th/442nd Regimental Combat Team, the most-decorated unit in U.S. history, May 16, 6 p.m., Sgt. Smith Theater. Call 655-8002.

Lantern Floating Hawaii – Learn the history of lantern floating, 1:30-3 p.m., May 16, at Fort Shafter Library.

Participants will complete their own dedications and remembrances of loved ones, and place the remembrances on community lanterns floated during the official ceremony, May 31.

Call 655-8002 or 438-9521.

18 / Tuesday

Preschool Storytime – Storytime for children 3-5 years old is 10-10:30 a.m., at the following libraries:

•Fort Shafter Library, May 18;

•Sgt. Yano Library, Schofield Barracks, May 19 and 26; and

•Aliamanu Military Reservation Library, May 20 and 27.

19 / Wednesday

Create-a-Card – Family members are invited to create a special Father's Day card to send to their deployed Soldier, May 19, 3-4 p.m., at Sgt. Yano Library, Building 560, Schofield Barracks.

Call 655-8002.

20 / Thursday

Texas Hold 'EM – This free monthly tournament tests your skills against the best Army players around, May 20, 6 p.m., at the Nehelani on Schofield Barracks. All ID cardholders 18 and older are welcome. Call 655-5697.

21 / Friday

PARC Luau – Experience "Old Hawaii" with the Sunset Café's Island Luau, May 21, 6 p.m., at Pililaau Army Recreation Center.

This luau features authentic Hawaiian cuisine, hula and fire knife shows, and the beautiful Pacific Ocean as the backdrop.

Cost is $22.95 for adults, $15.95 for children 5-12. Call 696-4778.

31 / Monday

Lantern Floating Hawaii – Outdoor Recreation is providing a barbecue dinner and transportation to the Lantern Floating ceremony at Ala Moana Beach Park, May 31.

Cost is $11 for adults and $4 for children. Transportation leaves Schofield Barracks at 12 p.m., Fort Shafter at 12:30 p.m., and returns by 9 p.m. Call 655-0143.

Sgt. 1st Class David R. Wheeler | 8th Theater Sustainment Command Public Affairs

Keeping cadence

SCHOFIELD BARRACKS — Maj. Gen. Michael J. Terry, 8th Theater Sustainment Command, commanding general, leads his first 8th TSC noncommissioned officer run, here, May 5. After the run, Terry held a question-and-answer session with the 8th TSC Soldiers.

Ongoing

Summer Bus Shuttle Service – Starting June 7, the summer bus shuttle service will run Monday-Friday, 8 a.m.-5 p.m., between Helemano Youth Reservation, Mendonca Park, Schofield Barracks, Wheeler Army Airfield and Camp Stover.

The bus will stop at most recreation areas, like the skateboard park, the Soldier Support Center, the Teen Center, Richardson Pool, the paintball park, the PX, Burger King and the bowling alley.

Government IDs are required.

Children under 12 must be accompanied by an adult. Call 656-8720.

Mom & Tot Crafts – Does your little one enjoy arts and crafts? If so bring your 3-5-year-old to create a fun project together, Thursdays, at the Schofield Barracks Arts and Crafts Center.

Just $3 covers the class and supplies.

Call 655-4202.

ACS Courses – Registration is open for Army Community Service courses and services in May. Visit www.acsclasses.com for all available courses.

For information on courses including Anger Management, Daddy Boot Camp and Potty Training Your Toddler, call 655-0596.

To learn about Summer Break Home Alone or Positive Psychology classes, call 655-1670.

For Newborn Care, Managing Your Checking Account, TSP & Retirement, Money Harmony, Simple Tips for Saving and Investing, Financial Planning for Deployment, Money Management, First-Term Financial Training, Employment Orientation, Building Your Home Business and Civilian Resume Writing, call 655-4227.

For Exceptional Family Member programs and support groups for Autism and Down Syndrome, call 655-1551 or 655-4761.

New Blue Star Benefits – New child care benefits provided by the Blue Star Card program include fee reduction, additional funding for activities and classes, and 16 hours of respite care, per child, per month, beginning 30 days prior to deployment and ending 90 days after return.

Call 655-0002.

State Vehicle Safety Check – Is your vehicle safety check about to expire? Stop by Auto Skills at Fort Shafter or Schofield Barracks for a state vehicle safety check.

These checks are performed on a first-come, first-served basis; no appointment is necessary. Call Fort Shafter at 438-9402 or Schofield Barracks at 655-9368.

Family Child Care – Individuals interested in caring for children in their home should inquire with the Child and Youth Services Family Child Care program.

Benefits include free training, additional income and flexible hours.

Call 655-8373 or 837-0236.

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., FD
•Fourth Sunday, 1 p.m., MPC Annex

Catholic Mass
•Friday, 9 a.m., AMR
•Saturday, 5 p.m., 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., WAAF
-8 a.m., AMR
-10:30 a.m., MPC Annex
-11 a.m., TAMC
•Monday-Friday, 12 p.m., MPC and TAMC

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

Islamic Prayers and Study
•Friday, 1 p.m., MPC Annex
•Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m., MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m., PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m., PH

Orthodox Divine Liturgy
•Sunday, 9 a.m., TAMC

Pagan (Wicca)
•Friday, 7 p.m., MPC Annex

Protestant Worship
•Sunday Services
-9 a.m., FD, FS, MPC and TAMC chapels
-9 a.m., WAAF Chapel, Lutheran/Episcopalian
-10 a.m., AMR and HMR

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

The Bounty Hunter
(PG-13)
Fri., May 14, 7 p.m.

Diary of a Wimpy Kid
(PG)
Sat., May 15, 4 p.m.

Clash of the Titans
(PG-13)
Sat., May 15, 7 p.m.

How to Train Your Dragon
(PG)
Sun., May 16, 2 p.m.

Only the Brave
Special showing of a historical war drama,
Sun., May 16, 6 p.m.

Why Did I Get Married Too?
(PG-13)
Thurs., May 20, 7 p.m.

No shows on Mondays or Tuesdays.

community Calendar

Send announcements to community@hawaiiarmyweekly.com.

Today

Asian-Pacific American Heritage – Experience cultural diversity through music, song and dance at the Asian-Pacific American Heritage May Day Celebration, May 14, 10 a.m.-2 p.m., Sills Field, Schofield Barracks. Call 655-1125.

Fireknife Festival – The Fireknife festival is at the Polynesian Cultural Center, May 14-15. Call 293-3333 or visit www.polynesia.com.

15 / Saturday

Friends and Film on the Fantail – Visit the Battleship Missouri Memorial, May 15, to see "The Blind Side," 6-9 p.m., and tour the battleship's Surrender Deck, the site of imperial Japan's unconditional surrender in 1945.

RSVP at 456-7960.

Hawaii Book & Music Festival – The annual Hawaii Book & Music Festival comes to the Frank F. Fasi civic grounds at Honolulu Hale, May 15-16, 10 a.m.-5 p.m. This family-friendly festival is a bestseller event for book, music and story lovers of all genres. Visit www.hawaiibookandmusicfestival.org.

17 / Monday

Film Festival – Tickets are available May 17, for the Honolulu Rainbow Film Festival, May 27-30, at the Doris Duke Theatre, Honolulu Academy of Arts.

Military discounts are available.

Visit www.rainbowfilmfestival.org or call 447-0577.

18 / Tuesday

Hurricane Awareness – Family Disaster Survival is an interactive workshop that helps families prepare for real-world disasters with personal preparedness, May 18, 6:30-8:30 p.m., Kaimuki-Waialae YMCA at 4835 Kilauea Ave.

Register at http://sites.google.com/site/familydisastersurvival/.

This week on TV 2

"Live Garrison TV Town Hall"
Wednesday, May 19, at 7 p.m.

Maj. Gen. Michael J. Terry, U.S. Army-Hawaii commander; Col. Mathew Margotta, U.S. Army Garrison-Hawaii commander; and installation subject matter experts will take live phone calls during this televised town hall.

This 90-minute program will feature updates on garrison programs and issues with an open forum for callers with questions.

Call 655-1383/5015 to submit a question, or Twitter the questions in advance at www.Twitter.com/USAGHI.

20 / Thursday

Murder Mystery – Tickets are available at military ticket outlets for "Sleuth," May 20-June 6, at Manoa Valley Theatre, or at www.manoavalleytheatre.com.

21 / Friday

Hoike Celebration – Wheeler Elementary School is celebrating its 50th anniversary with entertainment, games, a mural dedication, storytelling and a time capsule, May 21, 8:15-9 a.m. Call 622-6400.

West Loch Remembrance – A memorial service for the 163 service men who perished in a disastrous 1944 explosion at Navy Base West Loch is scheduled at the Punchbowl National Cemetery of the Pacific, May 21, 3-4 p.m.

Call 597-1347 or visit www.aadcch.org.

27 / Thursday

Military Stars – Watch "Hawaii Stars of the Pacific" featuring the Army's Sgt. Matthew Girard and Sgt. Tony Wood, as well as service members from the Air Force, Coast Guard, Navy and Marines at 9 p.m., on KHON2, May 27, June 9 and 24, and July 15.

Music Festival – Tickets are available for the Na Hoku O Hawaii Music Festival, May 27-30, at the Hawaii Convention Center and throughout Waikiki.

Tickets prices vary by events and date purchased. Call 973-4100, visit www.nahokufestival.com or e-mail info@nahokufestival.com.

31 / Monday

Pearl Harbor Admission – Admission to all Pearl Harbor historic sites is free May 31, for active duty, reserve, auxiliary and retired U.S. military personnel and their family members.

Visitors must present a valid military ID for the USS Bowfin Submarine Museum and Park, Battleship Missouri Memorial, and Pacific Aviation Museum Pearl Harbor. The USS Arizona Memorial and USS Oklahoma Memorial do not charge general admission.

Call 422-2771, 423-1341 or 441-1000.

Lantern Floating Hawaii – More than 2,000 candlelit lanterns bearing individual and community wishes and prayers will illuminate the ocean off of Magic Island at Ala Moana Beach Park in Honolulu, at the 12th Annual Lantern Floating Hawaii Ceremony, 6:30 p.m.

This event includes special performances by musicians, a lighting ceremony of the flame for world peace, and the release of lanterns into the Pacific Ocean. Parking is available at the Hawaii Convention Center with a shuttle starting at 4 p.m. Registry for lanterns starts at 1 p.m., May 31.

Visit www.lanternfloatinghawaii.com.

Ongoing

AHFH Hours – Army Hawaii Family Housing North Regional Office has new hours, Tuesdays and Thursdays, 7 a.m.-6 p.m., and Saturdays, 10 a.m.-2 p.m.

The South Regional Office is open Saturdays by appointment only.

Military Hero – The Red Cross seeks nominations for its Annual Red Cross Hero awards by June 30. The Military Hero is an individual, family, group or service member who assists military service members or their families.

Visit www.hawaiiredcross.org, e-mail cheej@hawaiiredcross.org or call 739-8130.

Parent Participation Preschool – Armed Services YMCA's newest program is a Parent Participation Preschool at Wheeler. This program costs $30 and runs Tuesdays and Thursdays, 9-11 a.m.

Call 624-5645.

Kuhio Beach Hula – Authentic Hawaiian music and hula shows are every Tuesday, Thursday, Saturday and Sunday, 6:30-7:30 p.m., at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu & Kalakaua Avenue in Waikiki. Call 843-8002.

Pacific Aviation Museum Offer – The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday. Adult ticket rates are $10 for kamaaina and military. Call 441-1000 or visit www.PacificAviationMuseum.org. Museum is open daily, 9 a.m.-5 p.m.

Religious Services – A full list of all services, children's programs and educational classes the garrison's Religious Support Office offers can be found at www.garrison.hawaii.army.mil.

Hawaii's diverse cultures represented in Pineapple Festival

Story and Photo by
KAYLA OVERTON
U.S. Army Garrison-Hawaii Public Affairs

WAHIAWA – Along with the sweet and delicious taste of Hawaiian pineapple, diverse local culture and vast history was celebrated during the Wahiawa Pineapple Festival and parade, held here, Saturday.

About 20 civic, municipal, commercial and military organizations marched the parade route along California Avenue from Kaala Elementary School to the Wahiawa District Park.

Even though onlookers along the parade route needed umbrellas, the rain didn't stop families from coming out and enjoying the day.

"I really enjoy coming to festivals like this. My family and I haven't lived here in Hawaii long, and we find that events like this are a great opportunity to try new foods, enjoy the day and meet new people," said Letty Perez, Army spouse.

After the parade, which was led by the 25th Infantry Division color guard, about 1,000 people congregated at the park where the main festival was held.

Soldiers with the 3rd Battalion, 7th Field Artillery Regiment, 25th Infantry Division, march the 1.2-mile parade route of Saturday's Wahiawa Pineapple Festival. In addition to the parade, daylong activities included cultural villages, narrated trolley rides through Wahiawa, a film festival, keiki activities and stage performances.

The Army's 3rd Battalion, 7th Field Artillery Regiment, 25th ID, marched the 1.2-mile parade route of the Wahiawa Pineapple Festival and won the award for "Most Exciting Marching Unit."

The Navy's marching unit from Naval Computer and Telecommunications Area Master Station-Whitmore won the award for "Best Dressed Marching Unit."

Sponsored by the Wahiawa Historical Society, the festival featured five "villages," or cultural displays, highlighting the many local cultures' influences, including Hawaiian, Filipino, Japanese, Okinawan and early farming families.

"The villages showcased the history of the different cultures that came here to Wahiawa to find a new life," said Grace Dixon, Pineapple Festival organizer. "We wanted to not only celebrate the rich history of pineapple plantations, but also wanted to celebrate the people who have made Wahiawa what it is today – and we've had a great time doing it."

On The WEB

View more photos of this event at www.flickr.com/usag-hi.

Festival goers visited the different villages to obtain information about all the different cultures in Wahiawa, to include music, food, clothing, history and much more.

The festival also included carnival rides, inflatable bouncers, merchants, crafters, farmers and educational and historical booths.

Cultural performances went on throughout the day on the main stage, and the stage lineup included performances by the Wahiawa Middle School Lancer Jazz Band, Japanese Taiko drummers, the Royal Hawaiian Band, Puerto Rican dancers, Hula Halau and many more.

Leilehua High School graduates and community members were also invited to provide oral histories and discuss their grassroots ties to Wahiawa for a documentary.

Photos by Sgt. Robert Carmical | 25th Infantry Division Band

Leilehua Band trombone students practice their band music with Sgt. 1st Class Steven Adrian, 25th Infantry Division.

Tropic Lightning Band teaches music to students

SGT. CHRISTINA KOLODZIEJ
SGT. ROBERT CARMICAL
25th Infantry Division Band

WAHIAWA – Army band members are often liaisons between the military and the community, telling the Army's story through music, so recently the 25th Infantry Division's Tropic Lightning band members immersed themselves with high school band students.

Soldiers in the Tropic Lightning Band's Educational Outreach Program spent the day mentoring Leilehua High School students who were preparing for an upcoming concert.

The Soldiers displayed inspiring professionalism as they coached students through the practice.

To book the 25th Infantry Division Band for educational outreach or in support of an event, call 655-9759.

Alan Kinoshita, Wahiawa High School band director, was excited to give his students the opportunity to hear and feel what it is like to play next to a professional.

"I know the kids and I both learned much from this interaction," said Kinoshita. "I hope that we can continue to have this wonderful relationship."

Besides rehearsing in a large group, Army band members worked side-by-side with students who play the same instrument.

Staff Sgt. Stefani Haga shows a flutist in the Leilehua High School Band the proper hand position during an Education Outreach Program event.

"Being able to sit down with the students and assist ... was very fun," said Staff Sgt. Stefani Haga. "The students were attentive and willing to try everything I threw at them."

Haga helped the student flutists with their music and also spent time on the fundamentals of flute playing.

The day was very positive for students and gratifying for the individual Soldiers.

"To be able to work with groups of students who are that dedicated is especially rewarding to me," said Sgt. Mark Zeeff. "The students we worked with were very receptive. I feel like we were able to bring that 'next step' of education to a lot of the music students at Leilehua."

The band's Educational Outreach Program works to bring musical inspiration to young people throughout Oahu.

Constituted Oct. 12, 1943, the 25th Infantry Division Band is the most highly decorated band in the U.S. Army.

Community hosts military events

HONOLULU – For 25 years, the Hawaii Chamber of Commerce has dedicated the month of May to show the state's appreciation for the military, to honor service members serving in the Pacific and to celebrate the military presence with a variety of events hosted by local sponsors for service members, spouses and families.

15 / Saturday

Enchanted Breakfast – Come to an Enchanted Character Breakfast, May 15, at 8 a.m. Tickets are available at Information, Tickets and Reservations, and cost $10 for adults, $8 for children. Call 655-9971.

Family Fun Festival – Come to Sills Field on Schofield Barracks, May 15, from 9–2 p.m., for a variety of games, inflatable rides, food booths and entertainment.

Call 655-0113.

Spouse Appreciation Day – Military spouses have the spotlight and will receive a goody bag and a raffle ticket for spa giveaway packages and other great prizes, May 15, 9 a.m.– 2 p.m., at Sills Field on Schofield Barracks.

Call 655-0112.

Combined Military Band Concert – Come to the combined services concert, May 15, at the Hawaii Theatre, Honolulu, from 7-8:30 p.m.

Free tickets are available on a first-come, first-served basis.

18 / Tuesday

Military Recognition Luncheon – Celebrate the return of our warriors from Iraq and Afghanistan at the Hilton Hawaiian Village Beach Resort & Spa, May 18, 12-1:30 p.m.

E-mail kokamura@cochawaii.org or call 545-4300, ext. 317.

22 / Saturday

Welcome Home Heroes – This parade takes place along Kalakaua Avenue with a celebration at the Waikiki Shell, May 22, 9:30 a.m.-2 p.m.

The daylong celebration continues with food booths and musical entertainment at Kapiolani Park, 10 a.m.-5 p.m.

Family Day at the Zoo – Join the USO for Military Appreciation Day, May 22, at the Honolulu Zoo, 9:30 a.m.-2 p.m.

Admission is free for all military personnel with a valid ID card for the crafts, games and exhibits.

Buses depart from the Schofield Barracks Bowling Center parking lot, 7:30-7:45 a.m. Wristbands and meal tickets will be issued by Family and Morale, Welfare and Recreation.

Buses depart from the Honolulu Zoo at 2 p.m.

23 / Sunday

A Toast to Our Troops – The Zinfandel Grand Tasting "An evening of fine wine and food" is May 23, 4–7 p.m., at the Luau Gardens at the Hale Koa Hotel, 2055 Kaila Rd., Honolulu.

Tickets are $49 with valid military identification, and they can be purchased at www.halekoa. com, www.zinfandel.org or call 955-0555.

29 / Saturday

Hawaii Military Bands Mele – Kick off Memorial Day weekend with a night of music under the stars with live top 40, country, classic rock, Motown and island-style music from U.S. military bands, May 29, at Fort DeRussy's Kuroda Field, 7-10 p.m.

Bands include the Army's Show of Force, the Navy's High Tide, the Marine's Showband and the Air Force's Hana Hou.

Call 448-0281.

Monthlong

Promotions – The Hale Koa is offering 20 percent off all shows, champagne brunches and buffets for active duty military and families with valid IDs through May 31. Now is the opportunity to visit the shows and events that you've been missing. Mention promotion code FNA APPRECIATION 10.

Community says aloha to 25th ID senior leaders

Appreciation event honors military's history of support in local neighborhoods

SPC. MAHLET TESFAYE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS – The Wahiawa/Whitmore Village Neighborhood Board and the Department of Hawaii Veterans of Foreign Wars recognized four senior officers from the 25th Infantry Division for their outstanding service during a Wahiawa Community Aloha Ceremony, May 5, at the Wahiawa Recreational Center.

"The Aloha Ceremony is a community appreciation event for our military neighbors at Schofield Barracks," said Ben Acohido, chairman of the neighborhood board.

George Barlett, the department commander of Hawaii Veterans of Foreign Wars, presented certificates of recognition to Maj. Gen. Bernard Champoux, commanding general, 25th ID; Brig. Gen. James Nixon, the division's departing deputy commanding general for operations; Col. Matthew Margotta, the departing U.S. Army Garrison-Hawaii commander; and Col. Walter Piatt, the departing commander for the 3rd Brigade Combat Team, 25th ID.

"I believe strongly that it is organizations like yours that keep the support with the American people for our Soldiers going downrange," said Nixon, as he thanked the hosts of the Aloha Ceremony and the Wahiawa community for their support.

Representatives from many organizations in the city of Wahiawa – including the Disabled American Veterans, the Wahiawa Botanical Society, Surfing the Nations, the Wahiawa Rainbow Seniors, the American Legion, the Zonta Club, and the Wahiawa Hospital Auxiliary – were present at the celebration to show their support to the Army and the officers.

"During the three years I have been here, I have experienced the support the Wahiawa community has shown for Soldiers and family members, especially during the times of deployment," said

SEE ALOHA, B-4

Trainer gives tips on cardio, strength training, nutrition

KRISTY OSBORN
Schofield Health and Fitness Center

SCHOFIELD BARRACKS – Fitness Facts is a fun new column providing fitness tips covering a wide range of health and fitness subjects.

Each new column will explore a certain aspect of fitness ranging from nutrition to triathlon training plans to mindfulness training.

We are mainly based out of the Schofield Health and Fitness Center on Trimble Road, where we provide group classes, personal training and a fun workout environment.

Other nearby facilities include Martinez Gym, on Kolekole Road, and Helemano Fitness Center.

These facilities are great places to begin or continue an exercise program and will help attendees to be fitter, faster and fight for their health in the three main components of fitness: cardiovascular, strength training and nutrition.

The goal for cardiorespiratory training is 60 minutes of moderate to vigorous intensity physical activity most days of the week.

This amount can be accumulated in one-hour cardio sessions, or in short bouts of physical activity throughout the day that last at least 10 minutes each. To figure out a target heart rate zone, subtract your age from 220, which equals your HR maximum; 65 percent of the HR max would constitute moderate exercise, and 85-90 percent is considered vigorous exercise.

Lacey Justinger | U.S. Army Garrison-Hawaii Public Affairs

Shinobu Yagi-Robinson, one of the fitness class instructors at the Health and Fitness Center on Schofield Barracks, leads a popular zumba class, an intense cardiovascular exercise that raises participants' heart rates for extended periods of time.

Besides cardiorespiratory training, strength training is essential two to three times per week on nonconsecutive days. Strength training is important because it increases the amount of lean mass in the body.

For information on group classes, call 655-8007, or for personal training, call 381-5944.

Lean mass has a higher metabolism than fat mass, thereby the body burns more calories per day because lean mass is highly active, even at rest.

Heart Rate Example:

220 - 20 = 200

200 x 65 percent = 130 beats per minute

200 x 85 = 170 BPM

The last integral aspect of weight management is keeping a food diary as it is very beneficial to record specific foods, as well as quantities. The food diary should track good choices as well as bad ones. Overall, keeping a food diary will keep a person mindful of the calorie count for the day and week.

This week's goal is to begin or continue a workout regimen that follows the above recommendations and to start a food diary.

(Editor's Note: Kristy Osborn is a personal fitness trainer.)

Parents should get children's school, sports physicals now

TRIPLER ARMY MEDICAL CENTER
News Release

HONOLULU – While the 2009-2010 public school year ends May 26, it's not too early to prepare for the new school year.

Parents are encouraged to get required school physicals done now, to avoid the rush before the new school year begins, Aug. 2.

Children enrolled with Tripler Army Medical Center's Pediatric and Adolescent clinics may get their required school and sports physicals at their primary care clinics at Tripler during mass walk-in clinics, June 5, July 20 and Aug. 14, 9 a.m.–2 p.m.

Normal Saturday clinics will be cancelled on these days.

Parents of children enrolled at Schofield Barracks Health Clinic should call to make appointments with their primary care managers during normal clinic hours.

Parents whose children have food allergies or other special health care needs should also call the schools where their children are being registered, to ask if special forms need to be completed by their child's doctor.

On The WEB

For more information about the state's requirements for enrollment in public schools, visit http://doe.k12.hi.us/register/index.htm or http://hawaii.gov/health and search for "school health requirements."

Within one year before entering a school in Hawaii, preschool through 12th grade, students must have a physical exam performed by a U.S. licensed medical doctor (M.D. or D.O.), an advanced-practice registered nurse, or a physician's assistant.

For information about physical exams or form completion, call the Tripler Army Medical Center's Pediatrics Clinic at 433-9728, the Adolescent Clinic at 433-4165, the Schofield Barracks Health Clinic at 433-8175/8155, or consult with your doctor.

Children participating in organized sports through the school will need a sports physical exam.

Children changing grades in the same school do not need a school or sports physical.

However, all children should have an annual checkup, which can be scheduled at any time during the year.

A child who has had an annual checkup in the past eight months does not need another exam. The child's parent or guardian can drop off the required form(s) at the clinic where the child received the care, and the physician will fill out the forms.

Completed form(s) are usually ready within three working days.

Parents or guardians should bring any forms provided by the school, special forms for medication and immunization records to the appointment.

If the child is already in the Hawaii school system, bring a copy of the child's last Department of Education Form 14, as it includes required immunization data.

If a parent is unable to get an appointment before school starts, he or she can bring the child to the Family Practice or Pediatrics clinics on a walk-in basis for needed immunizations.

Hawaii public schools will allow the child to start school, if the child has all of the required immunizations and either a completed DoE Form 14 or a note from the health care provider's office stating that an appointment is scheduled within 30 days of entering the school.

Timely immunizations help protect children's, communities' health

TRICARE
News Release

FALLS CHURCH, Va. – Vaccines are one of the most important medical breakthroughs in history and protect children from diseases that, in the past and around the world today, caused serious illness and often death.

Along with protecting a child from preventable diseases, vaccines also protect communities.

Infant immunizations give children a healthy start in life and while vaccine-preventable disease rates are very low in the United States, the diseases still exist in other parts of the world.

Continued vaccination is the best way to protect everyone in the community from potential outbreaks.

Vaccine-preventable diseases include Hepatitis A and B, diphtheria, tetanus, pertussis (whooping cough), bacterial meningitis, pneumonia, polio, rotavirus, influenza, measles, mumps, rubella and varicella (chicken pox).

On The WEB

Learn more about the importance adult and child immunizations and vaccine schedules at www.cdc.gov/vaccines or www.vaccines.mil.

Tricare covers the age-appropriate vaccines recommended by the Centers for Disease Control and Prevention and are administered by a primary care provider.

The current vaccine schedule recommends that infants be protected against 14 diseases before the age of 2.

Immunizations required for school attendance

- DTaP/DTP/Td (diphtheria/tetanus/pertussis)
- Polio
- MMR (measles, mumps, rubella)
- Hepatitis B
- Hib (Haemophilus influenzae type b)
- Varicella (chicken pox)
- Tuberculosis test

Recommended vaccinations

- H1N1 / Seasonal flu (updated yearly)

The CDC works with the American Academy of Pediatrics to create the vaccine schedule, and recommends vaccines at the ages when children's bodies will best accept the vaccine and give them the most protection.

Vaccines are an integral part of Tricare's well-child benefit that covers all routine care for children, up to age 6.

Well-child check-ups include comprehensive health promotion and disease prevention exams, and developmental and behavioral appraisals.

Tricare's well-child care also covers eye and vision screenings at birth and 6 months, and two eye exams between 3 and 6 years old.

Vaccines are thoroughly tested by the U.S. Food and Drug Administration before they are recommended for use.

Any out-of-the-ordinary responses to vaccines are reported and monitored by doctors and public health officials.

Parents are encouraged to discuss any concerns about vaccines with their pediatrician.

Aloha: Wahiawa shows support

CONTINUED FROM B-3

Margotta, during the presentation.

According to Acohido, the military at Schofield Barracks has a long history of assisting surrounding Hawaiian neighborhoods where Soldiers and their families live.

"Our Army neighbors have helped the civilian communities over the years, since they have been on the island," said Acohido.

"Presently, the units from 25th ID help out community schools, help with community events, and have helped with our Veterans Day celebration and parade for 47 years," Acohido explained.

The communities of Wahiawa and the military at Schofield Barracks have a strong partnership that is reinforced by support from both sides, according to Piatt.

"My wife and I got here in 2003 ... this has been more than an assignment for me and my family," said Piatt. "Wahiawa has been a home, and you have truly been our ohana.

"In that time, I have deployed three times, once to Afghanistan and twice to Iraq," he said. "You were there when I left, and you were there to greet me when I came back. But, more importantly, you were here to take care of our family when we were off to war ... thank you very much."

Lowering blood pressure helps adults avoid strokes, stay healthy

Stroke Awareness Month aims to prevent risks

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX – One in three adults in the U.S. has high blood pressure, a major risk factor for stroke, according to the National Heart, Lung and Blood Institute, and a stroke is the third leading cause of death in the U.S., according to the American Stroke Association.

The relationship between the two is unmistakable.

The American Stroke Association even states on its website, "Managing high blood pressure is the most important thing you can do to lessen your risk for stroke."

As the heart pumps out blood, the blood pushes against the walls of the body's arteries, the force of this push is the blood pressure. However, if this pressure rises too much, and stays high, it can damage the heart, blood vessels, kidneys and other parts of the body, according to NHLBI. It can also lead to a stroke.

High blood pressure is a major risk factor for stroke because it damages arteries, says online literature from the American Stroke Association. When arteries are damaged, they clog or burst more easily.

A stroke happens when a blood vessel to the brain is either blocked by a blood clot or completely bursts, which prevents oxygen from reaching the brain. Therefore, the part of the brain affected by the stroke starts to die.

Strokes can affect one's ability to control movement, language, vision and memory, among other bodily functions.

According to NHLBI, a normal blood pressure reading in a healthy adult is 120/80 or less and that blood pressure tends to rise with age. An adult reaches Stage 1 high blood pressure when the top number reads 140 to 159 or the bottom number reads 90 to 99.

However, other causes of high blood pressure may include chronic kidney disease, thyroid disease, sleep apnea, certain asthmas and cold-relief medications.

Additionally, some women who take birth control pills, become pregnant or take hormone replacement therapy could experience elevated blood pressure. Unfortunately, high blood pressure usually has no symptoms, according to NHLBI, although occasionally, it may cause headaches.

Many people have high blood pressure for years and don't know it or the danger they are in.

The best way to prevent high blood pressure from getting out of control is to maintain a healthy weight, exercise regularly, manage stress effectively, limit the amount of salt and alcohol consumption and avoid cigarette smoke.

Civilian loses to win, encourages others to do the same

LACEY JUSTINGER
Pau Hana Editor

SCHOFIELD BARRACKS – It's a typical Monday, and instead of slogging her way through the day like the majority of the working population, Adrian Jones whizzes through a spin class before a full day of work, bounces through a step class, dances through a zumba class and finishes out the day with hefting weights and stair stepping, at the Fort Shafter Gym, and the Health and Fitness Center and Martinez Physical Fitness Center, here.

"I was a junk food and sweetaholic," said Jones, the winner of the recent Biggest Loser Competition held at Fort Shafter, "but now I'm addicted to healthy living and working out – and I love my addiction."

When the self-paced competition started in January, Jones weighed more than 200 pounds; 90 days later she tipped the scale at 163 pounds, losing 18.5 percent of her body weight, 37.4 pounds and six percent body fat.

And she's still going.

"You can do it, no matter how impossible it seems, stick with it and you can do it," Jones said. "There is no magic pill, but if you want it bad enough and step outside your comfort zone, with a lot of sweat, diet and exercise, you can do it."

Personal accountability and competition were the motivators for Jones. She journaled her food intake and posted her starting weight, daily workout updates and results regularly on facebook, which garnered quite a following of supporters.

To ensure she was focused, Jones walked into her office that first week in January, and told Command Sgt. Maj. Darryl Jannone, the U.S. Army Garrison-Oahu command sergeant major, that she, "joined Biggest Loser today – and I'm going to win it.

"If I can touch one lady, one person, it's worth it to me," said the 47-year-old single mother. "I want to share my story to inspire someone who thinks they can't – that they can. So many women think they can't. There's someone out there depressed like I was, but I am walking proof that diet and exercise works."

For Jones, her weight gain started with a depression that sucked her into an endless circle of despair, which led to less physical activity, more junk food and additional weight gain, which cycled back to further depression.

Jones cut out fast food, sugar and salt, and she committed to only eating food she prepared herself or nutrition in the most natural state as possible.

"I'm more proud of my new eating habits than anything else," she said. "I feel so much better. I have so much energy now; it's remarkable. I'm feeling so much more full of life. I feel and function differently."

In fact, with such a drastic change in her appearance, Jones was almost denied entry to the installation based on her ID card. Even after several perusals, the gate guard didn't believe the military identification matched the woman in the vehicle, and after producing further proof, he eventually advised her to renew her ID card.

"I look different. I feel different, she said. "Nothing fits me and I'm happy about it."

As the winner, Jones received a two-night stay at the Hale Koa Hotel, a gift certificate for a stand-up paddleboard lesson from Family and Morale, Welfare and Recreation's Outdoor Recreation, and a Biggest Loser Family Cookbook.

The 90 Army civilians, family members and Soldiers who entered the Biggest Loser Competition collectively lost 379.2 pounds as a group in four months. Although a self-paced competition, participants were encouraged by daily e-mails with weight loss and healthy living tips, nutrition classes, mini-challenges and monthly weigh-ins. Next year, the competition will be held garrison-wide.

Reupena Sheck won two tickets to a Hale Koa luau, a gift certificate for FMWR Outdoor Recreation adventure snorkeling and a Biggest Loser Family Cookbook for his second place finish with 12.2 percent body-weight loss.

With 9.1 percent of her body weight lost, Lisa Steward won two Hale Koa Sunday Champagne Brunch tickets and a Betty Crocker 300 Calorie Cookbook.

"Someone else is feeling how I was feeling, thinking they can't do it," Jones said. "Make a life change. Commit to two tiny steps: dedicate yourself to healthy food and exercise, and the weight will come off. It's not impossible."

Lacey Justinger | U.S. Army Garrison-Hawaii Public Affairs

Courtesy Photo

Adrian "AJ" Jones won Fort Shafter's Biggest Loser Competition with a more than 37 pound weight loss or six percent body fat lost, which equalled 18.5 percent of her overall body weight.

MWR Sports

Today

Hawaii Army 10-Mile – Registration is open until June 7, for the 10-mile race around Wheeler Army Airfield, June 12, at 6:45 a.m.

The race is open to active duty Soldiers, retirees, National Guard, Reserve, other military working or residing on an Army installation, adult family members and Department of Defense civilians who work on an Army installation.

This race is the active duty Soldiers' qualifying event for Team Army Hawaii for the Army Ten Miler, in Washington, in October.

There is no charge for active duty Soldiers to enter the race, $8 for everyone else. Add $10 for a T-shirt. Blue Star Card holders may enter the race for only $10, which includes registration and a T-shirt.

Contact 655-9650 or adrosor.perry@us.army.mil.

19 / Wednesday

Big R: Scavenger Hunt – Register by May 19, for this Blue Star Card event celebrating another month of deployment completed, May 25, 6-8:30 p.m., at the Town Center of Mililani.

Enjoy a scavenger hunt followed by light pupus. Limited transportation and child care is provided. E-mail sarah.chadwick@us.army.mil or call 655-0002.

20 / Thursday

Bowling Bash – Families with special needs individuals are invited to enjoy a bowling event 6-8 p.m., May 20, at Schofield Barracks Bowling Center; or May 27, at the Fort Shafter Bowling Center. Sign up is required. Call 655-1551/4791.

21 / Friday

Tropics Recreation Center – The Tropics Recreation Center is closed through May 21.

Call 655-5698.

24 / Monday

Memorial Golf – Register for the U.S. Army Hawaii Memorial Golf Tournament by 4 p.m., May 24.

This scramble format tournament at Leilehua Golf Course, May 26, is open to all U.S. Army Hawaii tenant organizations, Soldiers, family members, retirees and Department of the Army civilians.

Price will be rank-adjusted and will include green fees, carts and heavy pupus at the conclusion of the tournament. Call 655-4653.

Ongoing

Start Smart – Youth Sports & Fitness has created a modified program to help kids get ready for sports and succeed in life. The program is a step-by-step approach that builds confidence and self-esteem and makes sports fun.

During the four weeks of the program, participants will go through stations that target their cardio fitness, motor skill, nutrition knowledge and physical strength. Call 655-6465.

Youth Wrestling – Schofield Youth Sports is accepting late registration throughout the season for youth born between 1993-2005.

Meets run from March-June, and practices are at the Bennett Youth Center gym.

Cost is $40, plus an annual membership cost of $35 per child, and tournament fees. Call 927-2046.

Community Sports

Send sports announcements to community@hawaiiarmyweekly.com.

Today

3-Person Golf Tournament – The Waianae Military Civilian Advisory Council's Three-Person, Best-Ball golf tournament is May 14, 12 p.m., at Makaha Valley Country Club. Check-in is from 10:30-11:30 a.m. Cost is $100 per individual player and includes green fees, cart and banquet.

Call 386-3951.

Charity Golf Tourney – Registration is extended until the morning of the event for the Moanalua football team's golf tournament, May 14. Call 368-2393.

Swim Lessons – Register for free Red Cross swim lessons at Ala Moana Beach Park.

Sessions for adults are Tuesdays, Wednesdays and Thursdays, June-July, 5:15-6 p.m.

Keiki lessons, ages 3 to 14, run in four-week sessions, Saturdays, June-July, 8:45-9:45 a.m.

Visit www.hawaiiredcross.org.

15 / Saturday

5K Run/Walk – Join the Asian-Pacific American Heritage 5K Run/Walk and one-mile Keiki Run, 6:30 a.m., May 15, at Wheeler Army Airfield. Registration is free. The first 150 runners to register for the 5K will receive a free T-shirt.

E-mail eo.25id@yahoo.com or call 655-0053.

Charity Walk – Join a morning of fun, food, entertainment and a little exercise, May 15, 7 a.m., at McCoy Pavilion at Ala Moana Beach Park in Honolulu. Visit www.charitywalkhawaii.org or call 923-0407.

16 / Sunday

Honolulu Triathlon – Registration is open for the Honolulu Triathlon options: a 10K Run, Olympic and Sprint Distance Triathlons, Olympic and Sprint Distance Duathlons, Youth and Junior Triathlon, Kids Triathlon, or the 1500m Open Water Swim Race, May 16, at Ala Moana Beach Park in Honolulu.

Visit www.honolulutriathlon.com.

Football and Cheerleading – Waialua Football & Cheer Association has sign-ups for boys and girls, ages 7-15, at Waialua Recreation Center, 6-7 p.m., May 18 and 25. Registration fee is $275.

Children will be weighed and measured. Bring the original and two copies of your child's birth certificate, and a copy of your child's medical card.

Visit www.waialuabullpups.org.

19 / Wednesday

Tropic Lightning Run – A division four-mile run, led by Maj. Gen. Bernard Champoux, the 25th Infantry Division commanding general, is May 19, 6:30-8:30 a.m., Schofield Barracks.

Schofield Barracks residents and family members are encouraged to show their support and provide words of encouragement and moral support for the runners.

Tropic Lightning Division staff, Special Troops Battalion, 2nd Brigade, 3rd Brigade and Combat Aviation Brigade Rear Detachment will participate in the run.

Personnel living and working on Schofield Barracks will need to be aware of the planned route and adjust travel accordingly.

22 / Saturday

Group X-athon – Nuuanu YMCA is hosting a group exercise "aerob-athon," showcasing new fitness classes, May 22, 8:30 a.m.-1:30 p.m., at 1441 Pali Hwy. Classes are open to members and non-members for a suggested donation of $25, and child watch is provided. Call 541-5241 or contact jriederer@ymcahonolulu.org.