



Port operators move a CH-47 Chinook helicopter into place as a ship's crane lowers it into the hold of the USNS Brittin at Pearl Harbor during JRTC port operations on Jan. 5.

599th Trans. Bde. finishes uploading for JRTC

Story and photos by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade and its partners uploaded 2nd Brigade Combat Team, 25th Infantry Division, cargo for the Joint Readiness Training Center at Fort Polk, Louisiana, onto the USNS Brittin from Jan. 3-8, here.

Because the unit move involved an entire infantry brigade, plus elements of 25th Combat Aviation Brigade, preparation began before the holidays with staging at the Schofield Barracks motor pool and the Multiple Deployment Facility on Wheeler Army Airfield.

The 599th teamed up with elements of its total force integration counterpart, the 1394th Transportation Brigade: the 1397th Deployment and Distribution Support Battalion from Vallejo, California, for reception and staging before the holidays, and the 502nd Expeditionary Terminal Operations Element from Los Alamitos, California, for movement after the holidays.

Additionally, a deployment and distribution management team from the 836th Transportation Battalion at Yokohama, Japan; members of the 835th and 837th transportation battalions; operations staff at the Navy's Fleet Logistics Center Pearl Harbor; Navy Cargo Handling Battalion 5 from Joint Base Lewis McCord; and members of 2nd BCT and 25th Combat Aviation Brigade, 25th ID, all came together to make the move.

"This collective training event provided us an opportunity to employ all elements of the brigade," said Col. James Smith, 599th commander. "We did our best to replicate a contingency operation, including the strict use of our deployable brigade standard communications package to command and control the operation."

Sgt. Suzanne Touchstone, transportation management coordinator for the 1397th, worked the MDF.

"What we are doing here is making sure there are no oil leaks, and checking the cleanliness and the operations function of the vehicles," she said. "We want to make sure that they will be able to drive onto the ship. We also check that the (ra-

dio frequency identification) tags and the (transportation control numbers) match."

As previously mentioned, the 599th set up an operations center at Pearl Harbor containing the brigade communications package to handle information coming from the port during reception, staging and the operation.

"Because we have the Hawkeye (satellite transceiver) operational, we're able to update information every minute on what is going onto the ship," said Bob Meno, chief of the cargo distribution section at the 836th Trans. Bn. "Usually, we are only able to update twice a day. This is not real-time, but it is very close."

Kwak Chong Chu, 837th Trans. Bn. marine cargo specialist, put together a final stow plan.

"I have to synchronize what is on the original stow plan with what is loaded onto the ship and where it is loaded," Kwak said. "If some of the containers are loaded in the wrong order, I have to go on the ship to check where the containers are, so I can update the plan."

"We've had some cargo frustrated because of maintenance issues, but the move is going very well overall," said Warrant Officer 1 Sherilyn Mancheno, 2nd Bde. Mobility Officer. "We have a maintenance team at the port, so we are able to fix vehicles as soon as they go down."

"Because we were here in December, we were able to work out a lot of potential problems then. We have no frustrated cargo due to admin issues," said Chief Warrant Officer 4 Eugene Peters, 1397th mobility warrant. "The move has gone very well. We were able to use the strength of our active duty, reserves, Navy and civilians to accomplish the mission."

The Brittin's chief mate agreed.

"This upload is the smoothest I've ever seen," said Chief Mate Robert Scott Adolphi.

Traffic management specialist Frank Viray managed the move for 599th headquarters.

"The most important thing about this move was the way everyone worked together," Viray said, "especially the Navy cargo handling battalion and the 502nd. They trained each other and worked together as a team."



Port operators move the CH-47 Chinook helicopter into place as a ship's crane lowers it into the hold of the USNS Brittin at Pearl Harbor during port operations.



A ship's crane lifts the CH-47 Chinook helicopter onto the USNS Brittin at Pearl Harbor during JRTC port operations on Jan. 5.



599th Transportation Brigade traffic management specialist Frank Viray watches as the ship's crane lifts the CH-47 Chinook helicopter onto the USNS Brittin at Pearl Harbor during JRTC port operations on Jan. 5.

"The success of this mission was deeply rooted in the collaborative efforts of Surface Deployment and Distribution Command, FLC-PH, and the 25th ID," said Smith. "This mission presented a great opportunity to hone our collective deployment skills, further enhancing the

Army's ability to project joint combat power globally."

The last piece of cargo loaded at 2:45 a.m. on Jan. 7.

After balancing the ship with its ballast tanks, the Brittin sailed on schedule at 8:30 a.m. on Jan. 8.

Facebook town hall to address concerns, Wednesday

U.S. ARMY GARRISON-HAWAII
Public Affairs

WHEELER ARMY AIRFIELD — The Army community is invited to participate in the next U.S. Army Garrison-Hawaii quarterly Facebook Town Hall, 6-7:30 p.m., Wednesday, Jan. 18, to present community-wide concerns.

The digital town hall offers a real-time communication pathway for the U.S. Army Hawaii population to connect with subject matter experts who can address questions about garrison services and programs.

The most convenient part of holding a town hall virtually is that participants don't have to disrupt their schedules to attend in person. They can log in from the comfort of their home, or anywhere else, and post questions anytime prior to or during the 90-minute event. Then, participants can just sit back and wait for a response.



Garrison subject matter experts will spend 1½ hours addressing as many community concerns as possible. Participants are asked to remain patient while waiting for a response from representatives, such as the directorates of Emergency Services; Public Works; Family and Morale, Welfare and Recreation; and Island Palm Communities.

Tenant organizations like the commissary, Exchange, Tripler Army Medical

Center, and the U.S. Army Health Clinic, Schofield Barracks, may also be in attendance.

All original comments posted before or during the town hall will be answered, if not during the event, in the days following.

Individuals taking part in the digital discussions also should review the posting policy located under the "About" tab before participating. Comments that

include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned from interacting on the page.

Attendees visiting the online town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about streetlights, provide the street name, installation and the closest cross streets, buildings or landmarks.

This method will help DPW pinpoint the location in question exactly, which will facilitate a faster response, both online and in real-world repairs.

FBTH Location

Log onto <https://www.facebook.com/usaghawaii/> and go to "Events" for Jan. 18.





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IMCOM-P extends MLK safety message

INSTALLATION MANAGEMENT COMMAND
Pacific Region

FORT SHAFTER — Monday, Jan. 16, is the national holiday celebrating Martin Luther King Jr. and his accomplishments in the civil rights movement.

Through King’s efforts, passage of the Civil Rights Act and the Voting Rights Act were accelerated. His accomplishments must never be forgotten.

Likewise, it is important that safety never be forgotten and integrated into all aspects of our lives while enjoying this celebration. We must strive to make this holiday period a success by having no loss of life.

Remember that, during this holiday weekend, many parts of our nation are



Altendorf

experiencing hazardous driving conditions, such as snow, ice, fog and rain. To reduce the possibility of accidents, some common sense should be applied to our defensive driving skills. Observe the speed limit and reduce speed according to road conditions, avoid drinking and driving, wear your seat belt, and take frequent rest stops while traveling long

distances. Leaders must continue their positive and aggressive measures to impress upon all Soldiers and civilians the importance of each individual’s role in accident prevention. All personnel must be informed of their responsibility to ensure their safety and that of others over this weekend observance. As we commemorate this holiday, let’s all enjoy the weekend safely with no serious injuries or loss of life.

CHRISTINE T. ALTENDORF, PhD, P.E.
Director

Police Call

New Year brings resolutions, reminders

SGT. 1ST CLASS MIGUEL ESPINOZA

Directorate of Emergency Services
U.S. Army Garrison-Hawaii

Now that 2016 has come and gone, the New Year brings many things, including new stress as everyone gets settled into their normal routines.

The Directorate of Emergency Services would like to remind you that school resumed on Jan. 9, so please be aware of speed limits in and around schools.

We’d also like to remind the community that when passing Soldiers who are marching or conducting physical training, or PT, the speed limit is 10 mph and is being enforced across the garrison.

Finally, we’d also like to invite the community to join us for the Facebook Town Hall where Law Enforcement leaders will be taking questions and responding live on Jan. 18. Please like the U.S. Army Garrison-Hawaii Facebook page or login to participate.

Current crime trends

Crimes against property, in the form of larcenies of both private and government property, and wrongful damage to private property, showed an upwards trend with 19 incidents in December.

Many of the larcenies are due to leaving



Courtesy graphic

items unsecure and unattended in yards, vehicles or office areas.

Record serial numbers or other identifying marks in a log and take digital photos of your valuables as this may help in identifying your belongings if the perpetrator is caught.

As a reminder, always secure your vehicles, home and office areas when not present.

Safety resolutions

We’d like to share these New Year’s safety resolutions that you can implement at home or work:

- Check your smoke detectors and carbon monoxide alarms.
- Wear a helmet and make sure your children wear helmets when doing the following:
 - Riding a bicycle, scooter or moped.
 - Using in-line skates, skateboards.
 - Playing sports that require the use of a

Military spouses should get informed about MSRRA

LEGAL ASSISTANCE OFFICE

Staff Judge Advocate

SCHOFIELD BARRACKS — The Military Spouse Residency Relief Act, which was signed into law by President Barack Obama in November 2009, allows military spouses to claim and maintain residency, pay income taxes and vote in one home state for the duration of their spouse’s military career, without regard to where they are stationed.

This offers several benefits for the service member and the spouse. It simplifies paperwork when making permanent change of stations.

For those couples who establish a home state in one of the states where they do not have to pay a state income tax (Alaska, Florida, Nevada, New Hampshire, South Dakota, Tennessee, Texas, Washington and Wyoming), they would not have to pay a state income tax if stationed in another state that does have a state income tax.

What is MSRRA?

The MSRRA amends the Servicemembers Civil Relief Act (SCRA) to provide that the spouse of a service member does not lose or acquire a residence or domicile for purposes of taxation by reason of being absent or present in a tax jurisdiction of the United States solely to be with a service member in compliance with the service member’s military orders if the domicile of the service member and the spouse are the same.

Application and explanation

A state cannot tax income earned in that state by the military spouse if the military spouse and service member both have established domicile outside the state and are present in the state solely due to the service member being assigned to that state.

Proceed with caution

The MSRRA does NOT change how domicile is established, or maintained, and does



Courtesy photo

NOT provide a means for a spouse to simply choose the same domicile as the service member.

The MSRRA does NOT allow a spouse to pick or choose a domicile in any state. Prior to claiming domicile in a particular state for tax purposes, a spouse must have actually lived there and established and maintained residency contacts.

MSRRA does NOT allow a spouse to automatically assume the service member’s domicile upon marriage. The spouse will need their own individual residency contacts in order to take advantage of MSRRA.

MSRRA also does NOT allow a spouse to recapture a previously abandoned domicile without physically returning to the state and re-establishing the appropriate contacts. Requests to assert MSRRA will, in all likelihood, be met with inquiries from the state into the military spouse’s status, the domicile of the service member and the domicile of the military spouse.

Furthermore, MSRRA does NOT relieve you of filing state tax returns. You are still responsible for filing a state return with the state in which you are claiming domicile.

Finally, an income tax exemption provided under MSRRA is not applicable to the General Excise Tax, Use Tax, and any other taxes administered by the state Department of Taxation. There are no exemptions under MSRRA for these tax types.

How is domicile established?

Domicile is established by being physically present in a state and forming an intent to remain for the indefinite future. Intent to remain is established by the following contacts: where you vote, own property, hold professional licenses, register vehicles, hold a driver’s license, accept tax breaks for registration of a motor vehicle or a declaration of homestead, or where you have indicated your last will and testament should be probated. A determination of domicile is fact specific, but the more contacts you can establish, the stronger your case.

Examples

- A Soldier’s domicile is in Texas. The spouse takes the required steps to establish and maintain domicile in Texas. The Soldier is assigned to Virginia and the spouse moves to Virginia to live with the Soldier and gets a job in Virginia. The spouse can assert MSRRA and Virginia cannot tax the spouse’s income earned in Virginia.
 - An Airman’s domicile is Texas. She is assigned to Virginia. While in Virginia, she meets and marries her spouse who is working in Virginia and whose domicile is Virginia. MSRRA does not permit the spouse to claim Texas as his domicile. Virginia can tax the spouse’s income.
 - A Marine’s domicile is Pennsylvania. His spouse takes the required steps to establish and maintain domicile in Pennsylvania. The Marine is assigned to North Carolina and the spouse moves to North Carolina to live with the Marine and gets a job in North Carolina. The spouse can assert MSRRA and North Carolina cannot tax the spouse’s income earned in North Carolina; however, Pennsylvania can tax the income. It is incumbent on the spouse to file Pennsylvania estimated taxes on the income and file a Pennsylvania return.
- Call the Legal Assistance Office for an appointment at (808) 655-8607. It’s at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks.

Voices of Ohana

Because Jan. 16 is Martin Luther King Jr. Day, we wondered,
“What do you do for others?”
By Karen Iwamoto, Oahu Publications



“I do whatever I can to help others. I’m helping my daughter watch my granddaughter.”

Kevin Busch (with granddaughter Kin-sley Ferree)
Army family member visiting from St. Louis, Mo.



“I help counsel Soldiers and their family. Sometimes they just need someone to talk to, and I lend an ear.”

Sarah George
Army spouse



“I help my wife out with our baby whenever I’m not at work, so she has time to do what she needs to do.”

Sgt. 1st Class Jose Gonzalez
516th Signal Brigade



“If I’m done with my job, I try to help others with theirs.”

Cherry Keliipaakaua
Schofield K-Quad dining facility employee



“I volunteer at Schofield’s MWR arts and crafts programs. We serve anyone that has access to the program.”

Kimo Keliipaakaua
FMWR volunteer

Cacti, DPW team up to improve C Quad barracks

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Soldiers from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, spent the week before Christmas getting their house in order for the new year.

They teamed up with workers from U.S. Army Garrison-Hawaii’s Directorate of Public Works to fix up Buildings 356 and 358 at C Quad, here.

Both buildings serve as housing for the Cacti Soldiers. The three-story-tall structures contain 150 rooms each and have occupancy rates of about 90 percent.

The C Quad buildings are historic, built in the early 20th century. They are on the National Register of Historic Places. While they are considered landmarks and national treasures, like many older buildings, they were in need of maintenance.

“These are things that are important to a Soldier’s quality of life,” 2-35th Inf. Regt. Command Sgt. Maj. Brian Disque said of living conditions at the barracks. “When leaders walked through these rooms, they could see that the Soldiers weren’t calling in work orders because DPW, understandably, does not have enough staff to fix these lower-level work orders timely. So, the Soldiers had stopped putting in the orders. They stopped believing in the system.”

But they did not give up. Instead, the Cacti troops worked toward a solution, and in doing so, they learned valuable lessons about initiative and teamwork.

“Our purpose was twofold,” Disque said. “One, to give our Soldiers a sense of ownership, and two, to show them that DPW is on our side. Working together with DPW really did send a powerful message.”

Kevin Rost, DPW facility manager, said that the enthusiasm the Soldiers showed as they undertook the work lifted the spirits of the DPW workers.

“It was gratifying for DPW employees to see how the importance of their job makes a difference in the Soldiers’ lives,” Rost said. “With as limited personnel as DPW has, we strive to provide the best support for the Soldiers.”



Photos courtesy of Directorate of Public Works
Soldiers from the 2-35th Inf. Regt. and DPW employees spend the week before Christmas fixing up the Soldiers’ barracks at C Quad on Schofield Barracks.

The Soldiers painted the walls, changed light bulbs and fluorescent lights, and they made other aesthetic improvements, while DPW employees and those Soldiers who received specialized training from DPW took care of higher-level electrical and plumbing improvements.

“There are a whole lot of talented Soldiers in the 2-35th and the 25th ID,” Rost said. “The initiative and pride the Soldiers exhibited was great to witness, and I feel that pride will transfer into their daily lives.”



Soldiers from the 2-35th Inf. Regt. work with DPW employees to improve their C Quad barracks, including this exit sign, the week before Christmas.

While the actual work was completed in one week, the planning and logistics took longer. The Cacti leaders and DPW began coordinating with each other in August to make sure they would have enough time, manpower and supplies.

They went through the facilities, identifying lights, doorbells, toilet flushers, light ballasts, towel holders, exit signs and fire alarms that needed to be repaired or replaced.

Ahead of the week designated for repairs, about 40 Cacti Soldiers attended DPW’s Military Maintenance Technician (MMT) training program, which taught them basic construction skills and qualified them to make routine fixes to the barracks without calling in a DPW work order.

Staff Sgt. Brian Hughes of 2-35th Inf. Regt., who helped to coordinate the effort between the unit and DPW, added, “In just one afternoon, they took care of at least 10 work orders. And now we have these (MMT), trained individuals who can make these fixes in the future.

“I can’t help but look at it as a success,” he said. “It shows that as long as we work as a team, we can get things done.”

Defense, military salute Obama at farewell ceremony

LISA FERDINANDO
DoD News, Defense Media Activity

WASHINGTON — Defense leaders hailed the commitment and accomplishments of departing commander in chief President Barack Obama in a formal military ceremony as he closes out his presidency, Jan. 4.

Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, hosted the armed forces full honor review farewell ceremony at Joint Base Myer-Henderson Hall, Va.

Vice President Joe Biden was a guest of honor.

“I can stand before you today and say that there has been no greater privilege and no greater honor than serving as commander in chief of the greatest military in the history of the world,” Obama said.

Carter and Dunford thanked Obama for his commitment to the troops and lauded his strategic leadership and decisions that protected the nation and strengthened the force.

“Through it all, President Obama has led our military with an appreciation that America’s defense is so vital that we, to whom it is entrusted, must ensure its continuity and excellence across the years and across the domains of armed conflict,” Carter said.

In the fight against the Islamic State of Iraq and the Levant, the president consistently supported the development and acceleration of the coalition military campaign plan, the secretary said.

That effort, Carter said, is “focused on destroying the fact and the idea of an Islamic state based on this evil ideology in Iraq and Syria, countering the ISIL cancer’s metastases everywhere they emerge.”

Obama directed eight years of “unrelenting strikes on al-Qaida to devastate that terrorist organization both before and after bringing Osama bin Laden to justice,” Carter said.

Obama has built a counterterrorism apparatus that has thwarted “countless plots” against the homeland, according to Carter. The president, Carter said, did all this consistent with the values of the United States.

“Our president knows, as he’s put it, that we lose ourselves when we compromise the very ideals we fight to defend,” the secretary said.

Other notable achievements, as listed by Carter, include the rebalance to the Asia-Pacific region, standing with NATO allies to lead a united response to deter Russian aggression, and securing an accord that is prevent-



Photo by Pvt. Gabriel A. Silva
Departing POTUS. Departing commander in chief, President Barack Obama, salutes the troops during an armed forces full honor farewell ceremony at Joint Base Myer-Henderson Hall, Va., Jan. 4.

ing Iran from acquiring a nuclear weapon.

“You’ve always been there for us”

Dunford, the highest-ranking U.S. military officer, noted the United States has been at war throughout Obama’s presidency.

“That’s a period longer than any other American president,” the general said. “And throughout those years, you’ve always been there for us.”

Dunford said the president visited deployed troops around the world, spent time with wounded warriors, traveled to Dover Air Force Base in Delaware to receive the remains of the fallen and visited the fallen at Arlington National Cemetery in Virginia.

“Mr. President, thank you for being a commander in

chief that we have been proud to follow,” the chairman said.

President praises service members

Military members have selflessly served and sacrificed around the world, as they protected the nation in the best fighting force in the world, Obama said.

Through their service and sacrifice over years of continuous conflict, they have earned their place among the greatest generations, the president said.

“Because of you, our alliances are stronger, from Europe to the Asia-Pacific,” Obama said. “Because of you, we surged in Afghanistan, trained Afghan forces to defend their country, while bringing most of our troops home.”

Now U.S. forces serve in Afghanistan on a more limited mission, Obama said, “because we must never again allow Afghanistan to be used for safe haven in attacks against our nation.”

The president praised U.S. military members, including Special Operations members, for decimating al-Qaida’s core leadership.

“Countless terrorist leaders, including Osama bin Laden are gone,” Obama said. “From South Asia to Africa, we have forged partnerships to go after terrorists that threaten us.”

Also, ISIL terrorists “have lost about half of their territory,” Obama said. “They are losing their leaders; towns and cities are being liberated.”

The president said he has no doubt that ISIL “will be destroyed” due to the efforts of the U.S. and its coalition partners.

Women can now serve in military combat roles, Obama said. In addition, service members do not have to hide who they are to serve the country they love.

During the ceremony, the president reviewed the troops from the five military branches, and received from Carter the Department of Defense Medal for Distinguished Public Service. The event featured a 21-gun salute, and music from the U.S. Army Band “Pershing’s Own” and the Old Guard Fife and Drum Corps.

Earlier Jan. 4, Obama expressed his gratitude for the counsel of the defense leaders and the work of the men and women of the military, as he met at the White House with Carter and Dunford, as well as the vice chairman of the Joint Chiefs of Staff, Air Force Gen. Paul Selva, and the combatant commanders.

Afghanistan mission remains on track, Defense spokesman says

KAREN PARRISH
DoD News, Defense Media Activity

WASHINGTON — The U.S. military presence in Afghanistan continues to provide support to the Afghan government and its armed forces “so that they can secure the country for themselves,” Pentagon Press Secretary Peter Cook told reporters Jan. 5.

He said Army Gen. John W. Nicholson, commander of the Resolute Support mission and U.S. Forces Afghanistan, and his team “work very closely with the government, with the armed forces of Afghanistan.”

“We feel good about the situation right now in Afghanistan”

The separate counterterrorism mission in Afghanistan is also ongoing, Cook said, and is “critically important

to the United States in keeping the homeland safe.”

“We feel good about the situation right now in Afghanistan with regard to the support we’re providing along with other members of the NATO coalition,” he added. “In terms of bolstering the Afghan security forces, improving their fighting capabilities on their own, so that ultimately they can secure the country on their own, we see progress there.”

Afghanistan is still dangerous and challenges there remain, Cook said.

“We will continue to provide the kind of support we can to bolster the Afghan security forces,” he said. “That is an important mission.”

DoD photo by Ben Santos
Defense Secretary Ash Carter (right) speaks with service members at Bagram Airfield, Afghanistan, Dec. 9, 2016.



DoD lists efforts for discharges

DOD NEWS
Defense Media Activity

WASHINGTON — The Defense Department has announced a renewed effort to ensure veterans are aware of the opportunity to have their discharges and military records reviewed, according to a DoD news release.

Through enhanced public outreach; engagement with veterans’ service organizations, military service organizations and other outside groups; and direct outreach to individual veterans, the department encourages all veterans who believe they have experienced an error or injustice to request relief from their service’s Board for Correction of Military/Naval Records or Discharge Review Board, the release said.

Review, potential upgrade of discharge status

With the announcement, the department is reaffirming its intention to review and potentially upgrade the discharge status of all individuals that are eligible and that apply, the release said.

Additionally, all veterans, VSOs, MSOs and other interested organizations are invited to offer feedback on their experiences with the BCM/ NR or DRB processes, including how the policies and processes can be improved, the release said.

In the past few years, the department has issued guidance for consideration of post-traumatic stress disorder, as well as the repealed “Don’t Ask, Don’t Tell” policy and its predecessor policies, the release said. Additionally, supplemental guidance for separations involving victims of sexual assault is currently being considered.

The department is reviewing and consolidating all of the related policies to reinforce the department’s commitment to ensuring fair and equitable review of separations for all veterans, the release said.

Whether the discharge or other correction is the result of PTSD, sexual orientation, sexual assault or some other consideration, the department is committed to rectifying errors or injustices and treating all veterans with dignity and respect.

Veterans are encouraged to apply for review if they desire a correction to their service record or believe their discharge was unjust, erroneous or warrants an upgrade.



Personal finance expert Suze Orman, right, and Undersecretary of the Army Patrick Murphy discuss the Army’s new partnership with Orman during a Pentagon news conference in Washington, D.C., Jan. 4. Orman, a best-selling author and television personality, plans to offer her services free of charge to Soldiers, including a seven-step online course, normally \$54, and an upcoming video detailing the military’s new Blended Retirement System.

Suze Orman to give free advice

Story and photo by
SEAN KIMMONS
Army News Service

WASHINGTON — The Army has enlisted the help of personal finance expert Suze Orman to educate Soldiers and their families on money matters, so they don’t fall victim to predatory loans, mounting credit card debt and other financial issues.

Orman, a best-selling author and television personality, plans to offer her services free of charge to Soldiers, including a seven-step online course, normally \$54, and an upcoming video detailing the military’s new retirement system.

“If anybody deserves the best financial advice in the world, which I am more than capable of giving, it’s the men and women who are serving all of us,” Orman said at a Pentagon press conference, Jan. 5.

Orman also discussed her desire to visit military bases to speak to troops in person during seminars.

“Nothing would make me happier than to personally go to every single base in the entire world,” she said.

Having such a star in the finance world come on board for free has left many Army leaders thrilled about the future readiness of Soldiers.

Personal finance tips

“When our Soldiers don’t have their hearts and minds on their job, it is not good for their security and for the team.

And that’s why we’re so excited to partner with Suze,” said Undersecretary of the Army Patrick Murphy, who announced the partnership.

According to Orman, she tries to simplify personal finance tips to make them easier to understand.

For instance, she noted that if a 25-year-old Soldier began to place \$100 a month into a Roth Thrift Savings Plan, the account will grow to roughly \$1 million by the age of 65. But if the Soldier waited until 35 years old to invest the same amount, he or she would only get \$300,000.

“Those 10 years cost them \$700,000,” she said. “If you teach that to a 25-year-old, you can bet your bottom dollar that they’re going to start putting money away.”

Besides retirement planning, her free online course – available to all U.S. troops – covers more topics, from learning how to live debt-free, tackling financial obstacles to purchasing big-ticket items like a home or car. Any military member can enroll in the course at Suzeu.com, using access code “USA.”

Blended Retirement System

With Orman’s help, a video explaining the Blended Retirement System, which is set to be rolled out Armywide in 2018, is also in the works as part of the partnership.

As one of the biggest changes to military pay and benefits in 70 years, the BRS is expected to give some sort of portable retirement benefit to about 85

percent of the force, compared to only 19 percent today.

“We love our troops and their families. They are the corps of who we are as a team,” Murphy said. “We want to make sure that they get the best advice as possible.”

Murphy also hopes Orman’s advice will steer cash-strapped Soldiers away from payday loan businesses that try to exploit them with high interest rates.

“We’ve cracked down on some of that, but really, that’s being reactive,” he said. “What we’re trying to do with Suze is to be proactive and let (Soldiers) know the tools that are out there.”

This isn’t the first time Orman has partnered with the Army. In May, she signed a four-year gratuitous services agreement with the Army Reserve to improve the financial readiness of reservists using informational videos, written material, town hall discussions and base visits.

She said she’s looking to work on these partnerships full-time since she ended “The Suze Orman Show” on CNBC in 2015. One of her goals now is to be an impartial finance adviser to Soldiers who may not be able to find one elsewhere.

“It’s very difficult, in my opinion, to get true, honest, unbiased financial advice,” Orman said. “It’s almost as if everybody who gives you financial advice who’s in the financial arena has something to gain from it. We need an unbiased source, which I will serve as.”

New fitness standards underway for recruits, transfers

DAVID VERGUN
Army News Service

WASHINGTON — The Army has begun administering the Occupational Physical Assessment Test, or OPAT, to all recruits to assess their fitness for military occupational specialties.

The OPAT also will be used to assess some Soldiers who are reclassifying into a different MOS.

Army Recruiting Command estimates that the OPAT will be administered to about 80,000 recruits and thousands of cadets annually. Soldiers moving into more physically demanding MOSs also will have to meet the OPAT standard, said Jim Bragg, retention and reclassification branch chief for Army Human Resources Command.

Under the OPAT, there are four physical demand categories, Bragg explained.

- Heavy (black).**
- Significant (gray).**
- Moderate (gold).**
- Unqualified (white).**

When a Soldier wishes to reclassify to a new MOS, from the significant category to the heavy category, for example, he or she will need to take the OPAT. However, a Soldier whose new MOS falls within the same or a lower level physical demand category will not need to take the OPAT.

The Soldier’s commander will be responsible for ensuring the OPAT is administered prior to approval of a reclassification, Bragg said. As with any reclassification action, the battalion-level or brigade-level career counselor will administer the OPAT.

When it comes to recruiting, Brian Sutton, a spokesman for Army Recruiting Command, said the OPAT is not meant to turn away or weed people out.

“It is designed to put the right people in the right jobs and to ensure we keep our recruits safe while doing so,” he said.

OPAT scoring is gender neutral, he added. All Soldiers, male and female,



Photo by U.S. Army
Soldiers administer the “standing long jump” portion of the Occupational Physical Assessment Test to potential recruits during an OPAT pilot program.

must pass the same physical standards for their desired career field.

The test will be administered to everyone coming into the Army: officer, enlisted, active, Reserve and Guard, he said. It will be administered by any command responsible for Soldier assessments – including Recruiting Command and Army Cadet Command – after the Soldier swears in, but before he or she begins training.

Four tests of OPAT

OPAT measures muscular strength, muscular endurance, cardiorespiratory endurance, explosive power and speed. It consists of four individual tests:

- The “standing long jump”** is designed to assess lower-body power. Participants stand behind a take-off line with their feet parallel and shoulder-width apart. They jump as far as possible.
- The “seated power throw”** is designed to assess upper-body power. Participants sit on the floor with their lower back against a yoga block and upper back against a wall. They hold a 4.4-pound (2 kilogram) medicine ball with both hands, bring the medicine ball to their chest and then push or throw the medicine ball upwards and outwards at an approximate 45-degree angle. The throw is scored from the wall to the nearest 10 centimeters from where the ball first contacts the ground.
- The “strength deadlift”** is designed to assess lower-body strength. Participants stand inside a hex-bar and perform practice lifts to ensure good technique. They then begin a sequence of lifts starting with 120 pounds, working up to 220 pounds.
- The “interval aerobic run,”** always performed last, is designed to assess aerobic capacity. The evaluation involves running “shuttles” or laps between two designated points that are spaced 20 meters apart. The running pace is synchronized with “beeps,” produced by a loud speaker, at specific intervals. As the test progresses, the time between beeps gets shorter, requiring recruits to run faster in order to complete the shuttle. Participants are scored by the level they reach and the number of shuttles they complete.

Four physical demand categories

Here is a quick breakdown of the four physical demand categories incorporated into the OPAT:

- “Black”** is for MOSs with heavy

physical demands, like those of the combat arms branches, that require lifting or moving 99 pounds or more.

To attain black on the OPAT, the recruit or Soldier would need to achieve a minimum of 5 feet, 3 inches in the standing long jump; 14 feet, 9 inches for the seated power throw; 160 pounds for the strength deadlift; and a 10:14 minute mile over the course of 43 shuttles.

- “Gray”** is for MOSs with significant physical demands that require frequent or constant lifting of 41 to 99 pounds and occasional tasks involving moving up to 100 pounds.

To attain gray on the OPAT, the recruit or Soldier would need to achieve a minimum of 4 feet, 7 inches in the standing long jump; 13 feet, 1 inch for the seated power throw; 140 pounds for the strength deadlift; and a 10:20 minute mile over the course of 40 shuttles.

- “Gold”** is for MOSs with moderate physical demands, such as cyber, that require frequent or constant lifting of weights up to 40 pounds or when all physical demands are occasional.

To attain gold on the OPAT, the recruit or Soldier would need to achieve a minimum, 3 feet, 11 inches in the standing long jump; 11 feet, 6 inches for the seated power throw; 120 pounds for the strength deadlift; and a 10:27 minute mile over the course of 36 shuttles.

- “White”** is unqualified. A recruit or Soldier who attains white has failed to meet OPAT’s minimum standards.

Sutton noted that if a recruit fails the OPAT, he or she can request to retake the test. If the recruit cannot eventually pass the OPAT color designator for his or her MOS, it could be possible to renegotiate the contract that would allow the recruit to go into an MOS with a lower physical demand OPAT category, the minimum being Gold.

(Editor’s note: ARNEWS reporter Todd Lopez contributed to this report.)

Soldier grads from MCBH’s Solar Ready Vets

Story and photo by
MEGAN SZABLA
Directorate of Human Resources
U.S. Army Garrison-Hawaii

MARINE CORPS BASE HAWAII — MCBH, Kaneohe Bay, held its first graduation for the Solar Ready Vets program in December.

The first graduating class comprised 10 service members, including Spc. Thayne Szepe, a Soldier with 29th Brigade Engineer Battalion, 3rd Bde. Combat Team, 25th Infantry Division.

Szepe is planning to remain in Hawaii, post-graduation, and hopes to encourage other separating Soldiers to participate in the program.

Solar Ready Vets is a five-week program that partners with the U.S. Department of Energy and the University of Hawaii-Honolulu Community College to prepare skilled active duty Soldiers and veterans for the solar energy industry.

Training includes preparing service members for careers as photovoltaics sys-

tem installers, sales representatives, system inspectors and other energy-related occupations.

Service members who complete this program gain their Occupational Safety and Health Administration, or OSHA 30 certification, and connections within the solar industry for employment.

Solar Ready Vets is enabled by the U.S. DoD SkillBridge program.

Applications for the next cohort are being accepted now through the Transitions Readiness Office on MCBH. The second cohort is set to begin in February.

(Editor’s note: Szabla works with the Career Skills Program, Installation Administrator Transitions Center at DHR.)

Point of Contact
For more information, contact Megan Szabla at (808) 655-6569 at the Soldier for Life-Transition Assistance Program, Bldg. 750, Schofield Barracks.



Army Spc. Thayne Szepe (left), a Soldier with 29th Brigade Engineer Battalion, 3rd BCT, 25th ID, and Marine Lt. Col. Michael Brooks, commanding officer, Headquarters Battalion, Marine Corps Base Hawaii, pose for a photo opportunity.

7th Dive Det. gets featured in Army’s photos of year

ARMY NEWS SERVICE
News Release

FORT SHAFTER — Army Divers are in the unique military occupational specialty of 12D.

Their duties include inspecting and cleaning watercraft propellers and hulls, patching damaged watercraft hulls, salvaging equipment, patrolling the water, helping with underwater construction of piers and harbor facilities, and surveying rivers, beaches and harbors for underwater obstacles.

The 7th Dive Team is a part of the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. It was featured in the Army’s Photos of the Year.

In addition to the support of 7th Dive Detachment, approximately 32 U.S. Army mariners supported the U.S. Navy during a cargo transport at Joint Base Pearl Harbor-Hickam in support of Rim of the Pacific in July 2016.

The mariners, attached to the 545th Transportation Company, 8th Special Troops Bn., 8th TSC, were on board the Logistic Support Vessel-4, the Lt. Gen. William B. Bunker.

Along with Navy Reservists from the Navy Cargo Handling Bn. (NCHB-10), Columbus, Ohio, they transported essential supplies from Waipio Point to Ford Island for a simulated humanitarian assistance/disaster relief training scenario.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel



U.S. Army, Royal Australian, U.S. Coast Guard and U.S. Navy military divers swim along concrete piles during a pier maintenance training mission, July 13, for a Rim of the Pacific exercise.

participated in RIMPAC from June 30 to Aug. 4, 2016, in and around the Hawaiian Islands and Southern California.

The world’s largest international maritime exercise, RIMPAC provided them a unique training opportunity that

helped foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans.

RIMPAC 2016 is the 25th exercise in the series that began in 1971.

More Online
Read the original story by visiting https://www.army.mil/yearinphotos?from=hp_spotlight.

8th TSC’s Johnson receives USARPAC Logistics Hero Award

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Spc. Brandon Johnson, an ammunition stock control and accounting specialist with support operations, 8th Theater Sustainment Command, was awarded the Logistics Hero Award by Maj. Gen. Susan Davidson, 8th TSC commander, at U.S. Army-Pacific Headquarters, here, Jan. 5.

Johnson was recognized for his outstanding performance in managing the Standard Army Ammunition System-Modernization for the entire Pacific area of responsibility on a daily basis, backing up the servers.

For his recognition, Johnson also received the Army Commendation Medal.

Johnson’s efforts were a vital task – ensuring accurate, up-to-date accounting of the \$4.6 billion worth of Army munitions in the Pacific.

“It was definitely above the pay grade, but it was a lot of a learning experience for me,” Johnson said. “Even without the award, the learning experience that I got would have been more than enough.”

Right — Spc. Brandon Johnson, an ammunition stock control and accounting specialist with Support Operations, 8th TSC, is awarded the Logistics Hero Award and an Army Commendation Medal by Maj. Gen. Susan Davidson, 8th TSC commander, Jan. 5, at USARPAC Headquarters on Fort Shafter.





13 / Friday
TSP — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions, i.e., supplemental tax-deferred contributions, to the TSP beyond the maximum amount they can contribute through regular contributions. Visit www.tsp.gov/ for more details.

18 / Wednesday
Facebook Town Hall — U.S. Army Garrison-Hawaii will hold its next Facebook Town Hall meeting on Wednesday, Jan. 18, from 6-7:30 p.m. Log onto “Events” at <https://www.facebook.com/usaghawaii/>. Comments and questions may be posted prior to Jan. 18, but they will not receive answers until the town hall.

19 / Thursday
TARP — Threat Awareness and Reporting Program briefings are held at 9 a.m.:
•3rd Thursday, Sgt. Smith Theater, Schofield Barracks.
•2nd and 4th Thursdays, Kyser Auditorium, Tripler.
•1st Thursday, Bldg. 1554, Fort Shafter Flats.

February
1 / Wednesday
New Hours — The Fort Shafter Personal Property office will be reducing services to Wednesdays only, beginning Feb. 1. Scheduled appointments will be provided from 7:30 to 11 a.m., only. Please call 655-1868 for appointments. Personnel can receive as-

Courtesy photo/graphic

FORT SHAFTER — **The 8th Theater Sustainment Command encourages all its Soldiers and civilians to attend the All Hands Brief South from 1:30 to 3 p.m., Thursday, Jan. 19, at Richardson Theater.**

Courtesy photo/graphic

SCHOFIELD BARRACKS — **You’re invited to attend the Dr. Martin Luther King Jr. Observance at the bistro for 25th Sustainment Brigade (formerly called K Quad), 25th Infantry Division, on Menoher Street, Tuesday, Jan. 17, from 11:30 a.m. to 1 p.m.**

sistance for Defense Personal Property System (DPS) self-counseling from noon till 3:30 p.m.

Ongoing

DPW — The Directorate of

Public Works (Wheeler Army Airfield Bldg. 104) will operate on the following temporary hours until further notice:
•Office hours of Monday-Friday, 6 a.m. to 4 p.m. Call 656-1275.
•After Hours of Monday-Friday, 4 p.m. to 6 a.m., for emergency calls only, including all weekends and holidays. Call the Installations Operation Center, or IOC, at 656-3272.

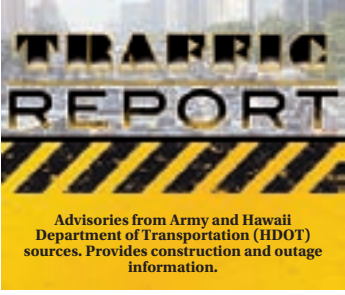
Text Aloha — Are you feeling lonely? Angry? Just need to talk to someone?
•Call 1-800-273-TALK or 1-800-273-8255,or
•Text “Aloha” to 741741, or
•Visit crisistextline.org. Someone is always available to help you!

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425.

Pharmacy Network Changing — Walgreens pharmacy locations have joined the TRICARE beneficiaries network. (CVS pharmacies, including those in Target stores, left the network, Dec. 1.) Visit www.tricare.mil/PharmacyNetworkChange.

Text 911 — New technology has really improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cellphone. Visit www.hawaii-text-to-911.com.

SB HSO — Changes were made to the Schofield Barracks Housing Services Office procedures and operations regarding Temporary Lodging Allowance, or TLA certificates. Briefings are held daily, and personnel must arrive on time:
•8 a.m., Departure TLA.
•9 a.m., Arrival TLA.
•11 a.m., Renewal TLA. Call 655-3076 for details.



16 / Monday
Wahiawa — The Driver Licensing Center & Satellite City Hall at 330 N. Cane St. in Wahiawa will be closed from Jan. 16-27 for a driveway repaving project. The Wahiawa Police Substation will remain open; the public entrance off North Cane Street will be blocked. There will be no access into the public parking lot. During the construction closure, staff will be assigned to the Kapolei office; Satellite City Hall staff will be sent to other locations for vehicle registration renewals, voter registration and payments of water bills and real property taxes. Offices will be closed on Monday, Jan. 16, in observance of Dr. Martin Luther King Jr. Day, a federal and state holiday. Visit <http://www.honolulu.gov/csd/csd-contact-us-home>.

21 / Saturday
Fort Shafter Power Outage — A scheduled power outage will affect Bldgs. 334, 336, 339, 340, 341, 441 and 405 on Fort Shafter, Saturday, Jan. 21, from 7 a.m. to 2 p.m. The listing of buildings may not be all inclusive, and the outage may require more time, depending upon field conditions. The outage is required to support a Medical Command project.

TAMC Outage — A scheduled power outage will affect Bldgs. 143, 147 and 148 at Tripler Army Medical Center, Saturday, Jan. 21, from 7 to 11 a.m. Again, the listing of buildings may not be all inclusive, and the outage may require more time, depending upon field conditions. The outage is required to support a Medical Command project.

IRS warns of potential scams

Summary of most recent tax schemes provided by service

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — As tax season is underway, the Internal Revenue Service, the states and the tax industry remind taxpayers to be on the lookout for an array of evolving tax scams related to identity theft and refund fraud.



Every tax season, there is an increase in schemes that target innocent taxpayers by email, phone and online. The IRS and Security Summit partners remind taxpayers and tax professionals to be on the lookout for these deceptive schemes.

“Whether it’s during the holidays or the approach of tax season, scam artists look for ways to use tax agencies and the tax industry to trick and confuse people,” said IRS Commissioner John Koskinen. “There are warning signs to these scams (that) people should watch out for and simple steps to avoid being duped into giving these criminals money, sensitive financial information or access to computers.”

“National Tax Security Awareness Week” sends out a series of reminders to taxpayers and tax professionals as part of the ongoing Security Summit effort. Some of the most prevalent IRS impersonation scams include the following:

•**Requesting fake tax payments.** The IRS has seen automated calls where scammers leave urgent callback requests telling taxpayers to call back to settle their “tax bill.” These fake calls generally claim to be the last warning before legal action is taken.

Taxpayers may also receive live calls from IRS impersonators. They may demand payments on prepaid debit cards, iTunes and other gift cards or wire transfer. The IRS reminds taxpayers that any request to settle a tax bill using any of these payment methods is a clear indication of a scam.

•**Targeting students and parents** and demanding payment for a fake “Federal Student Tax.” Telephone scammers are targeting students and parents demanding payments for fictitious taxes, such as the “Federal Student Tax.” If the person does not comply, the scammer becomes aggressive and threatens to report the student to the police to be arrested.

•**Sending a fraudulent IRS bill** for tax year 2015 related to the Affordable Care Act. The IRS has received numerous reports around the country of scammers sending a fraudulent version of CP2000 notices for tax year 2015. Generally, the scam involves an email or letter that includes the fake CP2000. The fraudulent notice includes a payment request that taxpayers mail a check made out to “I.R.S.” to the “Austin Processing Center” at a Post Office Box address.

•**Soliciting W-2 information** from payroll and human resources professionals. Payroll and human resources professionals should be aware of phishing email schemes that pretend to be from company executives and request personal information on employees.

(See entire article at <http://www.hawaiiarmyweekly.com/2017/01/11/irs-warns-taxpayers-of-numerous-scams/>.)

Free help available for taxpayers

INTERNAL REVENUE SERVICE
News Release

As tax filing season approaches, the Internal Revenue Service is reminding taxpayers free tax help is available online, by phone and in-person.

The IRS encourages taxpayers to take advantage of the online tools and resources at IRS.gov. Many taxpayers, who don’t want to wait, can get answers to tax questions right away there.

IRS.gov has services that include the following:

•**Where’s My Refund?** Check on a refund and the estimated delivery date.

•**Free File** or free tax software, including preparation and e-file.

•**Get Transcript** where you can get various transcript types online or by mail.

•**Direct Pay** to make tax payments directly from a checking or

savings account.

•**Electronic Federal Tax Payment System** for various types of federal tax payments.

•**Online Payment Agreement** for eligible taxpayers to set up installment payments.

•**Answers to tax law** questions. An interactive tax assistant takes you through a series of questions and provides you with responses.

•**All IRS forms** and publications. Taxpayers can download and view popular tax publications and 1040 instructions on mobile devices such as an eBook at no charge. PDF and HTML versions are also available. Tax products are usually available on IRS.gov six to eight weeks before the paper versions.

•**Where’s My Amended Return** lets taxpayers track the status of an amended return

Taxpayers who can’t find an answer on IRS.gov can call the IRS at

(800) 829-1040, Monday-Friday, from 7 a.m.-7 p.m. Telephone assistance is also available for individuals with TTY equipment at (800) 829-4059.

Nearly every tax issue can now be resolved online or by phone from the convenience of your home or office. Those taxpayers who can’t resolve their issue online or by phone can schedule an appointment at an IRS Taxpayer Assistance Center (TAC).

All IRS TACs now provide face-to-face service by-appointment; call (844) 545-5640. A trained IRS representative will either help resolve the issue or schedule an appointment for the taxpayer to get the help needed.

YouTube
To watch IRS videos, visit
<https://www.youtube.com/user/irsvideos>

Expo to help community meet fitness goals

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Whether you're just starting your fitness journey or seeking additional resources to take your exercise routine to the next level, the Family Health and Fitness Center's annual Fitness Resolution Expo will have you covered.

The fair, which is free to Department of Defense cardholders and their guests (13 years old and up), runs from 9 to 11 a.m. on Saturday, Jan. 14, at the center. It will feature condensed versions of the group classes offered at the center.

Participants will get to run through 15-minute segments of Zumba, yoga, kickboxing, R.I.P.P.E.D. and cycling. Each segment will be taught by a different fitness center instructor to ensure attendees get a quick, well-rounded sampling of what the center has to offer.

"The fitness expo is the perfect way to 'test' all of our group aerobics classes and meet our personal trainers," said Kristen Osborn, the center's sports specialist and fitness coordinator. "The floor will be full of patrons also trying out these classes for the first time."

Fitness partners

Also on hand will be vendors from the Directorate of Family and Morale, Welfare and Recreation; the Outdoor Recreation Center; the Army Wellness Center; the Sgt. Yano Library; the Schofield Barracks Main Exchange's "Be Fit" program; and Tripler Army Medical Center's Nutrition Outreach Clinic.

"Nutrition is the cornerstone to any health and fitness goal, whether one is trying to lose weight, gain muscle mass, or is fueling for a training session or sporting event," said Capt. William Konkright, chief of TAMC's Nutrition Outreach Clinic. "The bottom line is, if you think about your body like a car, food is the parts and fuel that make your car perform optimally. If you don't have the right parts or you use low quality gasoline, your car is not going to perform optimally."

Staff from the nutrition clinic will be on hand to answer questions about how much and when to eat to optimize workout quality.

If you're intimidated or over-

whelmed by the thought of joining a gym, Osborn offered these words of encouragement: "The Health and Fitness Center is not your normal gym. The staff, patrons and environment are very friendly and welcoming. (The) group aerobics classes, as well as personal training sessions ... can help new patrons find their footing in the gym, become more comfortable in the environment or boost their fitness to the next level.

"The classes and personal training will help to ensure that your form is correct and you are maximizing your time at the gym," she continued. "Spending four hours at the gym doesn't mean much if you're not getting an effective workout."

She added that the classes are

See FITNESS B-3

Army veteran Lanonda B. Corbett takes a brief break during the cycling class, Tuesday, at Schofield Family Fitness Center.



Cycling instructor Carlie Lawes, right, leads her class in an hourlong cardio workout on Tuesday.



In addition to small-group classes and personal training services, the Family Health and Fitness Center boasts a weight area with free weights, bench press equipment and pull-up bars.

new year, new you



Krystal Morris, a physical therapist at the Warrior Transition Battalion, performs a series of stretches, Tuesday, at the Schofield Family Fitness Center.

Wahiawa youth a Military Child of the Year semifinalist

OPERATION HOMEFRONT News Release

SAN ANTONIO — Operation Homefront, a national nonprofit serving America's military families, has narrowed nearly 400 nominees for the 2017 Military Child of the Year Awards to 90 semifinalists nationwide. Additionally, 20 semifinalists have been chosen out of 40 nominees for the 2017 Military Child of the Year Award for Innovation.

Service branch award semifinalists include Madeline Turpin, 17, of Mililani High School, who is the daughter of Chaplain (Maj.) Michael D. Turpin, 25th Combat Aviation Brigade, 25th Infantry Division, and mother Tina. Also selected from Hawaii is Kindrah Carney, 16, of Pearl City, a Marine Corps dependent.

Six Military Child of the Year Award winners, in the ages of 8 to 18, representing the Army, Marine Corps, Navy, Air Force, Coast Guard and National Guard, will receive \$10,000 each. They will be selected based



Courtesy photo

Service branch award semifinalists include Army dependent Madeline Turpin, 17, of Mililani High School.

on their scholarship, volunteerism, leadership and extracurricular involvement. The seventh award, which is open to young people

ages 13 to 18, is the Military Child of the Year Award for Innovation presented by Booz Allen Hamilton.

The winner of this award shows the power of innovative thinking. Examples include a new invention, improvement to existing technology or creation of a new nonprofit.

Each Military Child of the Year Award semifinalist will be interviewed by a panel selected by Operation Homefront staff. Award recipients will be chosen by a panel of judges, to include senior retired service members, senior spouses, members of Operation Homefront's board of directors and other leaders in the military support community.

Every winner will be flown to Washington along with a parent or guardian to receive the award from high-ranking military leaders.

More Online

More information about the Military Child of the Year Awards is available at www.militarychildoftheyear.org.





Briefs

13 / Friday

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

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Framing Classes — Learn how to frame your artwork and mementos at SB Arts & Crafts from 12:30-3:30 p.m. Classes are limited; \$75 per person. Call 655-6330.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

14 / Saturday
Fitness Resolution Expo — Start the New Year off right, 9-11 a.m. with free admission. Learn how to stay on track all year long with your health and fitness goals. Visit with different fitness vendors, personal trainers and group instructors. Join us for eight free group aerobics classes as well as random prize giveaways. Contact Health and Fitness at 655-8007.

Reball — Experience reball at the special price of \$12 per person from 12-3 p.m. Players must be 10 years old and above. All equipment provided; call 655-0143.

BOSS Trip — Koko Head Hike scheduled from 7:30-9:30 a.m. Call 655-1130.

15 / Sunday
NFL Sunday Ticket Cornhole — Every Sunday at SB Tropics Recreation Center at 11 a.m. Bring your cornhole board and bags and join the team. Call 655-5698.

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

Teen job, information fair coming, Jan. 18

EMPLOYMENT READINESS PROGRAM

Army Community Service

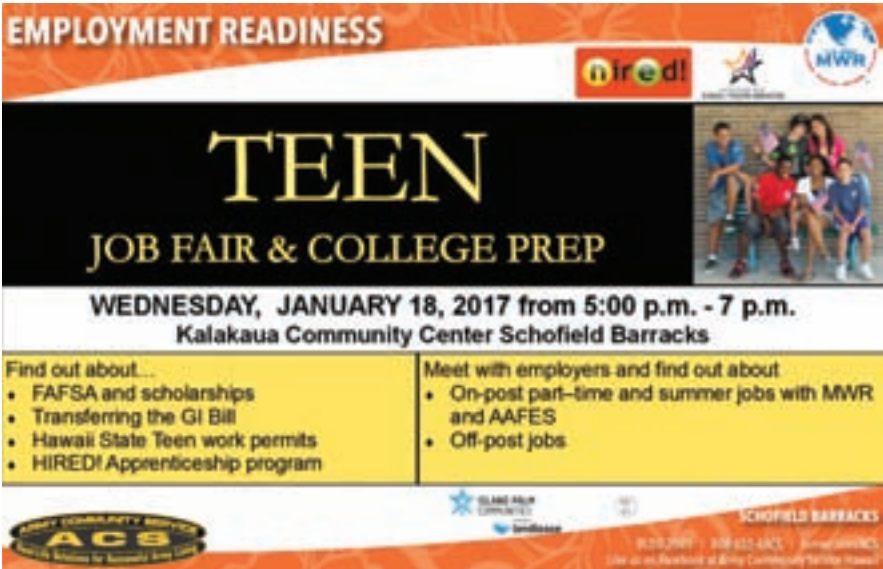
SCHOFIELD BARRACKS — Army Community Service’s (ACS) Employment Readiness Program, in partnership with the Child and Youth Services (CYS) HIRED Apprenticeship Program, and Island Palm Communities, is hosting an information fair at the Kalakaua Community Center, here, from 5-7 p.m., Wednesday, Jan. 18.

Teens and their parents will be able to talk to Family and Morale, Welfare and Recreation (MWR) and Army Air Force Exchange Service (AAFES) Human Resource staff about part-time and summer jobs available on post.

CYS SKIES will provide information on babysitting classes and how to be added to the super-sitter referral list.

In addition, college representatives will be available to discuss educational programs and answer questions about how to submit applications for college admission.

In the theater, short information sessions will be presented by subject matter experts on topics related to obtaining employment and paying for



Graphic courtesy of Army Community Service

Families can meet with FMWR and Exchange Human Resources reps about jobs.

college. Topics include “guidance and tips from employers on how to apply and interview for a job,” “how family members can utilize the transferred Post 9-11 GI Bill to pay for college,” “budgeting for college and your first job,” and “choosing and paying for college with FAFSA and scholarships.” Community service providers will

be on hand to provide information on topics including resume writing, volunteering to build work experience, Hawaii State work permits for teens, scholarships and choosing a college.

This event is a great opportunity for teens to have some of their questions answered about available employment opportunities and planning for college.

16 / Monday
Martin Luther King Jr. Day — Federal holiday; public schools closed.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB KoleKole Bar & Grill, 1249 KoleKole Ave., from 5-8 p.m. Call 655-4466.

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

17 / Tuesday
Army Family Team Building — “Level K: Military Knowledge” is a two-day class held at SB NCO Academy, from 9 a.m.-1 p.m. Training focuses on knowledge of military and Army programs, Army acronyms, community resources, and personal & family preparedness. Call 655-4227.

FRG Funds Custodian Training — Nehelani Conference & Banquet Center hosts from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. Class also clearly defines the roles and responsibilities of the funds custodian and alternate. Call 655-4227 for more information.

Toon Time Matinee “Brave” — For caregivers and their children, ages 0-3 (older siblings welcome), from 10 a.m.-noon. Free movie, fun and social interaction at SB ACS. Call 655-4227.

18 / Wednesday
Preschool Story Time — Sgt. Yano Library hosts at 10 a.m. Join us for stories, songs, dancing and a craft.

Framing Classes — Learn how to frame your art work and mementos at SB Arts & Crafts Center from 12:30-3:30 p.m. Classes are limited; costs \$75 per person. Call 655-6330.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

19 / Thursday
Credit Report and Score — Know where you stand before making a big purchase at this course held at SB ACS from 10-11:30 a.m. Bring one copy of your credit report from annualcreditreport.com. Call 655-4227 for more information.

20 / Friday
Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

EFMP Sensory Movie Day — Event held at SB Sgt. Smith Theater from 6-8 p.m. for children with sensory issues. Call 655-4227.

Ongoing

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

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

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

Pottery Wheel Throwing — The 10-week class includes instruction and firing up to 15 pieces during class time from 11 a.m.-3 p.m. on Sundays and 5-8 p.m. on Tuesdays. Costs \$100 at the SB Arts & Crafts Center, Bldg. 572. Call 655-4202 for more information.

Ceramic Mold Pouring — One session costs \$25, including supplies, from 10 a.m.-12 noon on Wednesday, and 9 a.m.-noon on Saturdays, at SB Arts & Crafts Center, Bldg. 572. Call 655-4202.

community Calendar

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

13 / Friday
Hawaii Bridal Expo — Three-day Blaisdell Exhibition Hall event begins Friday at 5:30 p.m. and ends Sunday at 4 p.m. Visit www.bridesclub.com.

14 / Saturday
Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday, from 5:30 a.m. to 6:30 p.m.

Haunted Hawaii — Storyteller Jeff Gere has been sharing stories of the supernatural for 30 years. He performs at 6 p.m. at The Arts at Mark’s Garage, in Chinatown. Tickets are \$10. Visit www.oahufringe.com/fringe-2017.

2017 Shanghai Circus — Shows Saturday and Sunday at 4:30 p.m. and 7:30 p.m. at the Blaisdell Concert Hall. The very best of China’s revered circus tradition celebrates thousands of years of acrobatics, juggling and contortion in a presentation

that’ll mesmerize the entire family. Tickets are \$15-\$39.50; \$5 military discount for certain tickets. Visit www.ticketmaster.com.

15 / Sunday
NMFA Scholarship — Applications for National Military Family Association spouse scholarships, career/training/licensure funding, spouse-owned business funding, and more, are now available. Awards range from \$500 to \$2,500. Apply now through Jan. 15, 2017, at www.militaryfamily.org or <http://www.militaryfamily.org/spouses-scholarships/scholarships.html>.

16 / Monday
Ward Village Ice Rink — Daily skating ends Jan. 16, 2017. Visit wardvillage.com/icerink.com.

Dr. Martin Luther King Jr. Day Parade — Waikiki parade organized by the MLK Coalition begins at Ala Moana Park at 9 a.m. and ends at Kapiolani Park. Scheduled to feature 100 vehicles, 20 floats and six bands.

18 / Wednesday
Facebook Town Hall —

Garrison Commander Col. Stephen Dawson hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – <https://www.facebook.com/usaghawaii>. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

20 / Friday
Chinese New Year Celebration — Chinatown celebration features parade, lion dance groups and an expected 5,000 participants, beginning at 6 p.m. Visit www.chinatownhi.com/?q=node/224

21 / Saturday
UB40 in Concert — Iconic UK reggae/pop ensemble UB40, reuniting Ali Campbell, Astro and Mickey Virtue, returns to Honolulu for one night only, 8 p.m., at the Blaisdell Arena. Tickets online at www.tmrevents.net.

27 / Friday
Hawaii Opera Theatre — HOT’s season continues with the Andre Previn opera adaptation of “A Streetcar Named Desire,” 8 p.m., Friday, as well as 4 p.m., Sunday (29th), and 7 p.m., Tuesday (31st), at the Blaisdell Concert

Hall. Tickets available at the box office as well as ticketmaster.com.

28 / Saturday
X-1 #45 Live — A night of Mixed Martial Arts competition at the Blaisdell Arena, 5-9 p.m. Tickets are \$35-\$100. Tickets sold at the Blaisdell Box office and ticketmaster.com.

February
10 / Friday
Hui ‘O Na Wahine — The 2016-2017 Hui ‘O Na Wahine Spouses Club scholarship application is now active. Scholarship and membership applications are available at www.schofieldspousesclub.com. The deadline for application and reference letters is Feb. 10, 2017. For questions, email huischolarshipchair@gmail.com.

24 / Friday
Journey in Concert — Tickets are still available for the Friday and Sunday, 7:30 p.m. shows, at the Blaisdell Arena with the Rock & Roll Hall of Fame band. Tickets range from \$65-\$155. Tickets available at Bampproject.com, as well as Ticketmaster outlets.

This Week at the MOVIES

Sgt. Smith Theater



Man Down (R)
Friday Jan. 13, 7 p.m.

La La Land (PG-13)
Saturday Jan. 14, 4 p.m.



Office Christmas Party (R)
Saturday Jan. 14, 7 p.m.

Moana (PG)
Sunday Jan. 15, 5 p.m.

Closed Monday through Thursday.

Calendar abbreviations	ASYMCA: Armed Services YMCA	FMWR: Family and Morale, Welfare and Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
8th TSC: 8th Theater Sustainment Command	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
25th ID: 25th Infantry Division	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
ACS: Army Community Service	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
AMR: Aliamanu Military Reservation	FCC: Family Child Care	SB: Schofield Barracks	



Left — Spc. Desharius Reed, infantryman, Delta Company, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, shows a Cub Scout how to operate the M2 .50 caliber machine gun system mounted on the roof of a HUMVEE at Schofield Barracks, on Dec. 28, 2016.

Right — A Cub Scout from the Aloha Council maneuvers over a rope bridge being led by the cadre at the Jungle Operations Training Center at Schofield Barracks, on Dec. 28.

Training leaves lasting impression on Cub Scouts

Story and photos by
SPC. PATRICK KIRBY
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Cub Scouts, ages 7-11, from across Oahu, came out to East Range, here, for the annual Schofield Day, held Dec. 28-29. For more than 30 years, the Scouts have been coming out to train with Soldiers, here.

This year, the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, was in charge of putting everything together for the Scouts.

New relationships
Five stations were set up for the scouts to learn about a variety of skills and capabilities, including medical skills, individual movement techniques, weapons trucks, snipers and a rope bridge section. “Schofield Barracks Cub Scouts Day was a great event to build relationships between the Army and the local communities,” said Joshua Clevenger, platoon leader, Headquarters and Headquarters



Pfc. Nicolas Smith, medic, Headquarters and Headquarters Company, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, leads the Cub Scouts of the Aloha Council through the medical lane at Schofield Barracks, Dec. 28, 2016.

Company, 2nd Bn., 35th Inf. Regt. “The Cub Scouts were able to have a fun day in the outdoors while the Army was able to help the community.” “The 25th Infantry Division has been

sponsoring this for over 30 years,” said Mike Fifhouse, director of field service, Boy Scouts of America Aloha Council. “I just think the partnership is great that we have between the Boy Scouts and the

Army. We probably had 500 kids come out between the two days to be a part of this. It’s one of our most attended activities and probably the most fun, too, for the boys.” It was a chance for the Scouts and their families to spend some time together learning a little about the Army. “We did this in past years when it was my son’s first year of scouting, and this cemented scouting for him,” said Genevieve Hao, a mother from Pack 117. “He wasn’t sure of it, previous to this. Afterward, he was like, ‘Okay. I’m in.’ This is what he looks forward to every year.” “It’s amazing,” said Fifhouse. “I think it’s one of the most exciting events of the year, especially during this holiday season when the kids are off. They get a chance to come out and do this. They love getting wet and muddy, and being with the guys learning about the military stuff. It’s really fun to watch them do that.” The Scouts were thankful for being able to come out and take part in such a unique event.

Pro surfers ‘Hang 10’ with 25th Infantry Division

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Professional surfers competing on Oahu took a pause from an international surfing competition to spend time with Soldiers from the 25th Infantry Division at various training areas on Oahu, recently. Maj. David Webb, brigade operations officer assigned to 3rd Brigade Combat Team, 25th ID, helped organize the event for the division. “I called a family friend and surf industry icon, Peter King, and asked him if he could help me connect Soldiers and surfers, and Peter and I developed a plan to bring Soldiers to observe Army training, and then to bring Soldiers to the beach to surf with the pros,” Webb said. “We set up similar engagements last year, and we were eager to try it again this year.” John “John” Florence, Koa Rothman, Ross Williams, Nat Young and Nathan Florence met with the Soldiers assigned to the 25th Combat Aviation Bde., 25th ID, to familiarize them with a UH-60 Black Hawk and CH-47 Chinook helicopters at Wheeler Army Airfield.

Who’s more impressed?
“It’s a pretty insane experience, because I live up on North Shore, and I



Koa Rothman places a lei over a statue at the 25th ID Memorial at Schofield Barracks, Dec. 13, 2016.

see these guys flying all the time,” said John “John” Florence, “so I’ll be able to go up in one and check out the North Shore from up above. It’ll be really cool.” John John is a Haleiwa native on the North Shore, and the 2016 World Surf League Men’s Champion. He was excited to see the Soldiers training at the Kahuku Training Area (KTA), near the North Shore, where he frequently surfs, and Schofield Barracks’ Area X-ray. “Thanks to everyone having us out here,” he said. “It’s pretty cool to come out and meet everyone, and check all the stuff out we don’t get to see every day.” Nathan Florence, brother to John John, said he was “psyched” to see the Soldiers train and to sign autographs for them. “It’s super cool today being with the troops,” he said. “We’re stoked to see you guys and have a good time. We’re always curious what you guys are doing out here.” Spc. Vance Parker, a native of Mooresville, N.C., and an infantryman assigned to 3rd Squadron, 4th Cavalry Regt., 3rd BCT, 25th ID, joined the pros on their flight. “I’ve been surfing since I’ve been on

the island, for almost three years now,” Parker said. “I’ve done my research on the surfers beforehand. I’ve actually seen them perform before at Banzai Pipeline. It feels pretty cool going out with the surfers.” A UH-60 took the surfers for an aerial reconnaissance flight to KTA and North Shore to get a better understanding of the area. On the return flight, the surfers landed at Weyand Field on Schofield Barracks to see the 25th ID memorial. The surfers looked in awe at the statues representing Soldiers who fought from World II to present day. They gently placed lei on the statues to honor the Soldiers who sacrificed all for the service of their country. The last part of their tour took them to Area X-ray to see Soldiers assigned to 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID. The Soldiers were performing close quarter marksmanship training. “It’s always a good experience when you get to see people who are in the public eyes, especially in Hawaii, to have someone come out and learn from us on our weapons,” said Staff Sgt. Broc Garner, an infantryman assigned to 2nd Bn., 27th Inf. Regt. “It’s motivating. All the guys out here were super excited to see everyone and train for a bit.” The surfers and Soldiers bid not a goodbye, but a hui hou, until they meet each other again. Both have a strong bond and fond memories of the visit.

Fitness: Start fresh

CONTINUED FROM B-1

She added that the classes are a great way to meet others and form new friendships, including relationships that have lasted beyond a permanent

change of station.

More options
For those seeking one-on-one attention, the center also offers personal training services. FMWR offers aquatic and intramural sports programs, as well as Outdoor Recreation programs, such as hiking, kayaking and surfing. The Sgt. Yano Library has books and DVDs

on nutrition and fitness, and the Exchange’s “Be Fit” program sells an array of active wear gear. Expo attendees who visit all of the vendors will be eligible to win a variety of prizes. The aim of the expo is to bring together the diverse cross section of services and programs offered by the Army community in Hawaii to help you achieve your health and fitness goals.



FAMILY HEALTH AND FITNESS CENTER

Located at 1554 Trimble Road, Schofield Barracks. Call 655-8007. Open 6 a.m.-7:30 p.m., Monday-Friday Open 7 a.m.-2:30 p.m., Saturday Closed on Sundays

2017 Group Classes Schedule
Cost is \$4 for single passes; \$35 for a 10-pack book of passes; \$45 for an unlimited monthly pass. Call to inquire about the center’s personal training program. The center also offers a Bring Your Offspring to Boot Camp program (strollers are encouraged), 8:30-9:30 a.m., Tuesdays and Thursdays, at Ralston Field. The cost for this boot camp is \$7 for drop-ins and \$60 for a 6-week pass.

Cycling
This is a cardiovascular interval class that simulates hills, sprints and downhill racing. 5:30-6:20 p.m., Monday 8:30-9:30 a.m., Tuesday 8:30-9:30 a.m., Thursday

5:30-6:20 p.m., Thursday
Cycling & Abs
This is a cardiovascular interval class that simulates hills, sprints and downhill racing at 9:15 a.m., Saturday.

Gentle Yoga
This class is focused on postures and movements designed to increase strength, flexibility, balance and relaxation. 4:15-5:15 p.m., Tuesday 4:15-5:15 p.m., Thursday
Yoga
This class is intended for beginners or those looking for a more relaxed yoga practice. 8 a.m., Saturday 5:30-6:20 p.m., Tuesday

Kickboxing
This is a high-energy class featuring contact-free kicking, punching and combination moves offered 8:30-9:30 a.m., Wednesday.
R.I.P.P.E.D.
This class is based around having muscles exert maximum force in as short a time frame as possible with the goal of increasing speed and power. 8:30-9:30 a.m., Monday 8:30-9:30 a.m., Friday
Zumba Fitness
This is a low-impact, high-energy cardiovascular workout with Latin and hip-hop dance choreography. 6:30-7:20 p.m., Monday 6:30-7:20 p.m., Thursday 10:30 a.m., Saturday

TAMC offers doable health resolutions

CAPT. WILLIAM KONKRIGHT
Tripler Army Medical Center

HONOLULU — It’s that time of year again when everyone gets ramped up to make their New Year’s resolutions.

Fitness centers are flooded with new gym-goers. People are swearing off all things nutritionally unholy and promising that they will be different than years past.

Unfortunately, most of these changes will not take hold because most “resolutioners” bite off more than they can chew.

Recalibrate

Instead of trying to overhaul your entire life, this year make smaller, focused goals that you can achieve each month. By the end of the year, you will not only have achieved your goal, but also made new habits.

Here are some nutrition goals to take on each month to make your 2017 (and beyond) a healthier one.

January – Track your foods. When making a change, the perfect place to start is understanding what you are currently doing. Use phone apps to log your foods (or pencil and paper) for at least a week to understand what areas need the most change.

February – Eat less added sugar. Did you know that there are 61 names for sugar on food labels and that 74 percent of packaged grocery store items have some form of added sugar? Added sugars are sweeteners that are not naturally found in foods.

March – Trade in unhealthy fats for healthy ones. Fat is not bad. There, I said it. However, some are better for us than others. The worst of them are trans fats (aka hydrogenated oils), which are mostly found in packaged foods. Focus on eating more nuts and seeds, avocados, olives and olive oil.

April – Cook more. We are surrounded by food on a daily basis. Most of it is not the healthy kind. Cooking from home is an excellent way to ensure you know what is going into your food. To save time, cook a few extra servings to pack and eat for the next couple of meals, so you don’t have to cook every day.

May – Eat more plants. Whether you are vegan, vegetarian, paleo or diet agnostic, there is no denying that having more plant foods in your diet promotes greater energy, health and longevity. Eat a variety of colors to



Courtesy photo

ensure you get a wide range of nutrients.

June – Bring the flavor! Most Americans play it safe when flavoring their foods, using only salt and pepper or buying a seasoning blend with astronomical levels of sodium. Try using different aromatics, such as onions, garlic and ginger; acids such as vinegars and citrus fruits; fresh or dried herbs; or spices to add flavor to food without adding calories. Amp up the flavor of vegetables by roasting, grilling or sautéing them.

July – Slow down. It takes approximately 20 minutes for the brain to receive messages signaling fullness. Most people take less than 10 minutes to eat a meal.

August – Step away from the TV. Eating in front of a TV (or anything else that is distracting) causes a person to be less aware when they have reached a point of fullness. Try eating with no distractions. Savor the flavor of your meals.

September – Plan B foods. Stock your freezer with good quality frozen foods, such as thaw and heat proteins, frozen brown rice or quinoa, and steamer bags of vegetables. Next time you are too tired to cook, you can throw one of each in the microwave for a quick meal rather than ordering pizza.

October – Build a healthy food environment. Research shows that we are more likely

to eat a healthy food if it is available and convenient and less likely to eat unhealthy foods if they are less available and less convenient. So, do just that in your home. Prep or portion healthy foods and place them at eye level in your refrigerator and pantry.

November – Hydrate! Water plays a significant role in a wide range of functions in the body. To calculate your fluid needs, multiply your body weight in pounds by 0.5-1.0 ounces. Another way to make sure you are well hydrated is by drinking enough fluids so that you are urinating every 2-4 hours and that it is pale yellow in color.

December – Stay “app-to-date” on technology. Technology can be a huge asset for making healthy changes. The following are a few apps for either tracking foods or making healthier food choices: MyFitness Pal, LoseIt, HealthyOut, Fooducate, Shopwell.

(Editor’s note: Konkright is the chief of Outpatient Nutrition at TAMC.)

Contact TAMC

If you are interested in learning more about eating healthy and how you make the most out of your nutritional resolution, contact the Nutrition Outpatient Clinic at (808) 433-4950.

Seek truth, embrace faith – but not as a weapon

CHAPLAIN (CAPT.) MARK R. LEE
307th Expeditionary Signal Battalion
311th Signal Command (Theater)

HELEMANO MILITARY RESERVATION — I read an unfortunate, but interesting, account out of Texas concerning a poor choice on the part of Mr. Fernando Padilla that landed him a jail sentence that will span over a decade.

Mr. Padilla was found guilty of assault with a “deadly weapon.”

One might assume that he used a gun or a knife when he assaulted an ex-girlfriend and received such a hefty sentence. In fact, the weapon of choice was a small statue of baby Jesus.

Even a peaceful depiction of a faith group’s Savior can be considered a “deadly weapon.” In Texas, any item “in the manner of its use or intended use (that) is capable of causing death or serious bodily injury” is a “deadly weapon.”

I suppose we could call this a case of statue-tory assault.

Seeking truth in 2017

Coming out of the holiday season, in my faith tradition of Christianity, I am reminded



Lee

of the story of the wise men who sought to find baby Jesus. I think a lesson for us today from that Christian account is that wise men still seek him.

Our faith can inform our lives, and it can be used to help or hurt others. This New Year is your blank check to use – as you desire.

Proverbs 23:23 (KJV) states, “Buy the truth and sell it not.”

I suggest in this New Year that we each consider doing two things:

1) Buy the truth. I see Proverbs 23:23 calling upon its reader to make an investment in truth. I like to ask people of faith if they are living up to the tenants of their own faith tradition. In other words, I am asking them how invested they are in their faith – if at all.

2) Challenge your faith. Next, Proverbs 23:23 calls its reader (who has invested in truth) to, in a sense, put up a sign that says, “Not for sale.” However, I assure you that 2017 will at some point challenge you to sell out some part of your faith.

Such instances often find us much like an upset Mr. Padilla. However, the time to make good choices starts with an initial investment and is sustained with a determination not to “sell out.”



This New Year, consider making resolutions that are informed by your faith tradition. Once you are invested in that resolution, remember not to use your faith as a weapon, but in accordance to truth. Certainly, Mr. Padilla used a religious icon of Jesus, not as a sword, but certainly not for peace either.

As we prepare to greet the New Year, we are presented with an opportunity to enact any number of resolutions to bring into our lives attributes, such as personal peace, the strengthening of relationships and a general desire to make good choices.

Indeed, we all have choices to make. What will make the critical distinction in these resolutions are the process, or lack thereof, that informs these decisions.

How will you use your faith to inform your New Year? Chose wisely and it may spare you from an instance of statutory-assault.

(Editor’s note: Lee is the chaplain for 307th Expeditionary Signal Battalion.)

Fisher House military child scholarship applications now available

MIKE PERRON
Defense Commissary Agency

FORT LEE, Va. — The application period for Defense Commissary Agency’s Fisher House Military Children Program for the 2017-2018 school year is underway.

Now entering its 17th year, the program was created to recognize the “contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community,” according to the mission statement on the militaryscholar.org website.

At least one scholarship worth \$2,000 will be awarded at every commissary location where qualified applications are received. Additional recipients will be selected based on a prorated basis, so more scholarships will be awarded at those stores with larger numbers of applicants. A total of 700 scholarship grants will be awarded this



year.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships.

“This is always an exciting time of year, when the Fisher House Scholarships for Military Children program kicks off, knowing 700 military children will have the opportunity to receive a \$2,000 scholarship to help toward their studies,” said Marye Dobson, DeCA’s liaison for the scholarship program.

Widespread support

The commissary’s industry partners, including vendors, suppliers and manufacturers, as well as the general public, donate money to the program, and every dollar donated goes directly toward funding the scholarships.

To qualify for consideration, appli-

cants must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, a Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applications must be hand-delivered or shipped via the U.S. Postal Service or other delivery methods to the commissary where the applicant’s family normally shops by close of business Friday, Feb. 12.

Applications cannot be emailed or faxed.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card. The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2017 or be enrolled in studies designed to transfer to a four-year program.

In the past 16 years of its existence, the program has awarded more than \$15 million in scholarships to over 9,000 students.



Learn More

You can also call Scholarship Managers at (856) 616-9311 or email them at militaryscholar@scholarshipmanagers.com.

For more information, students or sponsors should visit www.militaryscholar.org.



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
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
- Tuesday, 7 p.m. at AMR
- Wednesday 11:45 and 5 p.m. at MPC
- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at WAAF
- Sunday services: - 8:30 a.m. at AMR - 10:30 a.m. at MPC

Gospel Worship

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

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC -9 a.m. at FD -10 a.m. at HMR and WAAF -10:30 a.m. at AMR -11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 9:27 a.m. at SC



Dental health the designed outcome of MRC4

Reset created to maximize a medically prepared force

CAPT. EMILY BRAGG AND CAPT. PATRICK FERGUSON
Na Koa Dental Clinic
Dental Health Activity-Hawaii

HONOLULU — Since taking over as Chief of Staff for U.S. Army, Gen. Mark Milley has determined that there are too many Army service members who are non-deployable for medical or dental reasons. Many are non-deployable because they are due for their annual Periodic Health Assessment, or MRC4, or their dental exam, DRC4. Dental Health Activity-Hawaii has been tasked with the mission to reduce these numbers and implement an MRC4 Reset to create a medically ready force.



Photo by Sgt. Elizabeth Cole, 305th Mobile Public Affairs Detachment, 9th Mission Support Command
PAGO PAGO, American Samoa — 1st Sgt. Patricia Van Drunen, left, first sergeant, 143rd Dental Company, who is also a trained military dental hygienist, examines the teeth of a 9th Mission Support Command American Samoa-based Reserve Soldier during a dental care mission at the Pele U.S. Army Reserve Center.

As Milley stated, “Readiness is our No. 1 priority; there is no other No. 1.”

Numbers too high
In the past, our dental non-deployable numbers have consistently been around 4 percent of all empaneled service members in Hawaii – levels that are deemed unacceptable. We are changing our operations to improve availability of care and echoing our medical counterparts with the attitude that “Readiness is No. 1!”

It is our mission to reduce our dental non-deployable numbers to 0.9 percent, or less, and sustain these values over time. Although it will be challenging, this is a wildly important goal that Dental Health Activity-Hawaii is working hard to achieve. In order to reach our readiness goals, more exam appointments are opening in an effort to focus on timely DRC4 treatment. The pledge is to be flexible and persistent, to achieve goals, but a cooperative effort is essential.

Next steps
Service members are urged to monitor their Medical Protection System, or MEDPROS, and call to make their annual exam appointments prior to being delinquent. Remember that service members are due for a dental exam every 12 months. Additionally, every unit is responsible for appointing a unit dental liaison, or UDL, who may coordinate with clinic dental readiness officers. We look forward to serving you. “Spirit and Concern”

Contact Numbers
To schedule an appointment, call the dental appointment line at 4-DENTAL (433-6825). You can also make an appointment by speaking to a receptionist at the following clinic numbers:

- Schofield Barracks Dental Clinic**, 433-8908/8363/8375.
- Na Koa Dental Clinic**, 433-9812/9813.
- Tripler Army Medical Center Dental Clinic**, 433-9578/9579.

Keiki dental care the goal of partnership

DEPARTMENT OF EDUCATION
State of Hawaii

HONOLULU — In an effort to provide oral health services for students who need it, the Hawaii State Department of Education and the Hawaii Dental Association are joining forces. The agencies have established a Memorandum of Agreement to promote oral health by teaching students proper dental hygiene techniques and providing information about access to free dental health services.

Education initiative
Dentists will be visiting HIDOE first and second grade classes on Oahu, Maui, Kauai and Hawaii Island from Jan. 16-Feb. 28, which coincides with National Children’s Dental Health Month in February. “When students do not get the health care they need, we find that it affects their performance in school. This partnership is a huge step to provide services to many children who are not getting proper oral health care,” said Superintendent Kathryn Matayoshi. “As we work towards closing the achievement gap, we must look at the whole child, and that includes their experiences outside of the classroom,” she said. “We’re grateful to the Hawaii Dental Association for making this opportunity available for students.” In October, the Hawaii Department of Health released “Hawaii Smiles,” a statewide report that showed a need for oral health improvement for Hawaii’s children. A few of the key findings included the following:

- More than 7 out of 10 third graders (71 percent) are affected by tooth decay;
- About 7 percent of Hawaii third grade children are in need of urgent dental care because of pain or

infection;

- Children from low-income families, as defined as those who are eligible for the National School Lunch Program, have a disproportionate amount of tooth decay (about 31 percent of children eligible for National School Lunch Program have untreated tooth decay compared to 13 percent who are not eligible).

National effort
These efforts are also part of a national initiative from the American Dental Association to bring preventative education and dental services to underserved children, which include 92,000 economically disadvantaged public school students in Hawaii. “The goal of this partnership is to educate children from a young age on the importance of proper dental care. We also want to raise awareness about services that provide free dental care, so their families can encourage and foster these new habits,” shared Melissa Pavlicek, president, Hawaii Public Policy Advocates who coordinated the MOA on behalf of HDA. In ensuring that students come to school healthy and ready to learn, Superintendent Matayoshi has made the health and well-being of public school students a priority. In 2014, HIDOE launched the “Hawaii Keiki” program that created school-based health services designed to screen for treatable health conditions and control communicable disease and other health problems, and provides emergency care for illness or injury.

Online
For details on the HDA partnership and other HIDOE health and wellness initiatives, visit www.hawaiipublicschools.org.