



WHEELER ARMY AIRFIELD — A Marine Corps MV-22 Osprey made a first-of-its-kind landing, here, Jan. 27, to test capabilities of landing on asphalt instead of

concrete. The crew from the Marine Medium Tiltrotor Squadron 268, “Red Dragons,” based out of Marine Corps Base Hawaii, took time to meet with Federal Fire

Photo by Sgt. Ian Morales, 25th Infantry Division Public Affairs
Department 263 firefighters to discuss safety procedures in case of an emergency landing. The landing helped prepare the Army and Marines for future joint training.

‘Broncos’ under spotlight during media training

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

SCHOFIELD BARRACKS — Being before a live on-camera can be one of the most unexpected and nerve-racking experiences for Soldiers during their time in the Army.

More than two dozen Soldiers from 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, overcame such fears to exercise on-camera interview techniques at the Visual Information Center, here, Jan. 24-31.

“What is the purpose of conducting On-Camera Media Training?” said Capt. Ramee Opperrude, public affairs officer, 3rd BCT. “Media skills training and on-camera media training, in particular, is a vital component of our mission: ‘To Tell the Army Story.’”

Media skills training allows the Bronco Brigade to accomplish three main objectives.

“First, media interview training helps individuals cultivate the skills to engage in a more productive interview with reporters,” Opperrude said. “It’s incumbent on spokespeople to take the initiative in telling the organization’s story, from its perspective.”

He stated training was the best way for the unit spokesman to master these main messages and proficiently weave them into their answers to a reporter’s questions.

“Media training increases the likelihood that what an organization wants to communicate is covered,” he continued. “It’s impossible for individuals in any audience to understand your key messages if you don’t know what you want to say.”

One of the Soldiers learning these skills for the first time was Sgt. Fabian Hightower, a combat engineer assigned to the 29th Bde. Engineer Battalion, 3rd BCT, who found the scenario given a bit intimidating.

“It was scary,” Hightower said. “It got me nervous, but at the same time, if the situation ever occurred, then I can actually see what I’ll be facing.”

The fictitious scenario given for the Soldiers to answer as a subject matter expert was about two barrels of engineer degreaser found abandoned on post.

“I roughly had 5-10 minutes to read over a scenario of a chemical spill,” he said “Then I basically had to do a reporter interview, and the reporter was asking me questions on the situation about the



Sgt. Kurtis Weaver (left), a construction engineer assigned to 29th BEB, 3rd BCT, 25th ID, gives a mock interview at the Visual Information Center on Schofield Barracks, Jan. 25. It was the first time Weaver has received on-camera media training to learn interview techniques.

chemical spill.”

He said he overcame his fears even as he struggled a bit with the highly stressful training.

For 1st Lt. Jamieray Abad, medical support operations, 325th Bde. Support Bn., 3rd BCT, the training was far different from any other Army training he had done during his career.

“This is certainly a highlight for me, because it’s almost like a react to contact,” Abad said. “You’re given a scenario, and you’re supposed to technically say the right things at the right time, and at the right place, in order to give everybody the information that is needed.”

The training was good for him because it allowed him to work on his public speaking, get a little bit of the spotlight, and be able to say the information that’s needed out to the public, he said.

Soldiers from the newly arrived 28th Public Affairs Detachment, Fort Lewis, Washington, acted as interviewers and video broadcasters during the training.

“For the media training, I help to ensure that the Soldiers involved have

experience with dealing with aggressive media and how to ensure they stay on topic and don’t overstep their role,” said Sgt. Daniel Johnson, public affairs specialist, 28th PAD.

Johnson noted he received experience from doing this on the other side. His training helped to prepare him just as much as it prepared them. He was able to look at the topic on the other side and see what might be asked – and what might help him better prepare his leaders in the event they are interviewed.

“Some of the answers I received,” he said. “There were a lot of young Soldiers at the training who had never done an on-camera interview, so they were very nervous and saying funny things they normally wouldn’t.”

In the end, it was Johnson, as the interviewer, who enjoyed the on-camera interview training the most.

“This part of my job is definitely my favorite,” he said “Don’t get me wrong; I love the journalism, but this is really fun.”



Soldiers assigned to the 3rd BCT, 25th ID, participate in an after-action review after completing their on-camera interviews at the Visual Information Center on Schofield Barracks, Jan. 26. The Soldiers put their interview techniques to the test during a live recording of their mock interviews.

USAG-HI discourages motorists from parking on the grass

KAREN A. IWAMOTO
Staff Writer

Because parking is a premium on U.S. Army Garrison-Hawaii installations, many motorists end up parking on berms or other areas that are not authorized parking stalls.

While that solves their problem in the short term, it can lead to erosion of the grass cover, which in turn leads to increased runoff during rainstorms.

This puts the garrison at risk of exceeding its runoff limits under its contract with the State of Hawaii, which is responsible for monitoring pollutants in storm drains for the Environmental Protection Agency’s National Pollutant Discharge Elimination System, said Rhonda Suzuki, chief of the Environmental Division of USAG-HI’s Directorate of Public Works.

“We have to tell the state what pollut-

ants are going into the storm drains. We are in danger of exceeding our limits,” Suzuki said. “It is possible we could be penalized.”

Her office has put up wooden stakes and cordoned off affected areas to deter motorists from parking in unauthorized zones and to allow the grass to regrow.

“We wanted a way to tell people, ‘Don’t park here,’” Suzuki said. “To help the grass recover, we are trying to change the culture (of how people park).”

“It’s like when people go to the mall or the store,” she added. “They’re going to try and park as close to the entrance as possible, rather than drive further out to find a parking stall and then walk to the store.”

She pointed out there is a regulation regarding parking on installations; at this time, the emphasis is on educating driv-

ers and encouraging them to re-evaluate their parking habits.

“We acknowledge we have a problem, a challenge,” she said. “While U.S. Army Hawaii policy is not to park on grass, we realize there is a problem with finding enough (authorized) parking.”

In other words, while physical restrictions to protect the grass should prevent erosion and runoff, it doesn’t solve the issue of providing enough authorized parking spaces.

To address that issue, the Directorate of Emergency Services has towed approximately 300 abandoned cars from Schofield Barracks and Wheeler Army Airfield since October, thereby freeing up stalls, said Dr. Dan Brush, deputy director of DES.

The abandoned cars were left behind by Soldiers who made permanent

changes of station moves to other bases, Brush said. Some of the cars were not in running order and had leaking oil pans, thereby presenting additional environmental concerns, he added.

He reminds Soldiers that they should dispose of their inoperable vehicles properly before PCSing.

Parking on USAG-HI

Parking on USAG-HI installations is covered in U.S. Army Hawaii Traffic Code, Regulation 190-5, which can be found at www.garrison.hawaii.army.mil. Click on “Garrison Policies,” then select the “Publications” tab. Policies and procedures regarding the towing and disposal of abandoned vehicles are also outlined in this regulation.



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen Iwamoto 656-3150
reporter@hawaiiarmyweekly.com
Layout
Kristen Wong
layout@hawaiiarmyweekly.com
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
LTC Robert Phillips
655-6343
2nd Brigade Combat Team
MAJ Karen Roxberry
655-9526
3rd Brigade Combat Team
CPT Ramee L. Oppert
655-1083
25th Combat Aviation Brigade
CPT Heba Bullock
656-6663
8th Theater Sustainment Command
MAJ Lindsey Elder
438-0944
311th Signal Command (Theater)
CPT Liana Kim, 787-4095
94th Army Air & Missile Defense Command
SFC Claudio Tejada Valerio
448-1556
9th Mission Support Command
CPT Liana Kim
438-1600 ext. 3114
18th Medical Command (Deployment Support)
SFC John D. Brown, 437-4737
Tripler Army Medical Center
James Guzik, 433-2809
U.S. Army Corps of Engineers-Honolulu District
Dino Buchanan, 835-4003
500th Military Intelligence Brigade
SFC Thomas Collins
437-6819
599th Transportation Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Eric Hamilton, 808-969-2402

DoD revamps civilian RIF process

JIM GARAMONE
DoD News, Defense Media Activity
WASHINGTON — Performance will be the primary factor in the future if the Defense Department has to resort to a civilian reduction in force, DoD officials said Jan. 26.

The department has revamped the rules for the reduction in force process as a result of the National Defense Authorization Act of 2016.

That law requires the department to establish procedures to provide that, in any reduction in force of civilian positions in the competitive or excepted service, the determination of which employees shall be separated from employment shall be made primarily on basis of performance.

Reduction in Force
A RIF is the term used

when the government lays off employees. The RIF procedures determine whether an employee keeps his or her present position, whether the employee has a right to a different position or whether the employee must be let go.

In the past, tenure was the primary factor when making RIF calculations. Now, an employee's performance rating of record will carry the greatest weight followed by tenure group, performance average score, veterans' preference and DoD service computation date-RIF.

"The DoD civilian workforce is one of the department's most important assets," said Julie Blanks, acting assistant secretary of defense for civilian personnel policy. "However, there are times when the department must make difficult decisions that impact our

civilians, and in doing so, it is imperative these decisions result in our continued ability to seamlessly execute our national security mission. When circumstances necessitate a RIF, the department must ensure we are retaining our highest performing employees."

Changes apply to all
The changes will apply to almost all of DoD's 750,000 civilian employees; this change in the RIF process only applies to DoD.
The government-wide provisions that rank four retention factors by tenure of employment, veterans' preference, length of service, and performance remain in place for other federal agencies.
Under the new system, if an agency is forced to employ a RIF, employees will be placed on a retention register

based on periods of assessed performance of 12 months or more or less than 12 months. The idea is to give an equitable comparison for employees whose performance has been assessed over a comparable period of time.

The first retention factor is rating of record. It is the average drawn from the two most recent performance appraisals received by the employee within the four-year period preceding the cutoff date for the RIF.

The second factor is tenure group. There are three tenure groups, with group III being temporary or term employees, these employees will be ranked at the bottom of the retention register below groups I and II.
(See full article at www.hawaiiarmyweekly.com/2017/02/01/dod-revamps-civilian-rif-process-emphasizing-performance/.)

Army charts course to blended retirement

Story and photo by
DAVID VERGUN
Army News Service

WASHINGTON — Beginning in January 2018, a new Department of Defense enterprise-wide retirement system will go into effect.

The blended retirement system, which was instituted by the 2016 National Defense Authorization Act, will take effect for all Soldiers joining the Army beginning Jan. 1, 2018, and some current service members will have the option to opt into the new system.

Soldiers with less than 12 years of active duty service, and National Guard and Reserve members with less than 4,320 points, will have until Dec. 31, 2018, to choose whether to remain in the current system or opt into the new one.

The new blended retirement system is a three-pronged program:

Prong 1
Prong 1 consists of a defined pension benefit upon retirement, which is similar to the current system, said Col. Steven Hanson, branch chief, Army G-1 Compensation and Entitlements, Allowances.
The current retirement system awards a pension of 2.5 percent of basic pay per year times the number of years of service for those serving 20 or more years, he said. So, someone with 20 years would receive 50 percent of base pay per year in retirement.
The new blended retirement system awards 2 percent per year, so that same Soldier serving 20 years would earn a pension of 40 percent of base pay.

Prong 2
Prong 2 consists of a Thrift Savings Plan, which is similar to a 401K plan, Hanson said.
Under the TSP plan, the government will contribute 1 percent of base pay for new Sol-



Soldiers charting a course for their eventual retirement should know they may be able to opt into a new system Jan. 1, 2018, that blends a traditional pension with the Thrift Savings Plan and the ability to collect a one-time continuation pay after eight to 12 years of service.

diers after 60 days and then will match up to 5 percent of contributions after two years. For Soldiers who opt into the blended retirement system, the government contributions to TSP begin immediately.

Prong 3
Prong 3 is a one-time continuation payment for Soldiers with eight to 12 years of service. It will, at minimum, be 2.5 months of base pay for those on active duty. For Guard and Reserve Soldiers; it will be a half-month's basic pay as if they were on active duty.

If the Soldier accepts this one-time payment, known as continuation pay, he or she will have to agree to serve for a minimum of three additional years.

Summary
Soldiers serving in the Army today have

from Jan. 1, 2018, until Dec. 31, 2018, to decide whether to continue in the current retirement system that has been in place for many decades or join the new one.
All Soldiers joining the Army beginning Jan. 1, 2018, will be under the blended system, he said. Also, all Soldiers with less than 12 years active duty, as well as National Guard and Reserve members with less than 4,320 retirement points, can opt into this new blended system prior to Dec. 31, 2018.

Decision Making
Each Soldier's circumstances are unique when it comes to deciding whether or not to opt in or remain in the current system, Hanson said.
(See full article at http://www.hawaiiarmyweekly.com/2017/02/01/army-charts-course-to-blended-retirement/.)

DoD exceeds CFC fundraising goal, leads in federal aid

TERRI MOON CRONK
DoD News, Defense Media Activity
WASHINGTON — The Defense Department raised more than \$14 million for the Combined Federal Campaign in 2016, surpassing its \$9 million goal by more than \$5 million and making DoD the highest-achieving federal agency in the 2016 campaign, Deputy Defense Secretary Bob Work said Jan. 26.

At a Pentagon CFC awards ceremony attended by campaign workers from DoD organizations around the world, Work said that DoD garnered about 40 percent of the overall campaign contributions from federal agencies.

DoD's "boots on the ground" for CFC
"It really is the campaign chairs, the vice chairs, the cam-



Courtesy graphic

paign managers, the loaned executives (and) the key workers," the deputy secretary said, "(who) are the ... boots on the ground. They're the ones in the fight. And they really did great this year."

Working at the DoD, inside the Pentagon, he said, puts him around people who are devoted to public service.

"And contributing to the Combined Federal Campaign is just an extension of that devotion," he said.

All of the charities rely on those who give, Work said.

Giving despite hard times
The deputy noted that times are difficult for a lot of American families.
"Giving is hard sometimes. But even when things are hard, the employees of the Department of Defense always reach into their hearts and their pockets, and they say, 'We are going to help other people.' It's really inspiring," he said.

Giving worldwide
Work thanked the overseas CFC team, which brought in \$4.7 million of the overall \$14 million raised.
"CFC works at every single base, every single station all around the world, and they really, really helped us," the deputy secretary said.

In the past several years, real

cuts to the federal workforce have moved beyond the headlines to real life, he said.
"... Our civilians in the Department of Defense, despite the real cuts of the employees, pay freezes, hiring freezes ... are among the best this nation has to offer," Work said.
The deputy thanked everyone who protects "our citizens to promote U.S. values around the world, and to protect the United States from enemies foreign and domestic."

More Online
See kids' artwork contest entries from the CFC contest at https://www.defense.gov/News/Special-Reports/0916_cfc?source=GovDelivery.

Voices of Ohana

Because the Super Bowl is on Sunday, we wondered, Which team are you rooting for?
By 500th Military Intelligence Brigade Public Affairs

Spc. Bryant Flournoy
Network Installer
HHID, 500th MI

"I am going for Atlanta because I am a Julio fan!"

Staff Sgt. Kelly Mitchell
Resources Sergeant
500th MI

"I am pulling for the Falcons. I've had enough of Tom Brady."

2nd Lt. Vanezza Ospina
OIC, Personnel Section
HHID, 500th MI

"I'm rooting for the Falcons because their mascot reminds me of my high school mascot."

Spc. Byron A. Pleasant
Human Resources Specialist
HHID, 500th MI

"I don't like either team, but I think the Patriots are going to win because their defense is better than the Falcon's offense."

Bridget Quillon
Family Readiness Support Adviser
500th MI

"I don't have a favorite team, but I like the teamwork involved. I can appreciate that."

Army supplying 250 gallons per to Kunia Village

U.S. ARMY GARRISON-HAWAII
Public Affairs

SCHOFIELD BARRACKS — In coordination with the Governor’s Office, the U.S. Army is pumping much-needed water to the residents and farmers of Kunia Village after their sole water supply pump failed.

Officials with the Hawaii Department of Health deemed the emergency water shortage an immediate threat to life and public health, and contacted the Army for assistance, Jan. 24.

U.S. Army Garrison-Hawaii quickly mobilized to provide drinking water from its Schofield Barracks facilities, exercising Department of Defense immediate response authority to provide support to civil authorities.

Aqua Engineers Inc., the garrison’s wastewater utility provider, is also providing recycled, or R1, water for irrigation needs.

The Army garrison reactivated an emergency connection it had installed between the Schofield and Kunia water systems in October 2016 during a previous pump failure, and is currently pumping drinking water at the rate of 250 gal-



Photos by Kristen Wong, Oahu Publications

Shown here is the connection between the Army’s water supply and Kunia Village. Kunia Village’s well is currently being repaired, and in the meantime, the Army is assisting with the village’s water supply.

lons per minute to Kunia Village.

The Army intends to continue to provide water to Kunia Village until the pump repairs are complete.

“We’re happy to be able to help our

neighbors again,” said Col. Stephen Dawson, commander, USAG-HI. “No one should be without water, and fortunately, we have the ability to make sure that doesn’t happen.”



Shown here are houses at Kunia Village being renovated. Out of 121 houses in Kunia Village, 82 are being renovated or rebuilt. Of the 82 houses, 35 are being completely rebuilt. The Army is pumping 250 gallons of drinking water per minute to the village.

This is the second time in recent months the Army has provided emergency water to Kunia Village. In late October and early November, the Army provided 2.1 million gallons of drinking water during a pump failure, and Aqua Engineers Inc. provided 16.8 million gallons of recycled water for irrigation needs.

599th Trans. gets 25th CAB going for Pacific Pathways

Story and photos by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade and its partners loaded out 25th Combat Aviation Bde. cargo and equipment for Pacific Pathways 17-1 exercises, here, from Jan. 23-24.

The movement was delayed for about a week because the ship originally scheduled to conduct the move, the USNS Kocak, experienced maintenance issues en route to Hawaii.

Military Sealift Command quickly responded to activate the USNS Fisher, which was homeported in Bremerton, Washington.

The 599th’s sister unit, the 597th Transportation Bde., expeditiously trans-loaded 1-2 Stryker Brigade Combat Team equipment from the USNS Kocak to the Fisher in an effort to keep Pathways’ cargo on track.

“Despite all of the problems with a ship that broke down, late arrival, constrained timelines and ship mechanical problems, the mission was accomplished,” said Carlos Tibbetts, 599th terminal operations chief.

Partners for the move included Fleet Logistics Center, Pearl Harbor; 25th CAB; Military Sealift Command; and the 599th’s Army Material Command enterprise partners, the Logistics Resource Center’s Deployment Support Center (DSC) of the 402nd Army Field Support Bde.

“Our Army Materiel Command partners helped the unit with preparations on Schofield and Wheeler before they arrived at Pearl Harbor, such as RFID (radio frequency ID) tags, UDLs (unit deployment lists), equipment check for dimensions, hazmat (hazardous material), secondary loads and leaks,” said Tibbetts.

Jose “Raul” Ortiz is chief of deploy-



25th CAB Soldiers detach the lift ropes and spreader bar after a UH-60 Black Hawk helicopter is lifted into the USNS Fisher cargo hold by the ship’s crane during upload of CAB cargo and equipment at Pearl Harbor on Jan. 23 for Pacific Pathways 17-1.

ments for the installation transportation office at DSC on Wheeler Army Airfield.

“We oversee and assist in processing all cargo leaving the island,” Ortiz said. “At deployment support, we inspect to make sure everything is in compliance with regulations and inspect for serviceability. We check that containers are properly blocked and braced and are ready for shipment. We also make sure documentation and markings are correct for hazmat.”

Before cargo arrives at Pearl Harbor, it is first thoroughly checked out at the Multifunctional Deployment Facility (MDF) at Wheeler.



25th CAB Soldiers hold tag lines to control the movement of a UH-60 Black Hawk helicopter as it is lifted into the USNS Fisher cargo hold by the ship’s crane during upload of CAB cargo and equipment at Pearl Harbor on Jan. 23 for Pacific Pathways 17-1.

“During a unit move, we make sure any cargo coming down here is reduced to the lowest configuration; (we make sure it) has the correct fuel, correct height, width and axel weight,” said Melvin Wright, MDF manager. “We make sure maintenance is done and no additional hazmat is on the vehicles that isn’t supposed to be there.”

The MDF has five stations.

“The first thing that happens when rolling stock comes through the gate is, we check documentation and ensure the cargo is reduced to the lowest configuration that will be shipped,” said Wright. “The next station is fuel and defuel. We don’t defuel down here; they defuel in their motor pool, but we do have fuel if they come down without enough.

“The next station is our measuring station. There we get dimensional data and axle weight,” added Wright. “Station 4 is our JI (joint inspection) area. A maintenance crew is there to make sure there are no leaks, undocumented hazmat or short circuits.

“Station 5 is our frustrated area,” Wright continued. “If something is wrong, when mechanics do maintenance checks, we send it down to the frustrated area to get fixed. If it’s something major, they send it back to the motor pool to get it fixed or switched out for like items.”

He added, “Once everything is clear on the maintenance side of the house, they pull into the staging area and wait for military shipping labels to be placed on the equipment.”

Makua Valley becomes site for ATC mission

Story and photos by
**CHIEF WARRANT OFFICER 2
JASON D. CLARK**
25th Combat Aviation Brigade
25th Infantry Division

MAKUA VALLEY — Soldiers from F Company, 3rd Battalion, 25th Aviation Regiment, with support from A, B and C companies, 3-25th Avn. Regt.; from 2nd Bn., 25th Assault Bn.; and from the Hawaii Army National Guard represented the 25th CAB and 25th Infantry Division as part of an air traffic control (ATC) training mission, here, from Jan. 17 to 20.

From the planning process and convoy operations, to the actual mission, the Soldiers of F Co. conducted themselves with professionalism and competence.

During the exercise, they conducted air assault, Pathfinder, ATC tower and radar operations, and ATC equipment maintenance support. For some Soldiers, it was their first ever ATC field mission.

Eight members of the tactical tower team started off the mission by performing sling load operations with B Co., 3-25th Avn. Regt. Members of the team were able to successfully hook the AN/TSQ-198A Tactical Terminal Control System (TTCS) vehicle and trailer to the CH-47 Chinook at Wheeler Army Airfield.

From there, it was a short ride to Makua Valley where Spc. Dennis Frank, a recent Pathfinder graduate, was waiting next to the helicopter landing zone (HLZ) to ensure the safe and expeditious infill of the system and its personnel.

Once the TTCS was on the ground, it was time for the team to conduct an airfield survey and complete the equipment setup. The TTCS is a mobile ATC facility, which provides air traffic services (ATS) at remote landing zones, drop-zones and temporary helicopter operating areas.



Soldiers from F Co., 3-25th Avn. Regt. sit in the AN/TSQ-198A, Tactical Terminal System mobile tower while controlling a UH-60 from C Co., 3-25th Avn. Regt., 25th CAB.

Right — A CH-47 Chinook from B Co., 3-25th Avn. Regt., 25th CAB, provides lift support to Makua Valley to deliver valuable real-world training for the tactical air traffic controllers.



The system provides ATC services for aviation assets conducting reconnaissance, maneuver, medical evacuation, logistics and intelligence operations across the battlefield. Makua Valley was the ideal location to provide the training for these services.

While the TTCS section was completing the sling load operations and site setup, the radar team was conducting its own site survey and setup. The radar system utilized by F Co. is the AN/TPN-31 Air Traffic Navigation, Integra-

tion, Coordination System (ATNAVICS), a HMMWV-mounted radar system that provides continuous near all-weather landing/precision assistance and departure recovery capability at Army tactical airfields and landing areas.

Due to the challenging terrain of Makua Valley, setting up this system is a true test for the ATNAVICS team. There are no hard surface landing areas, and the downhill slope towards the ocean made it impossible for the aircraft to complete a full approach to the ground.

Reserve achieves 17.9 percent v. 2.5 in energy reduction

Story and photo by
JONELLE KIMBROUGH
Army Reserve Sustainability Programs

Energy touches nearly every aspect of the U.S. Army Reserve's mission – from the electricity that powers our Army Reserve Centers to the fuel that powers our vehicles.

To maintain readiness and adapt to a constantly evolving global presence, the Army Reserve is striving to conserve energy and other vital assets.

In fiscal year 2016, the Army Reserve proved its commitment to that goal.

According to the U.S. Army Reserve Fiscal Year 2016 Annual Energy Management Report, the Army Reserve achieved a 17.9 percent reduction in energy use intensity, last year, compared to the fiscal year 2015 baseline. The reduction far exceeded a federal goal of a 2.5 percent annual reduction in energy use intensity.

“The Army Reserve is a leader in the Department of Defense's charge to save natural, fiscal and operational resources and to accomplish goals toward energy security,” said Paul Wirt, chief of the Army Reserve Sustainability Programs Branch.

Nine of the 10 Army Reserve-funded Installations, Regional Support Commands and Mission Support Command reported a reduction in energy use intensity, and seven of those 10 sites reported reductions of at least 12 percent.

Furthermore, the enterprise's reduction in energy use intensity translated into a significant cost avoidance of \$6.7



The Army Reserve is leveraging alternative and renewable energy as part of its initiatives to save energy and increase energy efficiency.

million in fiscal year 2016 – a cost equivalent to staging nine Army Reserve training exercises.

“If we can conserve energy in our facilities, we can ensure that our resources are directed to our most critical missions,” Wirt explained. “If we are reducing the energy consumption and cost for services, such as lighting and heating, we can focus our efforts and attention on energy security and resilience for our facilities.”

Diverse initiatives throughout the enterprise contributed to the Army Reserve's efforts to save energy, increase energy efficiency and reduce America's

dependence on foreign fossil fuels.

For instance, the 99th Regional Support Command (in New Jersey) leveraged a portion of its Energy Savings Performance Contract to replace fluorescent lights with light emitting diodes at Technical Sergeant Vernon McGarity Army Reserve Center (in Pennsylvania), where the improvements reduced energy consumption by 51 percent and conserved an estimated 184,000 kilowatt hours of energy.

The Army Reserve implemented solar projects at the 9th Mission Support Command (at Fort Shafter, Hawaii) and the 88th Regional Support Command and

The radar controllers executed all the complex calculations to create a “point in space” approach so that the pilots could avoid dangerous terrain. In two day's time, the facility conducted multiple precision radar approaches without compromising the safety of the aircrews and aircraft.

It would not be a mission without its share of glitches. If it was not for the support of the two 94D ATC equipment repair specialists, the mission might have had a different outcome.

The equipment repair specialists were able to troubleshoot serious radio issues, as well as complications with the radar system itself. With most of their equipment being allocated for JRTC, they overcame their limited resources by using experience and knowledge to successfully keep all facilities on line and mission ready.

“This is the only place where you can accomplish outstanding training in one Hawaii's most beautiful locations,” said Sgt. Xavier Ferreira of F Co, 3-25 Avn. Regt., 25th CAB.

With the incredible support from A, B and C companies, along with 2-25th Assault Bn. and the HIANG, the controllers were able to complete 27 precision radar approaches and 94 tower movements.

The final result ended with two Readiness Level 1 (RL-1) progressed radar controllers and one RL-1 progressed tower controller. RL-1 is the highest level of readiness for controllers, giving them the ability to control air traffic without direct supervision. But most importantly, this exercise enhanced the essential trust that the pilots of the 25th CAB have with F Co. controllers, which is instrumental to the battalion's success.

The air traffic controllers of F Co., 3-25th Avn. Regt., 25th CAB, are trained, proficient and ready for any mission.

(Editor's note: Clark works in F Co., 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID.)

Fort McCoy (both in Wisconsin) contributing to the generation of 46.3 million British Thermal Units of renewable energy in fiscal year 2016.

Fort Hunter Liggett (in California) used heat pump technologies and other holistic energy recovery opportunities to increase the energy efficiency of four transient training enlisted barracks and push the installation toward net zero, when it will produce as much energy as it consumes.

In addition, the Army Reserve continued its endeavors to create an energy conscious culture among the Soldiers, civilians and families who are uniquely positioned to serve as stewards in the ranks of the Army, as well as the ranks of their communities.

Wirt believes that the successes will continue to charge the Army Reserve's Energy Program.

“Last year's achievements are remarkable,” he said. “They are inspiring our Installations, Regional Support Commands and Mission Support Command to be even more ambitious and to expect even more robust results over the coming year. The Army Reserve is taking action to protect our energy resources because an energy secure Army Reserve is a resilient Army Reserve that is increasingly capable of accomplishing our mission today and into the future.”

(Editor's note: Kimbrough is a strategic communicator at Army Reserve Sustainability Programs.)

303rd EOD experts enhance relations w/JGSDF

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Explosive ordnance disposal specialists are the Army’s foremost tactical and technical explosives experts who are trained and equipped to safely defeat and exploit unexploded ordnance (UXO), improvised explosive devices (IED) and weapons of mass destruction.

They are the subject matter experts of their field and render aid whenever they are called upon.

However, it was a mission of partnership and readiness that members from the 65th Ordnance Disposal Company,

303rd EOD Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, were asked to support, as they hosted a subject matter expert exchange (SMEE) with Soldiers from the Japan Ground Self-Defense Force (JGSDF), Jan. 25-26, here.

With Japan hosting the 2019 Rugby World Cup and 2020 Summer Olympics, the JGSDF seized the opportunity to expand their current doctrine to counter IEDs (C-IEDs) to better support their regional law enforcement.

In order to better understand some of the capabilities and techniques used by U.S. Army EOD teams, a SMEE was coordinated between the two nations.

“We are showing them what we do,

so that way, they have a better understanding on how they want to set up their own team,” explained Spc. Tyler Robertson, team member, 65th OD Co.

Showcasing equipment and several tools employed by U.S. Army EOD teams, the 65th OD Co. team demonstrated the capabilities of a few robots, as well as the equipment used to X-ray IEDs.

While Staff Sgt. Michael Walker, team leader, 65th OD Co. showed how to set up and use the X-ray equipment, he also stressed the importance of safety.

“There are so many different scenarios the bad guys can employ to make IEDs that I also wanted to stress some of the safety parameters we use as well,” said Walker.

In addition to sharing capabilities, another benefit to the exchange was learning how each nation operates.

“The more knowledgeable we are about each other’s capabilities, the better we can assist each other in a more efficient manner,” said Walker.

The current U.S.-Japan relationship is the deep-rooted mutual trust, friendship, support and cooperation between our two countries. Training like this is a key example of supporting Japan’s increased capabilities, enhancing their ability to contribute to regional security



Staff Sgt. Michael Walker (left) and Spc. Tyler Robertson (right), team members with the 65th Ordnance Disposal Co., 303rd EOD Bn., 8th MP Bde., 8th TSC, help a member of the JGSDF into a bomb suit during a subject matter expert exchange held Jan. 25-26.



Platoon leader, 1st Lt. Caitlin Martin, 65th Ordnance Disposal Co., 303rd EOD Bn., 8th MP Bde., 8th TSC, explains how to operate the computer system that controls a robot to a member of the JGSDF during a subject matter expert exchange held Jan. 25-26.

8th TSC EOD major is selected for unique opportunity in India

Story and photo by
MAJ. LINDSEY ELDER
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — When you talk to Maj. Nick Drury, you can tell right away he is proud of what he does, and remarkably calm for serving in one of the most dangerous professions in the Army.

Raised in Philip, South Dakota, he credits the patriotism and support of his small community as the strongest reasons for his enlisting in the Army when he graduated from high school.

“There were a number of WWII (World War 2) veterans and Vietnam veterans in my town that I knew. I needed a job, and from talking to people, it sounded like it would be a good fit for me. I’ve always told people that there’s two things that basically saved my life, and that’s the Army and my wife,” Drury said.

The Explosive Ordnance Disposal officer and father of three daughters has seen a lot. With a gamut of duty assignments, including Baumholder, Germany; Aberdeen Proving Grounds, Maryland; professional military education at the Naval War College; and deployments to Bosnia and Iraq under his belt, he currently serves as the deputy chief of Operations for the 8th Theater Sustainment Command, here.

Yet, it’s his selection to attend the Civil Defense Officers Bomb Disposal Course at the Indian Army College of Military Engineering in Pune, India, that brings one of the most unique learning opportunities of his career.



Maj. Nick Drury poses for a snapshot with his wife, Heidi.

“I’m very excited about this opportunity, not only to work with another partner nation, but also understanding the bomb disposal techniques and procedures – how they teach it, how students learn it and how its incorporated into the Indian Army,” he explained, is exciting.

The U.S. Army-Pacific and Indian Army relationship is an important one to regional and global security. Drury is one of only 10 officers from across the entire U.S. Army selected to attend professional military education at the invitation of the Indian Army this year.

In addition to this professional achievement, Drury had a more personal reason to celebrate: He recently celebrat-

ed his 20th anniversary with his wife and high school sweetheart, Heidi Drury.

“We’ve basically known each other our whole lives. We grew up in a small town in South Dakota, knew each other as kids, and started dating in Philip High School. After graduating, I enlisted, so she’s been in the Army as long as I have. Throughout all the deployments, schools, moves and the training, we’ve done it all together. I couldn’t do it without her,” he said.

Drury served as an infantryman for three and a half years in Germany with the 2nd Battalion, 6th Infantry Regiment, 2nd Brigade Combat Team, 1st Armored Division, before transferring to the South

Dakota Army Reserve. He served as a basic noncommissioned officer course instructor, as a sergeant, while attending National American University full time. It was the attacks to the U.S. on Sept. 11th, 2001, that led him back to serving full time.

“After Sept. 11th happened, I started seeing a lot of my friends getting ready for deployments, and I just felt like I needed to be a part of it,” he said.

However, despite the small amount of time he had been away from the active Army, Drury was surprised by all the additional requirements the Army had for him to come back as a noncommissioned officer like he wanted to. Knowing he wanted to serve again without the restrictions he was finding, he visited the local ROTC program instead.

“I didn’t necessarily want to go back into the infantry, I wanted to do something different. I wanted to go back in as an EOD NCO, but there was a whole bunch of conditions. I wasn’t willing to lose rank, and I didn’t want to go back to an additional basic training. So, I stood my ground and went over to the university’s ROTC department,” he said.

He completed an accelerated program with his previous service experience and commissioned from the South Dakota School of Mines and Technology Army ROTC in 2003.

Officers must volunteer to become qualified for EOD.

(See entire article at <http://www.hawaiiarmyweekly.com/2017/02/02/eod-major-selected-for-training-in-india/>.)

2017 tax filing season now open for taxpayers

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — The Internal Revenue Service has said it successfully started accepting and processing 2016 federal individual income tax returns on schedule.

More than 153 million returns are expected to be filed this year.

People have until Tuesday, April 18, 2017, to file their 2016 returns and pay any taxes due. The deadline is later this year due to several factors.

The usual April 15 deadline falls on Saturday, this year, which would normally give taxpayers until at least the following Monday. However, Emancipation Day, a D.C. holiday, is observed on Monday, April 17, giving taxpayers nationwide an additional day to file. By law, D.C. holidays impact tax deadlines for everyone in the same way federal holidays do.

Taxpayers requesting an extension will have until Monday, Oct. 16, 2017, to file.



Courtesy graphic

Watch the video of Free File at <https://www.youtube.com/watch?v=hSL83GTGXeE>.

“Following months of hard work, we successfully opened our processing systems today to start this year’s tax season,” said IRS Commissioner John Koskinen. “Getting to this point is a year-round effort for the IRS and the nation’s tax community. The dedicated employees of the IRS look forward to serving taxpayers this

filing season, and I want to thank all of the tax and payroll community for their hard work that makes tax time smoother for the nation.”

The IRS expects more than 70 percent of taxpayers to get tax refunds this year. Last year, 111 million refunds were issued, with an average refund of \$2,860.



nal Battalion at Fort Stewart, Georgia. For more information, contact Maj. Ladiero at 787-9272, or Sgt. 1st Class Commodore at 787-0769.

6 / Monday
College Education Fair — Attend the next College Education Fair on Monday, Feb. 6, between 10 a.m. and 2 p.m. at the Education Center. It’s in the lobby area, second floor, of Yano Hall, Bldg. 560, 1565 Kolekole Ave., Schofield Barracks.

9 / Thursday
Evacuation Drill — Solomon Elementary School will hold its annual evacuation drill on Thursday, Feb. 9, from 8:30 to 10:30 a.m. Expect traffic delays in the vicinity of Carpenter, Waianae Uka Ave and Hewitt streets.

This drill will test evacuation plans for students and teachers. Motorists should stay alert, be pre-

pared to stop at designated locations and use extra caution while traveling through these areas. Watch for children and pedestrians.

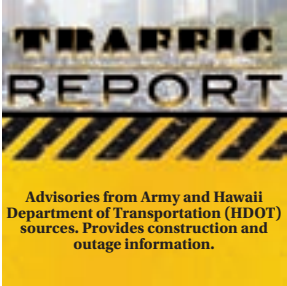
14 / Tuesday
Cyber Warrant Officer Corps — Attend the Sister Services Cyber Warrant Officer Recruiting Brief, on Feb. 14-16 at various locations, including the NSA Site, NSA Conference Room and/or 25th Infantry Division Conference Room, to meet the Army’s needs in recruiting high quality noncommissioned officers – no matter the service branch – to join the Cyber Warrant Officer Corps. Times and locations are forthcoming.

16 / Thursday
Black History Month — The 3rd Battalion, 7th Field Artillery Regiment, and the 25th Division Artillery, both with 25th In-

fantry Division, will host the African American/Black History Month Observance from noon till 1 p.m., Thursday, Feb. 16, at the Sgt. Smith Theater, Schofield Barracks. The guest speaker is Deloris Guttman who will speak on the theme “Success Always Leaves Footprints.”

March
15 / Wednesday
Prayer Breakfast — U.S. Army Garrison-Hawaii will host this year’s National Prayer Breakfast, March 15, from 7:30-9 a.m., at the Nehelani, Schofield Barracks. Retired Chaplain (Col.) Scott McChrystal will serve as the guest speaker.

Soldiers, civilians, and their families are invited. Tickets will be distributed through unit ministry teams. A \$5 donation is recommended at the door.



4 / Saturday
FS Power Outage — Buildings 334, 336, 339, 340, 341, 441 and 405 on Fort Shafter have a scheduled power outage on Saturday, Feb. 4, from 7 a.m. to 2 p.m. The listing of areas and the time frame are a best estimate since conditions are dependent upon field conditions. The outage is required to support a Medical Command project.

25 / Saturday
TAMC Outage — A scheduled power outage will affect all of Tripler Army Medical, except the

Main Clinic; plus, the outage includes the VA and E Wing, Saturday, Feb. 25, from 7:30 to 11:30 a.m. This listing of areas may not be all inclusive, and the outage may require more time, depending upon field conditions. The outage is required for to support a substation renovation project.

Ongoing
Macomb/McNair Gate — McNair Gate is moving in a double-inbound traffic pattern from 5 a.m. to 6:30 a.m. and is closed to outbound traffic during that time.

Macomb Gate hours of operation have changed to 5 a.m.-1 p.m. Macomb Gate will continue to be closed on weekends and federal holidays.

Use McNair Gate or Lyman Gate for 24/7 access to the installation, or Foote Gate for access between 5 a.m.-9 p.m.

Contest brings together counselors from region

STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Career counselors from across U.S. Army-Pacific theater of operations gathered, here, to represent their commands in a competition for USARPAC Career Counselor of the Year. The intense three-day competition held Jan. 25-27 was decided from scoring three events, to include the Army Physical Fitness Test, a written examination and a board appearance.

USARPAC’s command career counselor, Sgt. Maj. Christopher S. Richardson, who oversaw USARPAC’S Career Counselor of the Year competition, said that all those Soldiers who made it to the USARPAC competition already had established themselves as great career counselors. He stated their job, at this level, was to pick the best one to compete against the other Army commands in next month’s competition.

The USARPAC commanding general, Gen. Robert Brown, congratulated all the competitors before recognizing U.S. Army Alaska career counselor Sgt. 1st Class Raul Lopez, and reserve component career counselor Sgt. 1st Class Chad Emrick.

Lopez, a U.S. Army Alaska career counselor with 4th Brigade, 25th Armored Bde, Combat Team, Fort Richardson, won the USARPAC active component award.

“The competition was very tough,” said Lopez. “All the competitors – you know you’re facing the best of the

best – representing their individual commands, so you know you’re facing some tough competition coming into the Career Counselor of the Year board.”

Lopez, who hails from Dallas, Texas, is proud of the fact that he is the first member of his family to serve in the U.S. armed forces and is a couple years shy of two decades of service in the Army. He got to this point in the service-wide career counselor competition by competing in several written exams and boards beforehand.

Because Army retention regulations and standards are repeatedly adjusted by competing in such exams and boards, Lopez is able to hone his skills and keep his knowledge up-to-date in his career field.

USARPAC reserve component award Career Counselor of the Year winner, Emrick, calls Vienna, West Virginia, home. He comes from a family with a



Photo by Keith Dodson, U.S. Army-Pacific Public Affairs

25th Infantry Division career counselor Staff Sgt. Dustin Moon appears before a board of six command career counselors on Jan. 26 at Fort Shafter as part of the Career Counselor of the Year competition. The competition consists of the Army physical fitness test, a written exam and a board appearance.

long history of service. His grandfather served the Army in Korea, two uncles served both the Navy and Marine Corps in World War I, and another uncle also served the Army in Vietnam.

“We’re required to put forth quality, and not so much quantity,” said Emrick. “I think that’s the key to the United States Army ... is the quality of the individuals that we have. You will not find a fighting force in the world that has as high a quality of individual as we do in America’s (Army).”

These winners are just two of many career counselors from across the force who are routinely challenged to work to retain or increase the size of the force by highlighting options, like duty station of choice, reclassification and bonuses to interested Soldiers. While such options are available, they are limited only to those Soldiers who qualify.

“The Army is hiring and must retain

resilient, fit Soldiers of character,” said Sgt. Maj. of the Army Daniel Dailey, in an email to the force earlier this month. “The active component retention mission has more than doubled and will require enthusiastic involvement of leaders at all levels in coordination with their career counselors to be successful.”

Lopez and Emrick will represent USARPAC next month when they go to Washington, D.C., to compete in the Secretary of the Army’s Career Counselor of the Year competition being held Feb. 26 to March 2.

“In the last three, four years a winner (in the Career Counselor of the Year competition), whether with the active component or reserve component, has come from USARPAC,” said Richardson. “So, I think we have a pretty good angle on how to select them, and I think this year we have selected the two finest ones that we can put forward.”



Photo by Staff Sgt. Christopher McCullough, U.S. Army-Pacific Public Affairs

Left — Sgt. 1st Class Chad Emrick (right), a U.S. Army Reserve Component career counselor, receives the USARPAC Reserve Component Career Counselor of the Year award from Gen. Robert B. Brown (center), commanding general, USARPAC, and Sgt. Maj. Christopher S. Richardson.



SCHOFIELD BARRACKS — Runners at the inaugural Dash to the Splash Biathlon race down Trimble Road, Saturday. Activity is one of the three aspects of the

Performance Triad. The USAHC-SB is hosting a Spark Your Inner Fire challenge for six months, encouraging the community to engage in all three aspects: sleep,

nutrition and activity. The Army Wellness Center is also an available resource for SYIF participants. The center offers appointments and education.

New wellness challenge focuses on ‘Triad’ goals

1ST LT. JASON KILGORE
U.S. Army Health Command-Schofield Barracks
Public Affairs

SCHOFIELD BARRACKS — The Spark Your Inner Fire (SYIF) challenge hosted by the health clinic, here, is a six-month-long challenge designed to help participants improve their quality of life by focusing on three priorities: sleep, nutrition and activity. These are the Performance Triad (P3).

By improving these three aspects, participants can expect to see improvements in their weight, energy, mentality and work performance.

“(This challenge) is designed to make it easy for people to reach their health goals,” said Col. Deydre Teyhan, commander of U.S. Army Health Clinic-Schofield Barracks. “It’s designed as an online challenge so they can build a support community online, but there are also live events, meetups in the real world, where they can get personalized health advice. It’s the balance of that virtual and real-world support that makes this challenge unique.”

Activity goals

Activity should focus on strength, endurance, balance and agility. The goal of activity is to get at least 30 minutes of strenuous activity each day. This can be in the form of weight lifting, running, or any other exercise that elevates the heart rate.

It is important that while working out, precautions are taken to prevent injuries. Every workout should begin with a decent warm up. Warm ups are a critical part of a proper workout. Warming up helps prepare the body for the physical strain that it’s about to endure. This significantly helps prevent injuries, such as pulled muscles, and improves performance during the activity.

While becoming more active is a good start, there are outside factors that can improve, or hinder, performance such as eating right. After all, you are what you eat!

Nutrition is vital in maintaining a healthy lifestyle. Not only does nutrition provide the fuel for activity, but also helps with mentality and energy. It is one of the main contributors in reducing risks of chronic conditions, such as high blood pressure and Type 2 diabetes. Remember, food is fuel, not filler.

Sleep is usually the first to be sacrificed when one is stressed or has too much work. Sleep is critical in achieving optimal health. Lack of sleep is one of the primary causes of preventable accidents. Operating a vehicle after being awake for 17 hours is equivalent to driving with 0.05 blood alcohol content. Along with nutrition, a lack of sleep has been linked to cardiovascular disease, diabetes, depression, and it is even linked to developing Alzheimer’s disease.

Interconnected

“I don’t think a lot of people realize that these things are interconnected,” Teyhan said. “Take sleep for example. I think people misunderstand how important sleep is. They don’t realize that if they’re not getting enough sleep it could be affecting their weight. They’re awake longer, they’re eating more. There are also hormones that come into play, that are off-balanced if they’re not getting enough sleep.

“Once they see that these aspects are interconnected,” she continued, “they understand improving one can have an impact on their overall health.”

She encouraged anyone in the Army community — Soldiers, family members, civilian employees and retirees — to join. “Nobody will be turned away and you

won’t have to do it alone,” she said. “Small changes can make a huge difference (in your health).”

AWC resource

Schofield Barracks has the available resources to help get those who want to improve their overall health moving in the right direction at the Army Wellness Center (AWC).

AWCs provide standardized primary prevention programs to promote and sustain healthy lifestyles and improve the overall well-being of active duty service members, adult family members, retirees and Department of the Army civilians by leveraging state-of-the-art techniques and equipment.

All appointments include examination of current health habits, analysis of risk factors, exploration of personal health/wellness goals, and an assessment of obstacles that may get in the way of consistent health habits.

The AWC offers sleep education, which includes general information about healthy sleep habits, impact of sleep on health and wellbeing, tools, tips and positive action steps to improve sleep.

It also offers weight management and metabolic testing. Metabolism is the medical term for the rate at which the body burns calories. Metabolic testing results provide the exact number of calories required for weight loss, gain or maintenance.

The AWC sets a baseline for the participant to see their improvement. This is done through an assessment of biometrics (height, weight, body mass index, blood pressure, heart rate) and the four components of health related physical fitness: Aerobic Fitness (VO2 Submax), body composition (percent of body fat) muscular fitness and flexibility.

Health educators use exercise test results as a planning tool for exercise prescription and motivation to assist clients in establishing and meeting reasonable physical activity, fitness and health goals.

(Editor’s Note: Staff writer Karen A. Iwamoto contributed to this story.)

More on Facebook

Join the Spark Your Inner Fire challenge by liking the Facebook page – www.facebook.com/SparkYourInnerFire – to receive daily health tips and weekly tasks in your news feed.

For example, push yourself a little harder today. Don’t let yourself get comfortable. Try increasing the weight you are lifting by a few pounds. These are designed to allow members to encourage each other to meet their goals.

Participants earn points by completing the challenges and attending health and wellness events that take place in the real world. The participant with the most points will win a prize.

The first real-world event takes place Feb. 14 at the Schofield Barracks AWC.



Learn More

For a complete list of resources available to support your whole health, visit U.S. Army Hawaii’s Community Resource Guide – <http://bit.ly/2kHFWCg>. You can browse the guide by subject or provider, or search for a specific program. You can also search for resources available at other Army installations.



Sgt. Daniel K. Johnson, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division Retired Col. Melanie Reeder and young female leaders from the 25th Combat Aviation Brigade share experiences at an installation dining facility, recently. Good nutrition is a priority to a new health challenge underway.

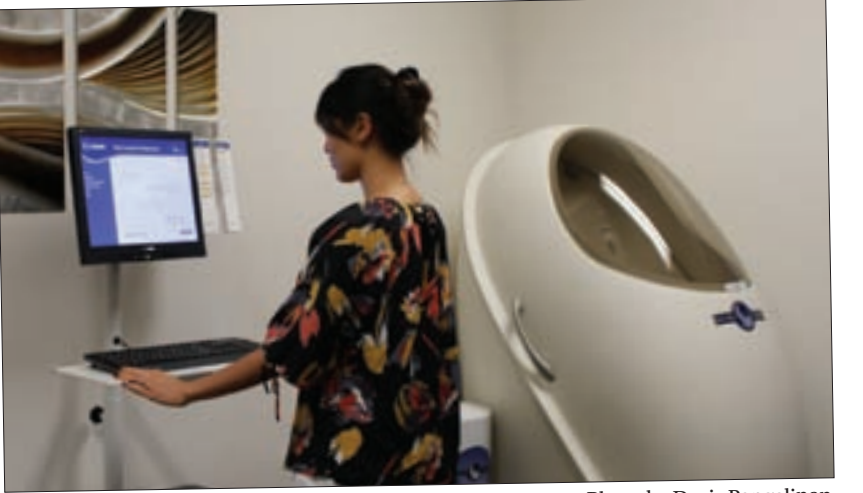


Photo by Doris Pangelinan An AWC educator runs a body composition analysis at the AWC.

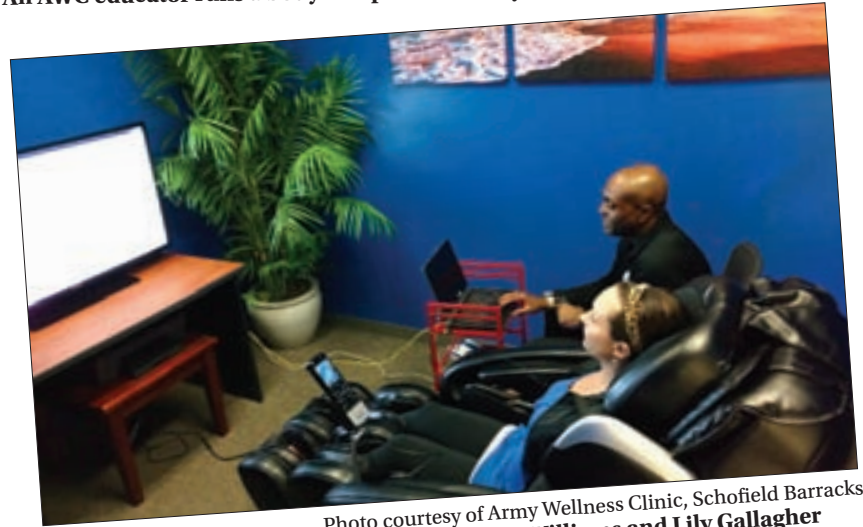


Photo courtesy of Army Wellness Clinic, Schofield Barracks Army Wellness Center health educators Glen Williams and Lily Gallagher demonstrate how to use equipment in the center’s biofeedback room, which is used to limit and reduce clients’ stress.

Beginnings

The “Move to Health” initiative was launched by the Army’s Surgeon General in 2015 to change the way the Army community approaches its health. Army clinics still treat injuries and prescribe medication, but the emphasis is now on setting health goals and supporting patients’ physical, mental, emotional and spiritual well-being.



Photo courtesy of Army Wellness Clinic, Schofield Barracks

Army Wellness Center health educator Michele Jones, right, administers the VO2 test on health educator Josabel Archangel. VO2 testing determines a client’s oxygen intake while exercising.



Briefs

3 / Friday

Command Scramble — Shotgun start at Leilehua Golf Course, noon. Costs \$50 and includes 18-hole green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two mulligans per player. Call 655-4653.

Youth Sports and Fitness Track and Field — Registration opens to youth born on/or between the years 1999-2010; no exceptions. Call 655-6465 or 836-1923.

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 Center from 12:30-3:30 p.m. Classes are limited; costs \$75 per person. Call 655-6330.

4 / Saturday

Hands-Only Citizen’s CPR — These sessions are free for children and teens at SB Sgt. Yano Library from 11 a.m.-3 p.m. and are approximately 40 minutes long. Note, all classes taught by certified instructors. Call 655-1128.

BOSS Life Skills Event — Lifeguard certification four-week course begins. Call 655-1130.

Dungeons & Dragons Meet-up at Tropics — Enjoy this open-ended role-playing game held every Saturday at 6 p.m. Call 655-5698.

5 / Sunday

The Big Game — Watch the Super Bowl at SB Tropics Recreation starting at 11 a.m. on 90-inch surround sound TVs. Enjoy games and an all-you-can-eat buffet for only \$18. Facility is for patrons 18 years and older. Call 655-5698 for more information.

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.

Safety campaign aims to ‘Keep It Safe and Simple’

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

FORT SHAFTER — In an effort to make every activity safe, injury and fatality free, the Command Safety Office (CSO) wants to provide a centralized “One-Stop-Shop” resource for our teammates that can be easily and quickly accessed from multiple devices.

The Keep It Safe and Simple (K.I.S.S.) safety tips are identification of threats or hazards, and recommendations for control/counter measures that may benefit our Soldiers, Department of the Army civilians and families covering over 100 activities.

These are activities that 8th Theater Sustainment Command and other personnel are likely to engage in with family and friends on a daily basis.

“K.I.S.S. is a program we started implementing in the 8th TSC in December 2016,” said Tim Ah Young-Shelton, the 8th TSC senior safety and occupational health manager, also known as “Safety Tim.”

SharePoint locality

Located in the 8th TSC SharePoint Safety page (which requires CAC card access), by following the K.I.S.S. safety tips logo, each link is designed to provide quick access to an abundance of information that will aid us to remain safe.

“This program and portal were created to provide a resource for our leaders and Soldiers. It covers everything from airport to zip line safety,” said Master Sgt. Joseph Kienath, the 8th TSC safety noncommissioned officer in charge.

Within each activity folder are threat discussions, hazard analysis products, risk control/counter measure recommendations and other useful information about each activity. Some high-risk activity folders have recommended



Photo by U.S. Army

Activities such as hiking are covered in the K.I.S.S Safety Tips on the 8th TSC SharePoint for Soldiers and DA civilians.

counseling for supervisors to use, if desired.

These K.I.S.S. safety tips activities include departure from and arrival to Hawaii, and focus predominantly on the hazards encountered within our daily lives here and off-duty activities.

These safety tips are not meant to replace first line supervisors’ discussions that identify and plan mitigation for individual or group activities. K.I.S.S. safety tips are meant to support and possibly amplify these discussions.

“We sustain the force by staying safe; Soldiers and their families should enjoy Hawaii and all it has to offer, but take care to maintain readiness by taking steps to mitigate risk to yourself and others,” said Maj. Gen Susan Davidson, commanding general of the 8th TSC.

If you are unable to find a specific activity on the list, be sure to check similar activities in the directory where other useful tips may be available. If you are still unable to find the activity, please feel free to contact Safety. The CSO is here to assist and will make providing information pertinent to your planned activity a priority.

Safety Tim also encourages Soldiers to come up with a safety topic not already covered and submit it to their brigade safety advisers for review.

“In an effort to take it a step further for involvement, if someone submits any credible threats we haven’t covered, we will recommend them for an 8th TSC command coin for their resourcefulness and the command’s dedication to the cause,” he said.

Share freely

Feel free to check out the K.I.S.S. Safety Tip directory, daily, as new documents will be uploaded periodically. Don’t forget to share the information with your Soldiers, family members and friends.

Points of Contact

For other issues or concerns, feel free to contact your unit additional duty safety officer/NCO (ADSO) or the 8th TSC command safety team at (808) 221-9472 or (808) 438-0750.

6 / Monday

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orient you to employment opportunities on Oahu. Learn about the Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

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.

7 / Tuesday

Coloring for Adults — At SB Arts & Crafts Center, 6:15-7:30 p.m. Coloring sheets and colored pencils are provided, as well as tea and cookies. Call 655-8002.

Volunteer Management Information System (VMIS) 101 — Learn how to use VMIS to get involved in your military community and keep track of your service record. This class is held at SB ACS from 1:30-2 p.m. and will help volunteers learn how to register for a VMIS account, search for volunteer positions and track their service hours. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

8 / Wednesday

Hale Ikena — February’s featured salad is the Paniolo, or enjoy fresh ingredients off FS Hale Ikena’s salad bar to build your very own salad, weekdays, from 11 a.m.-2 p.m. Just follow along with the monthly recipe card and enjoy. Call 438-1974.



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

3 / Saturday

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

Honolulu Festival Volunteers — Hawaii’s largest festival is seeking volunteers to assist this international event that promotes cultural understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim, March 10-12 in Waikiki. For more information, visit www.honolulufestival.com/en/application/come-join-the-volunteer.

6 / Monday

SB Tax Center — Opens Monday for authorized patrons. Hours of operation are Monday, Tuesday, Wednesday, Friday at 10 a.m.-noon and 1-4 p.m.; Thursday at 1-4 p.m.; and Saturday at 10 a.m.-noon and 1-3 p.m., at Trailer 1, Grimes Street (across from Hamilton Field). Appointments are necessary; call 655-1040. Walk-ins permitted on Tuesdays and Thursdays.

10 / Friday

Hui ‘O Na Wahine — The Hui is celebrating its 85th year. The 2016-2017 Hui ‘O Na Wahine Spouses Club scholarship application is now active. Scholarship and membership applications are available at www.schofield-spousesclub.com.

The deadline for application and all reference letters is Feb. 10. For more details or questions, email Hui-president@gmail.com or huischolarshipchair@gmail.com.

11 / Saturday

Ukulele Picnic in Hawaii — The 9th annual event strings together two days of exciting events in celebration of Hawaii’s most beloved instrument. The festivities begin at the Royal Hawaiian Center on Saturday, Feb. 11, with the International Ukulele Contest and Hula Show, and will end on a high note on Sunday, Feb. 12, at Kakaako Makai Gateway Park. All events and entertainment are free and open to the public. Visit www.ukulelepicnicinhawaii.org/en/.

Hawaii Agriculture Re-

search Center Volunteers — HARC is seeking help stripping and pruning trees, 8 a.m.-noon, to combat an invasive coffee insect, at 94-340 Kunia Road. Volunteers will be working in a field environment and should dress accordingly. Call 228-0272 to volunteer or for more info.

14 / Tuesday

Health Fair — Attend the Heart Health Fair in the Ambulatory Care Clinic lobby at the Spark Matsunaga VA Medical Center, 9 a.m.-12 noon. Learn about Zumba fitness, strength training, pilates, yoga and more. Healthy snacks and music will be available. Remember to wear red because February is heart month. RSVP to Trisha Guillermo at 433-0830.

Michael Bolton in Concert — Grammy award-winning recording artist performs on Valentine’s Day, 7 p.m., at the Blaisdell Arena. Tickets on sale at Ticketmaster outlets.

15 / Wednesday

Blood Drive — Radford High School and Blood Bank of Hawaii are hosting a blood drive from 7:15 a.m.-1:30 p.m. on campus at 4361 Salt Lake Blvd. Seventy volunteers (ages 17 or older in good health and weighing at least 110 pounds with a photo ID with birth date) are needed. This event is open to the public and the Army community. For questions, contact the School Liaison Office at 655-8326.

16 / Thursday

Resiliency Training for Parents — R2 Training Center staff present a two-day program, 9 a.m.-1 p.m., to help parents increase optimistic thinking, maximize family resilience and enhance relationships while learning communication and mental skills. For more information or sign up, call 655-9804.

African American/ Black History Month — Observance held, noon-1 p.m., at SB Sgt. Smith Theater. Guest speaker is Deloris Guttman. RSVP to Sgt. 1st Class Latoya Martin at 655-1387.

20 / Monday

Great Aloha Run — Kaiser Permanente Great Aloha Run begins at 7 a.m. at Aloha Tower, and runs 8.15 miles through the historic Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and into the Aloha Stadium.

Awards ceremony and activities will begin at 8:30 a.m., featuring prizes, entertainment, high school team challenge and more. For more information, visit www.greataloharun.com.



Sing
(PG)

Saturday Feb. 4, 4 p.m.



Rogue One
(PG-13)

Saturday Feb. 4, 7 p.m.



Hidden Figures
(PG)

Sunday Feb. 5, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care	FMWR: Family and Morale, Welfare and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
------------------------	--	--	--

Athletes test inaugural Dash to the Splash Biathlon

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Runners arrived bright and early to usher in the inaugural Dash to the Splash Biathlon, Jan. 28.

The race, coordinated by the Directorate of Family and Morale, Welfare and Recreation, included a 5-kilometer run along Trimble Road and around Weyand Field, followed by a 400-meter swim in Richardson Pool, here.

Competitors could enter as individuals or as teams of two.

“I think it’s a fun event that is not too intimidating,” said Kristy Osborn, the sports specialist and fitness coordinator for the Schofield Health and Fitness Center.

Osborn said, by offering team participation, she had hoped to draw in those who might have been hesitant to compete alone – either because they were uncomfortable swimming, running or both.

“Sometimes you just need to see it with your own eyes to know that it’s not as intimidating as you thought it would be,” she said.

The top three finishers for the overall male and female category, the three team categories and each age category received a bronze, silver or gold medal. Prizes such as gift cards and Hydro Flasks were provided via random drawing.



Allison Seeling rinses off before the 400-meter swim at Richardson Pool during the inaugural Dash to the Splash Biathlon in Richardson Pool, Saturday.

Col. Mike Knapp, the G-5 director of 8th Theater Sustainment Command, participated with his daughter, Gigi. He placed second in the 40-44 age category for men.

Gigi Knapp, who encouraged her father to register, said the running portion was more difficult than the swimming portion. She is on a swim team and normally swims twice a week. She placed first in the category for girls 14 years old and younger.

David Hsu, a retired Army lieutenant colonel, came in first place in the overall men’s category.

“Given my age, I’m very thankful for good health and fitness that allow me to continue to compete,” Hsu said. “Age alone is by no means a limiting factor for fitness.”

Competitor Sgt. Kreighton Long placed second in the overall men’s category. A native of Latrobe, Pennsylvania, he trains throughout the year and had competed in the King of the Hill 5K at Marine Corps Base Hawaii on Jan. 21.

“I just like competing and looking for opportunities to challenge myself,” he said.

Long praised the fact that the biathlon had varying terrain, which made you “adjust your strategy,” as opposed to an unchanging, flat course.

“I would have liked to have been first, but I’m happy with my performance,” he said. “I felt like I prepared well for this race and it paid off.”

This was the first biathlon for Sgt. 1st Class Yasmin Castillo, a military police officer with 8th TSC. She’d competed in triathlons, but to prepare for the biathlon, she had to adjust from a swimming-to-running pattern to a running-to-swimming pattern. During this challenge she was trying to recover her breathing from running when it was time to swim. She said breath is even more crucial for swimming.

“It was fun,” she said. “I’m glad I came.”

Castillo, who earned first place in the women ages 30-34 category, hopes to run one or two more triathlons before the year ends.

DFMWR will be hosting or participating in 14 races this year, eight more than last year. Osborn said the races vary from competitive to family-friendly and



Carmen Vega competes in the 400-meter swim portion of the inaugural Dash to the Splash Biathlon, Saturday. Vega was the first place winner in the overall female category.



David Hsu competes in the 400-meter swim portion of the inaugural Dash to the Splash Biathlon at Richardson Pool, Saturday.



Competitor Sgt. Kreighton Long competes in the 5-kilometer run portion of the inaugural Dash to the Splash Biathlon on Trimble Road, Saturday.

The Hawaii Armed Forces Joint Race Series

These series take place on Oahu’s various military bases.

The first series includes the following races:

- March 11, The Kolekole 10K at Schofield Barracks.
- April 1, 20th Annual Ford Island Bridge Run 10K at Joint Base Pearl Harbor-Hickam.

The second series include the following races:

- July 15, Army 10-Miler at SB.
 - Aug. 19, Hickam Half-Marathon at JBPHH.
 - Sept. 15, Sunset Flightline 5K at Marine Corps Base Hawaii.
- For rules and costs, visit <http://bit.ly/2jnZfDu>.



USAG-HI Races

Other upcoming races for the Army community follow:

- Feb. 25, 4.01K Race to Savings (Weyand Field on Schofield Barracks).
 - April 15, FunFest Keiki Obstacle Course (Weyand Field on SB).
 - May 20, Strong B.A.N.D.S. Color Blast (Helemano Military Reservation).
 - June 3 at 7 a.m., Hangar Hunch 10K (Wheeler Army Airfield).
 - June 7, Virtual Run for National Run Day. (Participants run on their own time at the place of their choosing to reaffirm their passion for running.)
 - Aug. 12, Mash’n’Dash Biathlon (HMR).
 - Sept. 16, SB Cross Country 10K. (This race is open to active duty service members only.)
 - Oct. 21, Zombie Run 5K (Leader’s Field on SB).
 - Nov. 18, Turkey Trot Run Relay (Watts Field on SB).
 - Dec. 2, Pearl Harbor Commemoration Run (WAAF).
- Dates and times are subject to change. For more, visit HiMWR.com.



I’m reliving not-so-fond memories of a big game party

Here we are, living in New England, and no one has invited us to a Super Bowl party.

Oh well, I guess, I’ve had worse Super Bowl Sundays.

Much worse.

Four years ago, we were stationed in Florida, and while everyone was gorging on hot chicken wings, icy cold beers, creamy dips and spicy chili slathered in onions and cheese, I was guzzling a pharmaceutical concoction intended to cleanse my bowels in preparation for surgery the next day.

Yup, you read that right, surgery, the day after the Super Bowl. Lucky me.

Nothing puts a damper on Super Bowl festivities quite like pre-operative bowel cleansing. But I was a middle-aged woman who had given birth to three large babies. Internal organs and tissues were not quite where they used to be, and my doctor said it was time to put them back where they belonged.

When I informed my husband Francis, he cringed, shook his head and finally waved me off, saying, “I don’t need to know the details!”

So, I started referring to the procedure as “Lady Surgery,” which my female friends reacted to by tilting their heads sympathetically to the side and offering to cook something for me. Men universally cringed and looked for the nearest escape. Either way, no further details



were necessary or desired.

When cornered, Francis explained the surgery by saying, “My wife’s going to the hospital to get her female plumbing all buttoned up.”

I never imagined I’d ever be one of those middle-aged women who needed “Lady Surgery.” In fact, throughout my 20s and 30s, I thought I was invincible. But then, somewhere in my early 40s, I started to notice that women my age behave quite strangely in certain circumstances.

When the aerobics instructor at our local YMCA demanded that we do jumping jacks, I observed that, three or four jumps into the exercise, all the 40-something women ran to the restroom. And I was soon fighting them for an empty stall.

I didn’t feel old, and brushed these incidents off as minor inconveniences. But then, a year or two down the road, I noticed the same embarrassing phenomenon happening to me in other situations.

I used to really enjoy a good sneeze. That tickly feeling in your nose, the slow inhale as you surrender to the natural forces of your own body, and then the



Courtesy graphic

spontaneous blast that leaves you feeling cleansed.

However, sneezing in your mid-40s is a whole other ball game. When the tickly sensation hits, I usually blurt, “Uh oh,” as I scramble to clench my legs together in a defensive posture. Inevitably, the sneeze cannot be stopped, and I utter “Terrific,” or “Lovely,” as I am left to deal with the consequences.

Eventually, hearty laughter, coughing and other natural bodily impulses became risky business. I started to think about my actions like never before. Mow-

ing the lawn? Sure, why not. Moving the couch? Hmm, maybe with help. Jumping on the trampoline with the kids? No way.

Suddenly, I was accessing my daily activities in terms of whether or not they might cause my internal organs to drop out onto the floor. It was definitely time to get a medical professional involved.

My doctor allayed my fears by clearly explaining the surgical procedure with both words and rubber gloves. That man could take an ordinary surgical glove, and with a few twists and turns, form it into a replica of female reproductive organs. It was truly amazing. I started to wonder if he worked at kids’ birthday parties on the side.

So, on that ill-timed Super Bowl Sunday, while my doctor and every other red-blooded American was gobbling gallons of queso dip, I was experiencing an entirely different kind of Super Bowl Party in preparation for surgery the next morning. Unfortunately, the bowl that had my attention was located in the powder room.

But, it was okay. I was ready for the show. I approached the line of scrimmage, prepared for the blitz, and was ready to go into overtime, if necessary. And thankfully, I made the conversion from wide receiver to tight end without too many stitches.

(Keep up with Molinari at www.themeatandpotatoesoflife.com.)

DHA-H sheds light on health of keiki’s teeth

DR. KATIE EGBERT
Tripler Dental Clinic

HONOLULU — Did you know that dental decay, or cavities, is the most common chronic disease in children? It is five times as common as asthma.

It is estimated that 51 million school hours per year are lost because of dental-related illnesses.

Early tooth loss caused by cavities can result in failure to thrive, impaired speech development, absence from and inability to focus in school and decreased self-esteem. These are just some of the reasons Dental Health Activity-Hawaii (DHA-H) is placing emphasis on the dental issues facing our children.



Dental Health Month
February is National Children’s Dental Health Month, or NCDHM, and the DHA-H has big plans for this year.

NCDHM commemorates its 68th anniversary in 2017, and its theme is “Choose Tap Water for a Sparkling Smile.”

In adherence to NCDHM tradition, during February, the dental profession will focus on oral health education, early childhood caries, sealant education, tooth decay,

tobacco use, fluoride treatment, children’s nutrition and sports guards.

To observe NCDHM throughout Schofield Barracks, this year’s program includes dental health team visits to Peterson Child Development Center and Daniel K. Inouye Elementary School. Students will learn about oral hygiene, dental screenings, educational videos and hands-on activities. Every child will get a new toothbrush, toothpaste and dental floss.

DHA-H will also attend Solomon Elementary School’s career day.

It is DHA-H’s aim to educate communities about dental health because healthy habits and attitudes started early in life pave the way to healthy smiles for years to come.

Prevention tips
The following are tips from the American Dental Association in case of a dental emergency with your child.

- Keep the phone number of your child’s dentist (and an emergency number where the dentist can be reached after hours) with other emergency numbers.
- For toothaches, rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental

cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn the gum tissue.

- For a knocked-out (avulsed) tooth, try to find the tooth. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don’t scrub it or remove any attached tissue fragments.

If possible, gently insert and hold the tooth in its socket while you head to the dentist. If that’s not possible, put the tooth in a cup of milk and bring it to the dentist.

Time is critical for successful re-implantation.

- For a broken tooth, rinse the mouth with warm water. Use cold compresses on the outside of the cheek to reduce the swelling.
- For a possible broken jaw, apply cold compresses to control swelling. Get to the hospital emergency room immediately.

(Editor’s note: Egbert is a pediatric dentist at TAMC Dental Clinic.)

Visits
The DHA-H team will visit Daniel K. Inouye Elementary School’s Pre-K and kindergarten classes on Feb. 14, 16 and 21. It will visit the Peterson Child Development Center on Feb. 23.

Scholarships for Military Children deadline is Feb. 17

MIKE PERRON
Defense Commissary Agency

FORT LEE, Virginia — Forward-looking military families are preparing for college enrollment in the fall by finalizing their Fisher House Foundation “Scholarships for Military Children” applications for the Feb. 17 deadline.

The Scholarships for Military Children Program was created in 2001 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.

Applying for one of the 700 available \$2,000 scholarships is straightforward: Provide a completed two-page application; an official transcript indicating a minimum cumulative GPA of 3.0 or

above on a 4.0 scale for high school applicants, or a college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten essay of 500 words or less (no longer than two pages).

This year’s question is multi-part: “If you had the chance to have a 30-minute conversation with any person in human history (either living or deceased), who would be the person you choose? Why? What topic would you discuss with this person?”

“With the deadline fast approaching, make sure you double-check the list of items required,” said Marye Dobson, the Defense Commissary Agency’s scholarships program liaison.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must be planning to attend or already be attending an accredited college or university, full time, in the fall of 2017 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that

provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the program, as well as links to frequently asked questions and the application, are available at www.militaryscholar.org.

Questions?
The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization.

If students have questions about the scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarshipmanagers.com.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil.

- 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, SB
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m., FD
• Last Wednesday, 6 p.m., MPC

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

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

Jewish Shabbat
•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., HMR & WAAF
-10:30 a.m. at AMR
-11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 9:27 a.m., SC

Faith provides inner peace during the roughest storm

CHAP. (MAJ) ERIK SPICER
United States Army
Garrison-Hawaii

Sometimes the sea of life is rough. The wind is strong. The waves are high.

Our boat is taking on water and sinking. We all know what that is like.

Each of us could tell a storm story. Some of our stories will begin with a phone call, a doctor’s visit or news we did not want to hear. Some will start with the choices we have made, our mistakes and our sins. Others will tell about the difficulty of relationships, hopes and plans that fell apart, or the struggle to grow up and find our way.

Some storms arise out of nowhere and take us by surprise. Others build and brew as we watch.

Regardless of when or how they arise, storms are about changing conditions. Life is overwhelming and out of control.

In Mark 4:38, the disciples are quick to make the storm they were going through on the Sea of Galilea about Jesus.

“Do you not care that we are perishing?” they said, and we’ve probably all echoed their words in the storms of our lives.

“Do something. Fix it. Make it better,” they added, because in the midst of the storm, Jesus seemed absent, passive, uncaring. How could he sleep at a time like this? Sleeping Jesus was not what they or we want.

The calm that Jesus



Spicer

consumes in his sleep is the example. It says this is not a situation worth the energy; it is temporary.

A sleeping Jesus is in the same boat and the same storm as the disciples; the same water surrounds him as the disciples, blown by the same wind, beaten by the same waves.

His response, however, is different. While disciples fret and worry, he sleeps. His sleep reveals that the greater storm and the real threat are not the winds, waves and water around us, not the circumstances in which we find ourselves. The real storm is the one that churns and rages within us.

That storm within is the one that blows us off course, beats against our faith and threatens

to drown us. Fear, vulnerability and powerlessness blow within us. The sense of abandonment, the unknown, the judgment, the criticism of others and ourselves are the waves that pound us.

Too often anger, isolation, cynicism or denial becomes our shelter from the storm.

“Peace! Be still!” Jesus speaks to the wind and the sea. Jesus isn’t changing the weather as much as inviting the disciples to change. He’s speaking to the wind and the waves within them.

The disciples have been pointing to what is going on outside them. Jesus now points to what is going on inside them and says, “Why are you afraid? Have you still no faith?”

Jesus’ words are more about us than the circumstances of our lives, the storms we meet. Faith, more faith, better faith, stronger faith, the right kind of faith does

not eliminate the storms of our lives. Faith does not change the storm. It changes us.

Faith does not take us around the storm but through the storm. Faith allows us to see and know that Jesus is there with us. Faith is what allows us to be still, to be peaceful, in the midst of the storm. It means we do not have to internalize the storm.

The Spirit of God blows through and within us more mightily than the winds of any storm. The power of God is stronger than any wave that beats against us. The love of God is deeper than any water that threatens to drown us.

In every storm, Jesus is present and his response is always the same: “Peace! Be still!”

(Editor’s note: Spicer is the USAG-HI chaplain resources manager.)

Cardiologists strengthen hearts at TAMC

TRIPLER ARMY MEDICAL CENTER
Cardiology Services

HONOLULU — February is American Heart Month, and Tripler Army Medical Center is taking major strides to help patients understand the symptoms of heart failure, which many brush off as signs of “getting older.”

When patients are diagnosed with heart failure, their five-year survival rate is approximately 50 percent or worse than the survival rate for those diagnosed with colon cancer.

The Cardiology Department at TAMC is looking to change that.

Over 6 million Americans have been diagnosed with heart failure. A person with heart failure commonly complains of fatigue or shortness of breath. In some cases, those symptoms represent something more serious.

In 2016, TAMC created the Heart Failure Team, which is dedicated to treating heart failure. It is led by Dr. Kimberly Lochner, its chief, and Dr. Ryan M. Smith, chief of Cardiology Services at TAMC.

The care the team provides goes beyond seeing a physician several times a year. It has expanded the Cardiac Rehabilitation program, headed by Maedawn Alagao-Dizon, cardiac



Photo courtesy of Tripler Army Medical Center

Mary Eiger, Tripler Army Medical Center registered dietician, discusses nutritional needs and improvements with a Cardiac Rehabilitation patient. The cardiac rehab program incorporates nutrition and psychology classes into the fitness program in hopes of better educating patients, as well as promoting optimal health and patient success.

rehabilitation specialist, and has enrolled over 100 new patients.

Realizing the importance of informing patients of the risks of heart failure, the cardiac rehab program also incorporated nutrition and psychology classes and created a four-week course to better educate patients and promote optimal health and patient success.

“The passion that this team (has) shows in the immediate impact on

patients,” said Smith. “The TAMC Heart Failure team has enrolled over 400 patients in their clinic in just a short period of time, and we have already seen a reduction in 30-day readmissions from 35 to 11 percent. They have also increased seven day follow-up visits from 11 to 55 percent. This is mostly due to the proper education and awareness of our patients.”

When asked about the Heart Failure Team, one patient said, “I feel like I am part of a family. You can feel the passion they have for their patients, and the Heart Failure Team helped give me my life back.”

The Heart Failure Team understands the work has only just begun and is looking to build on its success in 2017 by expanding its current programs and finding better ways to educate the community.

(Editor’s note: Dr. Ryan M. Smith, TAMC’s chief of Cardiology Services, contributed to this article.)

Point of Contact

For more information on heart failure, contact your primary care manager at 433-2778.

HEART ATTACK SIGNS AND SYMPTOMS FOR WOMEN

Heart disease is the leading cause of death for women in the United States. According to the CDC, only 54% of women recognize that heart disease is their #1 killer. Here are the facts on women and heart disease.

Common Signs and Symptoms of a Heart Attack

- 1 Heavy or sharp chest pain or discomfort
- 2 Pain in the neck/jaw/throat or upper abdomen or back
- 3 Palpitations
- 4 Shortness of breath/fatigue
- 5 Swelling of the feet/ankles/legs/abdomen
- 6 Numbness of face/arms/legs
- 7 Severe Headache
- 8 Difficulty seeing

Risk Factors

- Diabetes
- High Blood Pressure
- Obesity
- Substance Abuse

Prevention

- Know your blood pressure. Having uncontrolled blood pressure can result in heart disease.
- Get tested for diabetes.
- Lower your stress level.
- Make healthy food choices.

To reduce your chances of heart disease, schedule a screening with your health provider today.

For more info follow [@AHSBPage](#) on Twitter.

Reference: http://www.cdc.gov/heartdisease_statistics/fact_sheet/fh_women_heart.htm

February
**AMERICAN
HEART**
MONTH

Bring awareness to the risks of heart disease and ways to stay HEART HEALTHY

#KnowYourRisk

The ABC'S of Heart Health

Appropriate Aspirin Use
Ask your doctor if aspirin will reduce your risk of heart attacks.

Blood Pressure Control
Monitor your blood pressure and work with your doctor to maintain a healthy blood pressure.

Cholesterol Management
Check your cholesterol and work with your doctor to make lifestyle changes.

Smoking Cessation
It's never too late to quit.