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Multinational Forces march in formation after the conclusion of the official opening ceremony of Cobra Gold 2017 in Utapao, Thailand. Cobra Gold, in its 36th iteration, is the largest Theater Security Cooperation exercise in the Indo-Asia-Pacific. This year’s focus is to advance regional security and ensure effective responses to regional crises.

Cobra Gold 2017 officially kicks off in Thailand

Story and photos by
**PETTY OFFICER 3RD CLASS
MARC CASTANEDA**
American Forces Network Pacific

SATTAHIP, Thailand — Multinational forces from 29 nations were in attendance during the official opening ceremony of the largest Theater Security Cooperation exercise in the Indo-Asia-Pacific region, Cobra Gold 2017, held here, Feb. 14th.

U.S. Pacific Command (USPACOM) Commander Adm. Harry B. Harris, alongside the Thai Chief of Defence Forces Gen. Surapong Suwana-adth and U.S. Ambassador to the Kingdom of Thailand Glyn Davies, also participated in the ceremony.

The admiral and the ambassador emphasized the importance of Cobra Gold and the partnership with the Kingdom of Thailand in their personal remarks.

“The enduring alliance between Thailand and the United States remains strong, as indicated by all of us being here today to kick off Cobra Gold,” said Harris.

Adm. Harris’s presence at the ceremony showcased the strength of the long-standing alliance between the U.S. and the Kingdom of Thailand. The USPACOM commander also paid his respects while commending the late Thai King Bhumibol Adulyadej, who passed away Oct. 13, 2016, for his efforts toward the safety and security in the Indo-Asia-Pacific.

“I’d like to offer my sincere condolences and sympathy to the royal family and the people of the Kingdom of Thailand,” said Harris. “His majesty’s personal efforts promoted peace and security, both within Thailand and throughout the region. His majesty will be forever remembered as one of the world’s great leaders.”

In the earlier years, one of Cobra Gold’s



U.S. Pacific Command Commander Adm. Harry Harris answers questions from media at a press conference during the official opening ceremony of Cobra Gold 2017 in Utapao, Thailand.

major focuses was on tactical training and live-fire components. The last two years, however, the focus has shifted: di-

minishing the live-fire components and increasing emphasis on non-lethal activities and civic action programs, such

as humanitarian assistance and disaster relief.

“I had the honor to take part in the exercise last year, and I learned then how truly indispensable it (Cobra Gold) is,” said Ambassador Glyn Davies. “With nearly 30 nations participating, Cobra Gold brings together countries from every corner of the region and beyond to strengthen the joint cooperation and collaboration.”

Cobra Gold 17 aims to improve the capabilities of participating nations to plan and conduct combined, joint operations; build relationships among participating nations across the region; and improve interoperability over a range of activities, including enhancing maritime security, preventing and mitigating emerging disease threats, and responding to large-scale natural disasters.

“Our alliance is a big deal,” Harris continued. “The United States has only five bilateral defense treaty allies in the world, and Thailand is one of them. Nations do not enter security treaty alliances lightly. It means that we are in it together for the long haul. The U.S. alliance with Thailand is a deep and enduring commitment.”



Right — Multinational Forces officials and representatives pose for a group photo during the official opening ceremony of Cobra Gold 2017 in Utapao, Thailand, Feb. 14.

USAG-HI’s acting deputy director wins IMCOM award

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — When most people think of the Directorate of Public Works, it’s because something is broken and they want it fixed.

In reality, building maintenance is only a small part of what DPW does to support the Army’s mission.

“I think people are surprised to learn we are involved in all land-use lease negotiations, we are involved in environmental reviews and cleanups, we have architectural specialists for our historic properties, and we oversee the largest subsidized housing program in the Department of Defense,” said Sally Pfenning, acting deputy director of U.S. Army Garrison-Hawaii and former director of DPW.

As DPW director, she oversaw about 300 workers whose responsibilities span USAG-HI’s 22 military installations, which serve approximately 100,000 Soldiers, civilians and family members.

For her leadership and the accomplishments of her directorate, she was awarded Installation Management Com-



Pfenning

mand’s 2016 William C. Gribble Jr. DPW Executive of the Year Award.

It’s something she said she couldn’t have done without her workers.

“There’s no way, with the amount of stress that comes with DPW, that I could have done what I have done without hundreds of people holding me up,” she said. “There’s no way I could do the jobs that they do. What I can do is understand the problem and bring the right people to the table to get things done,” Pfenning said.

Despite the stress that came with attending to daily emergencies with dwindling resources, she found fulfillment and excitement in tackling the challenges that came with her role.

“I tell people I finally found a job hard enough for me,” she said, with a laugh. “We solve big and small problems, from

plumbing to land-access issues to meeting with Native Hawaiian consultants. It’s everything from someone filling in pot-holes to someone with a Ph.D. in the sciences or engineering.”

She also credited her success to the support and leadership of Col. Stephen Dawson, commander of USAG-Hawaii, who nominated her for the award.

“He’s a unique leader and I enjoy working with him,” she said. “There are some leaders who get to where they are because they’re focused on one goal, like (Senior Executive Service). He’s where he is because he excelled at every job he’s done.”

Dawson described Pfenning as a go-getter who finds a way to make things happen, regardless of the obstacles.

“She finds a way to yes,” he said. “Some people hit a speed bump and treat it like a brick wall. It just slows her down and then she continues on her way.”

He cited her innovative use of Sustainment, Restoration and Modernization funds to make up for a shortfall in military construction funding, as one

example of how she maneuvered around a setback. With no money for new construction, she found resources to repair and restore existing buildings to meet the garrison’s needs.

“She did a lot of innovative things to win this award,” he said. “There aren’t many people like her out there. She’s a real standout. She’s going to go far in her career no matter what she chooses to do.”

Pfenning attended the University of Miami. She has a bachelor’s degree in environmental sciences and a master’s degree in environmental engineering. A passion for the outdoors and a love for environmental restoration drew her to her field of study.

After graduating, she was hired by the Army Corps of Engineers to help restore the Florida Everglades. She then accepted a job at a DPW in Germany, where she held several positions, including director.

She arrived in Hawaii in 2013 as the deputy director of DPW and was promoted to director in 2015. She became acting deputy director of the garrison earlier this month.



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Dailey calls for recruiting from ‘nation’

Patriotism and education are top reasons to join

Story and photo by
C. TODD LOPEZ
Army News Service

WASHINGTON — The Army has long said that only one in four Americans are fit to enlist. But that pool of American youth from which recruiters draw is improving, according to Sgt. Maj. of the Army Daniel A. Dailey.

“I’m very proud of the young generation,” Dailey said of those young Americans who are now of age to join the Army. “I’ve seen an uptick in capability, physical capability ... resiliency. I think we’re on the rise with America’s youth now.”

Dailey spoke during a morning breakfast discussion hosted by the Association of the U.S. Army, Feb. 14. During the breakfast, Dailey, who now serves as the 15th sergeant major of the Army, discussed current Army topics with retired Sgt. Maj. of the Army Kenneth O. Preston.

Dailey told Preston he’d recently visited with Soldiers in advanced individual training, about 200 in all, who were about to embark on their daily physical training regimen. He ran with them after hearing a cautionary note from their training cadre warning him to take it easy on the Soldiers because they were so new.

“Soldiers bend, they don’t break,” Dailey recalled telling the cadre.

Dailey led the run, he said, at a seven-minute mile pace.

“We extended the run a bit longer,” he told Preston. “That’s one of the benefits you have as



Sgt. Maj. of the Army Daniel A. Dailey, left, discussed Army topics including recruiting, budget and the Army presence, with now-retired Sergeant Major of the Army Kenneth O. Preston, Feb. 14, at a morning breakfast discussion hosted by the Association of the U.S. Army in Arlington, Va.

SMA: You don’t have to listen to cadre. But every single Soldier in that formation stayed in that formation. They were highly motivated. I’ll bet there wasn’t a single person in that formation with more than 12 percent body fat.”

Business of soldiering

Dailey also touched on some issues he sees in recruiting young Americans. He said a high percentage of those who join the Army today were likely inspired to join because somebody in their family had served. That makes the Soldier profession highly insular – joining the Army tends to be a family business, Dailey said. And that has to change.

“We need more of the broader population for the Army,” he said. “We think the best repre-

sentation of the United States of America is to recruit from the entire nation. We’ve lost some of that ability to do that based on a lot of things: competing efforts, (the) amount of education provided in those areas. But I think we have to continue to invest.”

The Army continues today to recruit from the same areas of the country, Dailey said. He wants that to change. He wants to increase recruiting efforts in parts of the country that haven’t traditionally provided a lot of Soldiers: the northeast and the northwest, for instance.

Still, last year, Dailey said the Army pulled 14,000 female Soldiers into the Army.

“This last year, we did an excellent job of recruiting females,” he said. “It was one of our best years in a decade.”

Committed to education

The top two reasons for joining the Army, according to Dailey, remain patriotism and educational benefits. He firmly believes that continuing to allow the benefits that entice civilians into enlistment to erode will place the Army’s all-volunteer force at risk.

“I think we have (made) some tough choices in the past because of the fiscal constraints we’re in,” he said. “But we can’t sustain any more of those in the future. We have to continue to invest in the Soldiers because that is an investment in the future.”

(Editor’s note: To read the full story visit www.hawaiiarmyweekly.com/2017/02/23/dailey-calls-for-recruiting-from-nation/)

25TH CAB AT COBRA GOLD 2017



Photo by Maj. Kelly S. Haux, 7th Infantry Division

Left — A UH60 Black Hawk medical evacuation helicopter from 3rd Battalion, 25th Combat Aviation Brigade, 25th Infantry Division in support of Exercise Cobra Gold 17 raises a dust cloud shortly before landing near Korat, Thailand, Feb. 11. Cobra Gold is the largest Theater Security Cooperation exercise in the Indo-Asia-Pacific region and is an integral part of the U.S. commitment to strengthen engagement in the region.

Six Security Force Assistance brigades created

U.S. ARMY
Public Affairs

WASHINGTON — The Department of the Army has announced the creation of a new type of organization designed to focus on security force assistance, as well as an academy that will train Soldiers assigned to these specialized units.

The first of six planned units known as Security Force Assistance Brigade (SFAB), as well as the Military Advisor Training Academy, will be established at Fort Benning, Georgia, starting in October 2017.

The Army’s Training and Doctrine Command will oversee the proponentry for these brigades and the academy.

The SFABs are the Army’s first

permanent units whose core mission is conducting security cooperation activities, allowing quick response to combatant commander requirements. The SFABs have an added capability of serving as the framework of a brigade combat team that could rapidly expand, if needed, to meet future requirements, according to Lt. Gen. Joseph Anderson, Army chief of operations.

“The SFABs can serve a dual purpose,” said Anderson. “They are the day-to-day experts combatant commanders need to train, advise and assist our partners overseas, but they can serve also as a standing chain of command for rapidly expanding the Army.”

SFABs will be designed on the infantry and armored brigade combat team (BCT) model and consist of approximately 500 senior officers and noncommissioned officers who will have the proven expertise to train and advise foreign security forces from small units up through ministerial levels.

The new units are designed to enhance the readiness of the Army by reducing demand for existing BCTs to conduct security force assistance operations, thereby preserving BCT readiness for full-spectrum contingency operations.

The Army will also create a Military Advisor Training Academy at Fort Benning to properly train and resource

SFABs with the skills and expertise needed to conduct advise and assist functions, as well as develop or refine policies and procedures.

The academy will provide the foundational training for all six SFABs planned to be created across the total Army.

As the Army’s proponent for brigade-level security force assistance, the Maneuver Center of Excellence will oversee the academy.

“SFABs will benefit the Army by providing trained and accessible resources for support to missions such as foreign internal defense, stabilization operations, security force assistance and counterinsurgency operations,” said Anderson.

Voices of Ohana

Feb. 27-March 4 is Military Saves Week. We wondered, What’s one way you save for your future?
By 94th AAMDC Public Affairs



“I save for the future by putting my tax returns into certificate deposits and roll it over every year.”

Staff Sgt. Aron Cartes
operations orders
NCO
94th AAMDC



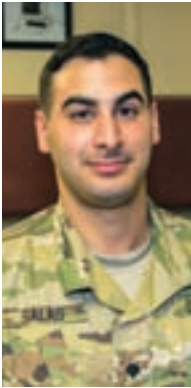
“I (start) with small goals to reach my larger goals.”

Spc. Virginia Lopez
supply specialist
94th AAMDC



“I put away into savings \$100 of each of my paychecks.”

Spc. Ingrid Mattson
utilities equipment
repair specialist
94th AAMDC



“By learning as much new information as possible to provide myself better opportunities down the road.”

Spc. Michael Salas
IT specialist
94th AAMDC



“I save by investing into my Thrift Savings Plan and a Roth IRA.”

Master Sgt. Damion Taylor
content management
NCOIC
94th AAMDC

Commander’s Conference promotes Total Army

Training, readiness, adapting to complex situations also gets big review by USARPAC, 9th MSC

Story and photo by
STAFF SGT. TINA VILLALOBOS
305th Mobile Public Affairs Detachment
9th Mission Support Command

FORT SHAFTER FLATS — More than 140 attendees within 9th Mission Support Command (MSC) units filled the Specialist Anthony Bongo Hall at the Daniel K. Inouye U.S. Army Reserve Complex, here, Feb. 13-18, for the 9th MSC’s 2017 Commander’s Conference.

The purpose of the conference was to aid commands in better understanding the 9th MSC commanding general’s top priorities, and to develop plans for incorporating those priorities into training during the next five years.

9th MSC Mission

Brig. Gen. Stephen Curda, commander of the 9th MSC, described the mission of the U.S. Army-Pacific Command as a force that protects and defends, in concert with other U.S. government agencies, the territory of the United States, its people and its interests. “With allies and partners, we will enhance the stability in the Indo-Asia-Pacific region, by promoting security cooperation, responding to contingencies, deterring aggression and, when necessary, fighting to win,” said Curda.

Total Army – Mission Command

Gen. Robert B. Brown, commanding general, U.S. Army-Pacific (USARPAC) opened the discussion on Feb. 13, stressing the importance of readiness and integrating the “Total Army” concept among all troops. The Total Army philosophy encompasses active duty Army, Army Reserve and National Guard troops as a Total Army force. According to Brown, part of the Total Army philosophy includes seeking out integrated training exercise opportunities to help troops develop the capabilities and mindset to become proficient at maneuvering into multiple domains and creating multiple dilemmas for adversaries. Brown indicated that our military must be able to



Gen. Robert B. Brown, commanding general, USARPAC, discusses the importance of readiness and integrating the “Total Army” concept among all troops at the 9th MSC’s 2017 Commander’s Conference.

respond to greater complexity, as multilateral exercises have replaced bilateral exercises, and multi-domain battle capabilities offer much more powerful forces, to include air, land, sea, cyber and space.

“We must be ready to fight tonight,” said the four-star. “Readiness is key.”

Brown explained the importance of adopting a “mission command” philosophy, in which Soldiers understand the mission, understand the commander’s intent and are empowered to take prudent risks. He also stressed the importance of inner-operability among joint services.

“You can’t do multi-domain battle without mission command,” said Brown. “Initiative and empowerment

are our advantage; people are our key to success.”

Common operating picture

Attendees welcomed the opportunity to develop a shared philosophy while networking with peers and leaders.

“The most important thing we’ve gained from this is a common operating picture of U.S. Army Reserve Command (USARC) initiatives, USARPAC initiatives, and Total Army initiatives, as well as training exercises,” said Maj. Matthew Strickland, Operations officer, 3rd Mission Support Group (MSG), Joint Base Elmendorf-Richardson, Alaska, “and more importantly, how those exercises are evaluated, and how our units will be evaluated in the future.”

Sgt. 1st Class Laurinda Nabors, Human Resources noncommissioned officer, Headquarters and Headquarters Detachment, 3rd MSG, Joint Base Elmendorf-Richardson, Alaska, gained tools to employ at her command.

“I am going to take back a better understanding of the Training Leader Development Guidance, the commander’s priorities, the mission command objectives and the training requirements that we need in order to stay compliant within the command,” said Nabors. “We’re going to ensure our Soldiers are ready to fight tonight!”

Col. Vamin Cha, commander, 658 Regional Support Group (RSG), South Korea, expressed appreciation of the gathering of senior leaders.

“My takeaway from the conference is having all the senior leadership come in and give their particular vision,” said Cha. “It is always good to see a broad overview of what is going on instead of just looking at your own little piece of the world.

“By knowing the big picture, you can help Soldiers understand,” Cha continued. “I think having the commanding general and his staff explain their concepts for the years ahead, and go through all the details as to what his visions are for the theater, makes our jobs easier in coming up with a plan to make sure we’re synched with his requirements.”

The 9th MSC consists of more than 3,500 Army Reserve Soldiers and 160 civilians from Alaska, American Samoa, Japan, Korea, Guam and Saipan. The 9th MSC is headquartered at Fort Shafter Flats in Honolulu.

Child care delays, unemployed spouses still concern DOD

Garrison Hawaii has longest wait - 16 months

SEAN KIMMONS
Army News Service

WASHINGTON — Access to quality child care is an essential benefit for service members with children, especially for those with spouses who work full time or are seeking employment.

But with more than 5,500 children waiting to get into Army child care programs, senior leaders are worried the backlog could affect the readiness of military parents.

“This is a huge concern for us,” said Sgt. Maj. of the Army Daniel Dailey to lawmakers Feb. 14.

He added, child care is “critical to our success and something we have to continue to invest in for the future.”

Speaking at a family forum at the annual Association of the U.S. Army conference in October, Dailey noted that child care services account for about half of the Army’s \$1.1 billion budget for family programs.

Testifying before the Senate Armed Forces Committee’s personnel subcommittee on Capitol Hill, Dailey said the backlog of thousands of children is the result of several issues. The Army is in need of more child care facilities to accommodate military children, he said. Another reason he cited was the lengthy hiring process required for child care providers.

“We’re working this very hard,” he said. “I think we’ve done an OK job at reducing the amount of backlog, but it’s compounded by the simple problem that (job applicants) often don’t want to wait for those background checks, and they need to seek employment.”

The average wait time to place children



Photo by U.S. Army

The Army is dealing with a child care backlog of over 5,500 children, which senior leaders worry could affect the readiness of military parents.

into child care centers is four months, with at least five installations with wait times of five months or longer. U.S. Army Garrison-Hawaii has the longest at 16 months, according to Army officials.

A non-appropriated fund (NAF) working group has been developing strategies to decrease wait time for child care. One of the strategies is the launch of Military ChildCare.com, a Defense Department-run website to assist military families in finding child care. After initially going online in January 2015, the website has been rolled out in phases. Today, the website provides a map showing visitors the areas it currently covers.

The Army also offsets costs for Soldiers who pay for off-base child care services when they cannot get their children into

on-base facilities, Dailey said.

Options exist

The DOD has even created the Extended Child Care Initiative allowing base commanders to extend the operating hours of child care centers to 14 hours a day based on needs and requirements, said Stephanie Barna, the acting assistant secretary of defense for manpower and reserve affairs.

The military, she noted in her testimony, is a young force with over 40 percent of military members with children. Because of this, the DOD has the nation’s largest employer-sponsored child care program that supports about 180,000 children each day at over 230 locations around the world.

“A quality child care system helps families balance the competing demands of work and family life and contributes to the efficiency, readiness and retention of the total force,” Barna said in her written testimony.

Also in the hearing, Sen. John McCain (R-Arizona) asked Dailey and the other services’ top enlisted leaders what was being done to help more spouses get jobs.

The Armed Services Committee’s chairman said that 25 percent of military spouses are unemployed, while many of those who do have jobs are underemployed.

“Obviously, the movement of our military personnel makes it extremely difficult for spouses to hold employment in jobs,” McCain said.

Dailey told the committee that there has been success with the DOD’s Military Spouse Employment Partnership, which connects spouses to military-friendly employers. Since 2011, the program has grown to about 340 employers who have hired more than 100,000 spouses, according to his testimony.

“We need to continue to strengthen that in every way, shape or form we can,” he said, adding that there’s room for improvement on getting the word out on job opportunities and programs for spouses.

He also suggested the military can take advantage of its internal resources for military members leaving the service and offer them to spouses.

“Over the last several years, we’ve done great work in regards to finding educational and training opportunities that enhance job opportunities for our young Soldiers, sailors, airmen and Marines as they exit the service,” he said. “With the appropriate resourcing to these things, we can easily extend these services to our families as well.”



NEWS BRIEFS

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

24 / Friday

Mass Warning Notification System (MWNS) — Do not be alarmed, but tests will be con-

ducted periodically through Feb. 24, between the hours of 8:30 a.m. and 3 p.m., on U.S. Army Garrison-Hawaii’s outside giant voice loudspeakers, on indoor building speakers and on telephone and computer pop-up alert systems. These tests will ensure the MWNS is fully operational.

All Army installations in Hawaii – Schofield, Wheeler, Helemano, East Range, Fort Shafter, the Flats, Tripler Army Medical Center, Aliamanu, DeRussy and

Pohakuloa – may hear “exercise” announcements. Again, these are a test.

27 / Monday

Briefings — Another set of warrant officer briefings occur on Monday and Tuesday, Feb. 27-28, at Schofield Barracks. Attend to see if you qualify at the Education Center, Bldg. 560, Rm. 212, on Schofield.

Note, briefings also occur on Marine Corps Base Hawaii, Kaneohe Bay, on March 1, and

at Joint Base Pearl Harbor-Hickam on March 2-3. Call Staff Sgt. McCoy at (253) 888-1933 or Chief Warrant Officer 3 London at (808) 371-9691 for more details.

30 / Thursday

TARP — Threat Awareness and Reporting Program briefings are held at 9 a.m.:

- 3rd Thursday, Sgt. Smith Theater, Schofield Barracks.
- 2nd and 4th Thursdays, Kyser Auditorium, TAMC.

•1st Thursday, Bldg. 1554, Fort Shafter Flats.

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, Scho-

See NEWS BRIEFS A-5

Training command CSM sees ‘revolutionary changes’

Story and photo by
**MASTER SGT.
CRISTA MARY MACK**
Army News Service

WIESBADEN, Germany — “What we are really facing right now is a moment in our history as noncommissioned officers; I think it’s revolutionary, not evolutionary, the changes we are making to our entire education system,” Command Sgt. Maj. David Davenport said earlier this month.

Speaking during a town hall event at U.S. Army Europe headquarters, Clay Kaserne, the command sergeant major of Army Training and Doctrine Command discussed expanding the focuses of TRADOC for the future of the U.S. Army’s more than 91,000 NCOs, citing new career maps, more emphasis on civilian education, attention to broadening opportunities, and increased opportunities for joint professional military education.

Even the name has changed, he explained, referencing the noncommissioned officer education system, or NCOES.

“We will no longer call it the NCOES. We will call it the NCOPDS, the noncommissioned officer professional development system,” he said. “Because there is

more to being a noncommissioned officer than just going to your required primary military education.”

In his remarks, Davenport also explained the Army’s need for STEP, an acronym that stands for “select, train, educate and promote,” a relatively new Army program that he calls a “forcing function to get our NCOs to school.”

STEP is an implementation of the noncommissioned officer professional development system across the Army, in accordance with Secretary of the Army Directive 2015-31.

“A year ago, we had almost 14,000 noncommissioned officers that hadn’t been to school,” Davenport said, referring to the professional military development classes provided by the Army and required for each rank. “Of that 14,000, 4,000 were in their grade three or more years. Of that 4,000, 1,200 had been scheduled for school six

or more times and didn’t go.

“This is why we need STEP,” he added. “This last year we are down to about 4,000



Command Sgt. Maj. David Davenport, U.S. Army Training and Doctrine Command, senior noncommissioned officer, shared some innovative changes to the U.S. Army’s NCO career paths via TRADOC at a town hall here.

right now.” Davenport discussed a multitude of changes within STEP, innovations and future programs currently in the process or already implemented by TRADOC. He cited a reworking of the structured self-development courses, which are required online courses for promotion, the addition of instructor badges for wear on the uniform, and even a new service school academic evaluation report, known as the Department of the Army Form 1059. At the end of the brief, Davenport held a candid Q&A session with attendees. “I think it should’ve been mandatory for all NCOs to be here,” said Sgt. 1st Class Leroy A. Hunter, a noncommissioned officer assigned to the U.S. Army Europe inspector general class who attended the event. “He put out some revolutionary information that us as leaders, not only as potential students of the future, need to know so that we can take care of our Soldiers.”

On the web
For more about these changes visit his blog at TRADOC News Center at www.tradocnews.org.



CONTINUED FROM A-3

Barracks. Chaplain (retired colonel) 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.

Ongoing

CRGs — What are Community Resource Guides? They’re one-stop shopping for Soldiers,

civilians, family members and retirees. They’re a comprehensive inventory of programs and services in the medical, mission and garrison organizations.

Plus, the CRG is searchable, interactive, web-based and mobile-friendly.

For details, visit <https://crg.amedd.army.mil> and https://www.army.mil/ar_ticle/181188/.

Tax Center — The Schofield Barracks Tax Center is now opens for authorized patrons. Hours of operation follow:

- Monday, Tuesday, Wednesday, Friday at 10 a.m.-noon and 1-4 p.m.
- Thursday at 1-4 p.m.
- Saturday at 10 a.m.-noon and 1-3 p.m.

The Tax Center is located in Trailer 1, Grimes Street (across from Hamilton Field). Appointments are recommended; call

655-1040. Walk-ins are permitted on Tuesdays and Thursdays.

Online Romance Scams — Internet scams involving impersonation fraud in which criminals promise true love, dubbed “romance scams,” are being perpetrated on social media and dating websites. Online criminals have been using online photographs and names of unsuspecting U.S. Soldiers to build false identities. The criminals then use those identities to pretend to be U.S. Soldiers to steal money from their civilian victims.

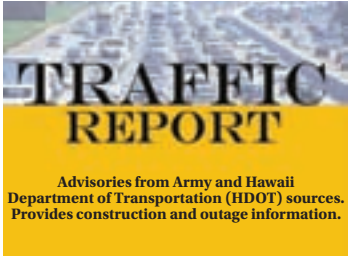
Become more aware. See details at https://www.army.mil/standto/archive_2017-02-09/?s_cid=standto.

IRS — Track your Internal Revenue Service refund at <https://www.youtube.com/watch?v=AnC8tt1wdhI>.

Black History Month — Our nation observes African-American history in February. Visit <https://www.facebook.com/pages/DoD-News/808154485884259> and post your comments. See https://www.defense.gov/News/Special-Reports/0217_aahm?source=GovDelivery and learn about personnel and historical events.

New Hours — The Fort Shafter Personal Property office has reduced services to Wednesdays only. Scheduled appointments will be provided from 7:30 to 11 a.m. Call 655-1868 for appointments.

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



24 / Friday

Road Repaving — Work will be underway in Waialeale, Waipahu, Waipi’o and Village Park to repave streets in several Central O’ahu communities through to the end of summer. It will reconstruct more than 85 lane miles of roads at a cost of \$13.6 million. Also, pedestrian, bicycle, bus and vehicle safety will be improved.

Crews will work between 8:30 a.m. and 3:30 p.m., Mondays through Fridays, with possible weekend construction. Drivers should anticipate delays and are reminded to observe and obey all traffic controls, posted signs and special duty police officers. On-street parking will be prohibited during working hours.

25 / Saturday

TAMC Outage — A scheduled power outage will affect all of Tripler Army Medical Center, except the Main Clinic; the outage includes the VA and E Wing, 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 to support a substation renovation project.

Krukowski Road — Tripler Army Medical Center will experience a complete road closure at Krukowski Road, near Bldg. 161, for a crane lift. The small portion of this road will be restricted from public access from 7 a.m. to 1 p.m. Trucks carrying large loads may be accessing the Jarred White/Krukowski Loop throughout the morning.

March

11 / Saturday

Schofield Outage — Buildings 689 and 690, and the ATM

on Schofield Barracks have a scheduled power outage from 8 a.m. to noon. This listing may not be all inclusive, and more time may be required due to field or environmental conditions. The outage is needed to support electrical upgrades.

30 / Thursday

Half of Generals Loop, Charleston & Jecelin Streets, B Quad Outage — The locations listed will be without power from 7:30 a.m. to 3 p.m. Other locations could be impacted and the scheduled outage may require more time, depending upon field conditions. The outage is required to support a B Quad renovation project.

Ongoing

B Quad Road Closure — Additional work on the B Quad Barracks renovation may require road closures on Waianae Avenue South on Schofield Barracks through March 23. When

closures are required, the contractor will post appropriate signs and barriers. Traffic flow will be restored during non-working hours.

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., seven days per week.

Here is the listing for gates at Schofield Barracks and Wheeler Army Airfield:

- Foote Gate: 5 a.m-9 p.m., seven days per week.
- Kawamura Gate: 5 a.m.-9 p.m., seven days per week.
- Kunia Gate: 24 hours, seven days per week.
- Lyman Gate (required gate

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

DPW — The Directorate of Public Works (Wheeler, Bldg. 104) will operate on the following temporary hours until further notice:

- Office hours of Monday-Friday, 6 a.m. to 4 p.m. Call 656-1275.
- After Hours of Monday-Friday, 4 p.m. to 6 a.m., for emergency calls only, including all weekends and holidays.

Call the Installations Operation Center, or IOC, at 656-3272.

for all visitors): 24 hours, seven days per week.

- Macomb Gate: 5 a.m.-1 p.m. on Monday-Friday for two-way traffic; 4 to 6 p.m. on Monday-Friday for outbound traffic. Closed weekends and federal holidays.
- McNair Gate: 24 hours, seven days per week.
- McNair Gate: Two lanes will be open for inbound traffic and closed to outbound traffic 5-6:30 a.m., Monday-Friday (except weekends, federal holidays and 25th Infantry Division training holidays).

Wisser Road — Richardson Theater (Phase-1, Area A) will be closed now through March 17 (24 hours) for the connection of a new water main line; however, construction fronting the theater, Wisser Road, Strong Street and the parking lot adjacent to the theater will be fully accessible to standard traffic flow.

Expect Intermittent road closures near the theater, 8:30 a.m.-5:30 p.m., weekdays.

African-American women sorted the mail, blazed trails

ELIZABETH M. COLLINS

Army News Service

WASHINGTON — “I’m going to send a white first lieutenant down here to show you how to run this unit.”

The general’s yell hung in the air, shocking the Soldiers lined up at attention.

As chew-outs go, telling a major – a battalion commander, no less – that a lieutenant would be taking over was particularly degrading. But the general didn’t plan to send just any lieutenant. He planned to send a white lieutenant – the implication, of course, was that the lieutenant would not just be white, but male.

The general was dressing down one of the highest-ranking African-American women in the Army, the commander of 6888th Central Postal Directory Battalion. The battalion was the only all-black Women’s Army Corps unit deployed to Europe in World War II.

“Over my dead body, sir,” replied WAC Maj. Charity Adams.

Not sure if she was most insulted by “white,” “first lieutenant” or “white first lieutenant,” she explained in her memoirs, “One Woman’s Army: A Black Officer Remembers the WAC.”

She knew she might be court-martialed, so she planned to charge the general, whom she never names, with violating the Supreme Headquarters Allied Expeditionary Command’s rules against explicitly stressing segregation.

Women’s Army Auxiliary Corps

Adams, the first African-American woman to be commissioned into the Women’s Army Auxiliary Corps, graduated from the first WAAC officer candidate class at Fort Des Moines, Iowa, in the summer of 1942.

The WAAC was created in May 1942 as an auxiliary to the Army with no military status, but in July 1943, it was replaced by the WAC. The women in the auxiliary were incorporated into the WAC and given military ranks.

The push to include African-Americans in the WAAC had faced challenges, but the efforts of African-American newspapers and activists, including Mary McLeod Bethune, a member of President Franklin D. Roosevelt’s “Black Cabinet,” and her good friend First Lady Eleanor Roosevelt, had ultimately prevailed. A quota was set for 10 percent of the total WAAC.

There was space for 40 African-American women in the first officer training class, and it was clear they would have to be the best of the best.

“I was sure I would never pass,” recalled Capt. Violet Hill, Company D commander. “At that time, I had completed two years of college. ... Their goal was 40 Negro women who would then form the officer corps that would train the subsequent enlisted women. ... Their standards, their expectations and their hopes were high. ... They preferred women who had not only the education background, but also some maturity and work experience, which would be an asset in embarking on an endeavor that was experimental and had a lot riding on it.”

“There’s no doubt that in that first



Photo courtesy of the National Archives

Women’s Army Corps Maj. Charity Adams, 6888th Central Postal Directory Battalion commander, and Army Capt. Abbie Noel Campbell, 6888th CPD executive officer, inspect the first soldiers from the unit to arrive in England, Feb. 15, 1945.

class, both African-American, as well as white women ... they did really select the best that they could to give the Women’s Army Corps the best possible chances,” said Francoise Bonnell, director of the U.S. Army Women’s Museum, noting that the women were all professionals, some with masters’ and law degrees.

Segregation

While the WAAC and WAC were segregated with separate “Negro” companies and barracks – Adams writes of her shock at being told to step aside with all the other “colored” girls – it was less so than the rest of the Army, according to Bonnell.

The WAC was so small that all of the Soldiers usually trained together, for example, and an attempt to designate colored tables in the cafeteria lasted only a few days when that first group of African-American WACs refused to eat.

And, in one of her assignments, Adams worked in an all-white office.

That’s not to say the women didn’t encounter blatant racism. Travel, especially throughout the south, could be especially humiliating.

“The incident that I’ll never forget is when there were four of us having to change trains,” remembered WAC Staff Sgt. Evelyn Martin. “I was informed by a train conductor, we – and he used the N-word – could not ride the train. I kept my composure, and I said, ‘We have to ride it. The military has to know where we are.’ In order to ride that train, the officer of the day ... and an MP (military police) and the conductor – they found a piece of wrapping paper and some cord and separated us from the white passengers.”

Adams tells similar stories, and as she rose through the ranks, her very uniform started to raise questions: “I was waiting with my parents in the small, dirty and crowded ‘colored’ waiting room in the

Atlanta railroad station,” she recalled. “There were very many military personnel roaming around the station ... so the MPs were constantly moving throughout the crowd. ... Two white MPs ... addressed me,” she wrote.

“Some people have – there was a question’ (the MPs said) ‘... Yes, I see. You want to know if I really am a major in the U.S. Army. ... Names? I can see your rank. Your serial numbers? Your unit? Location? The name of your commanding officer?’” Adams asked, advising the men to report themselves before she had the chance.

They learned a lesson, she wrote, adding that another MP refused to question her when confronted by a suspicious passenger.

Those reactions were harbingers of the surprise and hostility she and her executive officer, Capt. Abbie Noel Campbell, encountered when they flew to Europe in January 1945 in advance of their battalion. They were, she wrote, “among U.S. military personnel who could not believe Negro WAC officers were real. Salutes were slow in coming and, frequently, returned with great reluctance.”

First in Europe

The two women were literally the first black WACs in Europe and, technically, they weren’t supposed to be there. Although black Army nurses served in combat zones, when African-Americans had first been allowed to join the WAC, it had been with the proviso that they could never serve overseas. It only happened because of the “needs of the Army,” Bonnell said.

“That’s how we oftentimes see policies and progress. ... After the D-Day invasion ... the mail very quickly became backed up. ... There was also a push by African-American groups to try to force the War Department to allow and to actually create requisitions for African-American WACs in the European Theater. ... Eventually, based on this need, a requisition was sent out for 800 women,” she said.

Many of the women were hand-picked. They were blazing a trail and they were expected to excel. They had to be, as Adams told her troops, “the best WAC unit ever sent into a foreign theater. ... The eyes of the public would be upon us, waiting for one slip in our good conduct or performance.”

“One day I came home from work ... and the girls said ... ‘Your name’s on the board,’” remembered Staff Sgt. Essie O’Bryant. “There was a list of girls selected to go overseas. ... I went in to my commanding officer ... and she said, ‘I selected the girls that I would like to go overseas with me.’ ... It was an honor for her to think that much of me.”

Overwhelming task

After long, fraught journeys across the Atlantic that involved

shadowing by German U-boats and a V-1 “buzz” bomb that landed just as some of them disembarked in Scotland, the Soldiers of the 6888th arrived in Birmingham, England, in February 1945.

They were stationed at an old school, and it must have been a dismal prospect. Mattresses were made from straw, showers were in the courtyard, and heat was almost nonexistent.

In a large warehouse, stacked ceiling high were piles of mail – years’ worth of letters and packages waiting to be delivered to millions of service members, civilians and aid workers all over the continent.

It was a massive undertaking, but the women knew mail from home meant everything to Soldiers on the line, so they buckled down and worked three shifts a day, seven days a week. This was actually the reason the general accused Adams of incompetence.

He expected to inspect the whole battalion and was livid when only a third of the Soldiers were available. He later apologized and told her he respected her for standing up to him.

“They supplied us with files, the names of men who were enlisted in the Army in the European Theater,” remembered Pfc. Dorothy Turner. “You know what was so exciting about that? There was part of the history of these men on the files. ... You could see the last time that this man got mail, and you were so determined to find him because you had this pile of mail that he should have gotten over the years and packages. ... You knew that he had not gotten any news from his family or friends ... and you were determined to try to find him.”

It required immense attention to detail. For the same reasons the mail had gotten backlogged in the first place, many Soldiers simply didn’t have the time to keep their address cards up to date as their units advanced, which sometimes required two or three changes a week. Soldiers also changed units. And then there were the name duplications.

“At one point,” Adams wrote, “we had more than 7,500 Robert Smiths. ... There were, of course, tens of thousands of Roberts with other last names. Moreover, there were variations of first names, nicknames that are used in the United States: Bob, Rob, Bobby, Robby, Bert, and so forth, just for Robert.”

(Editor’s Note: One of the last veterans of the 6888th Central Postal Directory Battalion, Army Cpl. Alyce Dixon, died Jan. 27, 2016, at the age of 108, as Soldiers began work on this story. All of the veterans’ quotes come from oral histories supplied by the Veterans History Project and Lt. Col. Charity Adams Earley’s memoirs. To read the rest of this story, visit www.hawaiiarmyweekly.com/2017/02/22/african-american-women-sorted-mail-blazed-trail/.)



Photo courtesy of the U.S. Army Women’s Museum

French civilians and Soldiers from the 6888th Central Postal Directory Battalion sort mail in the spring of 1945. The only African-American Women’s Army Corps unit sent to Europe during World War II, the 6888th was responsible for clearing years’ worth of backlogged mail in both England and France.



Community encouraged to build wealth, not debt

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Readiness is a cornerstone of the Army and it applies not just to combat, but also to financial planning.

Financial troubles can affect a Soldier's security clearance and personal life — both of which affect the ability to complete the mission.

ACS support

However, Soldiers and their families don't have to go it alone. They have independent advocates in the form of five Financial Readiness specialists at Army Community Services. These officers can help them with everything from debt consolidation to portfolio management — and a consultation with them is free and confidential for Soldiers and their families.

"Sometimes it can be hard to save when we're surrounded by messages and marketing that is constantly telling us to buy," said Financial Readiness specialist Scott Brown. "I like to tell my clients to focus on putting their money in things that will increase in value."

Budget!

To start off, Brown and his colleagues can help their clients establish or re-establish budgets.

"One of the surprises of doing a budget is seeing what you actually spend money on," he said. "You might be surprised to see how much money goes into eating out and to subscription services like Netflix, Hulu, etc. These aren't big costs but over time they add up."

From there, they can move on to setting goals and saving to meet those goals.

"One of the things that people who live paycheck-to-paycheck have in common is they don't have long-term vision," Brown said. "I like to help my clients set goals. Hopefully they'll be inspired to save, whether it be for their kids' birthdays, for a new car or a trip to the Big Island."

Once clients have established a budget and are successfully putting aside some money for longer-term goals and emergencies, Brown and his officers can guide them through the ins and outs of credit cards and provide advice about investing in stocks.

They also help clients whose credit scores need repair by running credit reports, validating the debts owed and negotiating payment plans.

Brown said he understands that delving into an individual's finances is personal and, in some cases, uncomfortable. But he urged those who may not know where to start to call for a consultation because the discomfort usually fades to relief once clients take the initiative to gain control of their finances.

"Thinking you're alone and never going to be able to get out of debt is the hardest part," he said. "But you are not alone."



Ayanna Whitesides, a Financial Readiness specialist with ACS, offers one-on-one financial consultations and teaches financial classes for the Army community.

ACS Financial Readiness



SCHOFIELD BARRACKS — To encourage Soldiers and their families to build wealth, not debt, the Army Community Services' Financial Readiness program is joining the rest of the nation in supporting Military Saves Week from Feb. 27-March 4.

The celebration gets an early kickoff with the 4.01K Race to Savings, 7 a.m. on Feb. 25 at Weyand Field. Participants will run through an "obstacle course" of vendors offering information on everything from credit scores to saving plans. The cost to join is \$10 on the morning of the race.

Then, starting on Feb. 27, Financial Readiness specialists will be offering free courses on budgeting, improving

credit scores and optimizing financial portfolios. Also during the week, ACS employees will be at the Schofield Barracks Exchange and the Fort Shafter Express to encourage Soldiers, family members and Army civilian employees to take the Military Saves Pledge:

"I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt."

More than 250,000 service members and their families have taken the pledge since the initiative started in 2007, according to the Military Saves website.



- Military Saves Week events**
- Feb. 27**
8:30-11:30 a.m.: Million Dollar Soldier's Training Camp and Savers Pledge at ACS
1-4 p.m.: Million Dollar Soldier's Training Camp and Savers Pledge at ACS
- Feb. 28**
8 a.m.-4 p.m.: Savers Pledge at ACS
10-11:30 a.m. How to Stretch Your Money Not Your Budget at ACS
11:30 a.m.-1:30 p.m.: Savers Pledge Table at Schofield Barracks Exchange
- March 1**
8 a.m.-4 p.m.: Savers Pledge at ACS
1:30-3 p.m.: Unlock the Secrets on Improving Your Credit at ACS
11:30 a.m.-1:30 p.m.: Savers Pledge Table at Fort Shafter Express
- March 2**
8:30 a.m.-1 p.m.: Savers Pledge at Community Readiness Expo (CRE) Nehelani
10-11:30 a.m.: Money Management at ACS
- March 3**
8 a.m.-3 p.m.: Financial consultations with Accredited Financial Counselors and Savers Pledge at ACS
10-11:30 a.m.: Optimizing Your Portfolio at ACS

On the web
Learn more at www.militarysaves.org and the ACS Financial Readiness Program at <https://hawaii.armymwr.com/pacific/hawaii/programs/financial-readiness-program>



Briefs

24 / Friday

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

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

Hawaiian Lunch Buffet — From 11 a.m.-1 p.m. at the SB Kolekole Bar & Grill for \$14.95 per person. Call 655-4466.

Hawaiian Lunch Buffet — From 11 a.m.-2 p.m. at FS Hale Ikena for \$14.96. Call 438-1974.

AER Campaign Kick-Off — Annual event held at SB Nehelani from 4:15-4:40 p.m. to raise awareness and solicit donations to support Soldiers and family members. Campaign runs March 1-May 15. Call 655-4227.

Right Arm Night — Enjoy a night of camaraderie at SB Nehelani starting at 6 p.m. Call 655-4466.

Leilehua Concert Series — Enjoy live music from Mt. Keala from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

25 / Saturday

401K Race to Savings — This family friendly 4K Run starts at SB Weyand Field at 7 a.m. Cost is \$10 through race morning. The first 250 to register will receive a free 401K Race to Savings tote bag. Register at any Army PFC. Call 655-8007.

NOAA Whale Count — Bring binoculars, sunscreen, chair, drink and snacks to SB Outdoor Recreation Center for this eye-opening adventure from 7 a.m.-12:30 p.m. for \$10 per person. Transportation provided by Outdoor Recreation. This program is open to children 8 years old and above. Note, this is a land-based activity with some walking needed. Call 655-0143.

Mardi Gras Party — From 7:30 p.m. at SB Tropics Recreation Center. Enjoy live musical performances and authentic Louisiana cuisine. Call 655-5698.

27 / Monday

Million-Dollar Soldier Refresher — Learn valuable financial tools at SB

REGISTER NOW

2017 KOLEKOLE 10K RUN
MARCH 11, 2017 • 7:00AM
LEADER'S FIELD, SCHOFIELD BARRACKS
U.S. ARMY GARRISON, HAWAII

REGISTER AT ANY ARMY PFC

REGISTRATION:
Early entry Fee: \$35 by February 14. T-Shirt sizes guaranteed.
Late entry Fee: \$45 February 15 - March 8 or on race day by 6:45 a.m. T-Shirt size not guaranteed.
Registration is non-refundable.

OPEN TO THE PUBLIC* (*with valid credentials)

ELIGIBILITY:
Open to all Military ID Cardholders and sponsored guest. Runners, walkers, strollers and youth participants. Children not in a stroller must register to participate. Animals are not permitted.

AWARDS:
Awards will be given to the top 3 overall men and women finishers as well as 1st, 2nd, and 3rd place in the following categories:
10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

QUESTIONS?
(808) 655-8007

Run the Kolekole Pass!

HIMWR.com

MWR courtesy artwork

Registration continues for the March 11 Kolekole 10K Run. Runners, walkers, strollers and young people are invited. Visit www.HiMWR.com.

ACS, 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchase strategies. Call 655-4227 to register.

Employment Orientation — New to the island and looking for employment? This SB ACS class, 10-11:30 a.m., is designed to orientate you to employment opportunities on Oahu. Learn about 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.

Stress Solutions — Held from noon-1 p.m., this class identifies the causes of stress as well as how it affects our lives. Techniques, such as positive self-talk and how to not take things personally, are shared, along with a variety of relaxation

techniques. Call SB ACS at 655-4227.

28 / Tuesday
10 Steps to a Federal Job — Create an effective, targeted federal resume and successfully manage the application process, 9 a.m.-noon, at SB ACS. Call 655-4227.

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.

Youth Sports and Fitness Track and Field — Registration is underway for youth born on/or between 1999-2010 – no exceptions. Call 655-6465 or 836-1923.

Ongoing

Ceramic Mold Pouring — One session costs \$25, including supplies, from 10 a.m.-noon, on Wednesday, and 9 a.m.-noon, on Saturdays, at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Ages 17 and up are recommended; for younger patrons, call 655-4202.

Mom & Tots — SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road, every Thursday, for moms (or a parent/guardian) to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Keiki Night — Every Wednesday is Keiki Night at the Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

Wing Night at Mulligan's — Every Thursday and Friday night on FS from 3:30-8 p.m., get 10 wings for \$3. Call 438-1974.

Thirsty Thursdays — Every Thursday enjoy 75 cent wings and draft specials from 4:30-8 p.m. at Wheeler's Hangar. Call 656-1745.

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

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

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

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time from 11 a.m.-3 p.m. on Sundays and 5-8 p.m. on Tuesdays. Costs \$100 for a 10-week session at the Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons call 655-4202.

Texas Hold'em Poker — Play every Thursday at 5:30 p.m at SB Tropics. Seating is limited. The first place winner is awarded \$25 MWR Bucks the the last Thursday of each month. Call 655-5698.

8 Ball Pool Tournament at Tropics — This 9-ball single elimination and sudden death tournament is at SB Tropics every Thursday at 6 p.m. Call 655-5698.

Chess at Tropics — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming at team? Call 655-5698.

Ping Pong & Party Pong — Every Friday night starting at 6 p.m. Call 655-5698.

Slam the Door Open Mic Night — Every Saturday at 7 p.m.

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

24 / Friday

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

Big Brothers, Big Sisters — Would you like to mentor? If so, Big Brothers Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its Military Youth Mentoring Program. Your mentoring is needed an average of two to four times a month for a 12-month period. To get started, contact Lauren Jagla, Enrollment and Matching Specialist, at (808) 695-4569.

25 / Saturday

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

Rotary Club of Waikiki Garage Sale — Annual fundraiser, 8 a.m.-1 p.m., at Waikiki Elementary School features books, clothing, toys, appliances, furniture, media and collectible items and benefits school youth programs. Located at 3710 Leahi Ave. Friday drop off runs 5-7 p.m. at the school cafeteria.

Leilehua Craft Fair — Project Grad 2017 support event, 10 a.m.-2 p.m., features food vendors, silent auction and creative crafts at Leilehua H.S. Cafeteria.

Pacific Roller Derby — Afternoon bout begins at 4 p.m. at the Hideaway Club on the U.S. Coast Guard Air Station, 1 Coral Sea Road. Open to all ages; \$10 admission. Non-Military fans please email mediapacificrollerderby@gmail.com for installation access information.

26 / Sunday

African-American History Month — Windward Choral Society presents “Guide My Feet: A Celebration of African-American Gospel and Spirituals,” 5 p.m., St. John Vianney Parish, 920 Keolu Dr., Enchanted Lake, Kailua. Park-

ing and concert are free and no tickets are required.

March

3 / Friday

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

10 / Thursday

Honolulu Festival — Hawaii's largest festival promotes cultural understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim, March 10-12, in Waikiki. For more details, visit www.honolulu-festival.com.

11 / Friday

Dole Plantation Family Fun Day — The free event, 10 a.m.-2 p.m., features live musical performances, hula, arts and crafts, prize giveaways and headliner Frank De Lima.

Students and teachers from area public schools will run keiki games, food booths and other activities at a nominal fee as fundraisers for their programs. Wheeler Middle School Band performs at 10:45 a.m. Contact 220-4981 or visit DolePlantation.com

Ongoing

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

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Patriot's Day (R)
Friday Feb. 24, 7 p.m.

Sing (PG)
Saturday Feb. 25, 4 p.m.

The Bye Bye Man (PG-13)
Saturday Feb. 25, 7 p.m.

Hidden Figures (PG)
Sunday Feb. 26, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center 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 SAC: School Age 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
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‘Army Strong’ completes Presidents Day run

KRISTEN WONG
Contributing Writer

HONOLULU — More than 13,000 participants as well as military units streamed through Aloha Stadium, completing the 33rd Annual Kaiser Permanente Great Aloha Run, Monday (Feb. 20). The 8.15-mile run, which began at Aloha Tower and ended at Aloha Stadium, was open to the general public. Competitors ran, walked or used a hand cycle to the finish line.

Participants could win in various challenges, such as the High School Challenge and Lucky Seven Teams. There was also entertainment, such as Stacie Ku’ulei and the Acoustik Playground Band, as well as the University of Hawaii Band.

“It’s great to be here in Aloha Stadium for all of you that chose to get up this morning, bright and early on this windy beautiful Hawaiian day, to come and choose to be healthy and active and enjoy this great, great community event,” said Mary Ann Barnes, the president of Kaiser Permanente Hawaii.

Army Strong

As the first finishers came in, volunteers and staff cheered them on, giving them high fives.

Army spouse Maritza McAulay took first place in the female military elite category, finishing in 51 minutes and 32 seconds. She considers the GAR one of her favorite races on the island. She said she favors the race for its distance, as



Photo by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division

U.S. Army Soldiers assigned to the 8th Military Police Brigade, 8th Theater Sustainment Command, participate in the Great Aloha Run in Honolulu, on Monday.

well as its aloha spirit, and the cheering people who keep her going.

“It was really fun,” McAulay said. “I really enjoyed it.”

She said although the race was windy, she just had to block it out of her head.

“The weather will be whatever it’s going to be,” she said.

McAulay said she came in approximately nine minutes faster than last year.

Sounds of Freedom

The Sounds of Freedom is a category of the Great Aloha Run dedicated to the military. Military units are encouraged to register and run in formation during the race. Various Army units in Hawaii waved their guidons in the GAR this year.

“If you get really, really tired, there’s people to back you up, cheer you on and give you water,” said Staff Sgt. Leadrean Jordan, the battalion chemical, biological, radiological, nuclear noncommissioned officer in charge at the 8th Theater Sustainment Command.

The race was the very first Great Aloha Run for Jordan, who has only been stationed in Hawaii for a month.

“They’re a great team,” she said of her unit. “They push everybody to pass their limits.”

Staff Sgt. Tessieneil Wiggins, a supply sergeant for the 728th Military Police Battalion, 8th MP Brigade, 8th Theater

Sustainment Command, was among the Soldiers running in the Sounds of Freedom.

“I like doing runs; it’s fun,” she said. “(Running with the unit) was great. It creates morale and cohesion in the company.”

Display of force

During the awards ceremony at the run, U.S. Army-Hawaii was honored as the largest unit in formation in the Sounds of Freedom.

Maj. Gen. Gregory C. Bilton, the deputy commanding general of Operations at U.S. Army-Pacific, and Col. Mario A. Diaz, deputy division commander, Support, 25th Infantry Division, came up to the stage to represent the Army.

“It’s a great privilege to run with the community here in Hawaii,”

Bilton said. “We love this place. We love being posted here, and these events just remind us how special Hawaii is, so once again, thank you to the organizers and the sponsors.”

Funds raised by the Great Aloha Run go to various nonprofit organizations, community groups and human service organizations. The United Cerebral Palsy Association of Hawaii also currently partners with the Great Aloha Run and receives funding from the proceeds as well.



Photos by Kristen Wong, Oahu Publications

Soldiers from U.S. Army-Pacific Command and 25th Infantry Division enter Aloha Stadium during the 33rd Annual Great Aloha Run, Monday.

Right — U.S. Army-Hawaii is honored for largest unit participation in the Sounds of Freedom category of GAR. From left to right: Vince E. Barfield, Bank of Hawaii; Maj. Gen. Gregory C. Bilton, the deputy commanding general of operations at U.S. Army-Pacific; Carole Kai, Great Aloha Run co-founder and Col. Mario A. Diaz, the deputy division commander-support of the 25th Infantry Division pose for a photo at the awards ceremony following the run.



IPC, MPs promote healthy habits at Family Fun Fitness Day

Story and photos by **KRISTEN WONG**
Contributing Writer

SCHOFIELD BARRACKS — More than 500 attendees came for a workout at Island Palm Communities LLC’s second annual Family Fun Fitness Day at Kalakaua Community Center, Feb. 17.

Residents of IPC were eligible for this event, which was held in and around the community center. Children were able to play with Battle Balls, run through obstacle courses, learn to golf and more. Families competed with each other to see who could hula hoop the most times in 30 seconds, or who could do the most jumping jacks in 30 seconds.

Sheryl Ferido, the community services manager for IPC, said that by holding this type of event, families can learn about nutrition and how to exercise in ways that don’t require equipment or a trip to the gym.

“I think it’s important to the families to come to the event to be aware of what exactly is fitness,” Ferido said. “(They

can try) simple things like jumping jacks and jumping rope and hula hoop and come check out what’s available (on post).”

Various organizations supported the event with information tables set up in the center’s breezeway and along the sidewalk. Groups including the Army & Air Force Exchange Service, Army Community Service and Outdoor Recreation Center were on-hand to answer questions about their respective services. The 13th Military Police Detachment hosted a bike rodeo to show children how to ride their bike properly on the street. Representatives from Child, Youth & School Services provided music for the event.

There were also performances from the Schools of Knowledge, Inspiration, Exploration & Skills Unlimited dance classes and the post cheerleading squad, the Diamond Divas. Instructors also taught brief classes in yoga, kickboxing and Zumba.

“I like all the different activities like Zumba and kickboxing,” said military spouse Jenny Gonzalez. “I’m going to start doing both now.”

This was Gonzalez’s first Island Palm Communities Family Fun Fitness Day, but it was her second recent fitness day, as her children also had a fitness day at Daniel K. Inouye Elementary School.

Military spouse Tina Waite said there were fitness classes being showcased that she did not even know where available, such as yoga.

Hunter and Khearrington Alms both said they enjoyed the obstacle course.

“The obstacle course was fun cause we could jump around and do awesome stuff,” Khearrington Alms said.

Hunter Alms said he kept missing when attempting to throw balls in a bucket during the obstacle course, but still enjoyed himself.

“We love it,” said Barb Wandell, who brought her children to the fitness day. “They have so many nice things on base for the kids. When I saw this I thought it would be perfect. It instills a healthy attitude towards life and gives the kids exercise.”



Spc. Kenntravius Ingram, a bike patrol military police officer with 13th MP Det., 728th MP Bn., 8th MP Bde., escorts Averie Pettitt through the bike rodeo course.

When not running, jumping, batting or biking, hungry families partook in fruit, granola bars and water. Attendees were also encouraged to bring a canned good and they would be entered to win a prize. The canned goods were donated to the Hawaii Foodbank.

On April 6, from 5:30 to 7 p.m., IPC will be hosting Lemonade Day,

for fourth- to eighth-grade students. Students will learn about finance, including profits and loans.

On the web

For more information on the next IPC event, visit www.facebook.com/islandpalmcommunities/.



Britt Flather, the president of Hui ‘O Na Wahine, helps Olivia Lacey hold a ball in a spoon as she goes through a mini obstacle course at the 2nd Annual Family Fun Fitness Fair, Feb. 17.

Sometimes we all need a good word

CHAPLAIN (MAJ.) BILL KIM
8th Military Police Brigade

SCHOFIELD BARRACKS — There is a commonly told story of a man who came home facing bad news each day. Upon stepping into his house after just returning from work, his wife would meet him at the door and share all the day’s troubles with him. One day, the man decided to put a stop to this, and his wife agreed that before she would share any bad news of with him, she would at least let him to change his clothes and eat his dinner. However, the very next day, his wife met him at the door as always, and said to her very tired husband, “Hurry up, get changed, and eat your dinner! I’ve got some really bad news to share with you!”

Coping
Unfortunately, we know disappointments, discouragement and depression are a part of life, and people are so anxious and eager to share such things with each other. It’s one of our ways to cope when life just doesn’t seem to be fair. If we take the time to look around, we will find that the best-selling non-fiction books are often self-help books, which we hope will help to alleviate our problems.



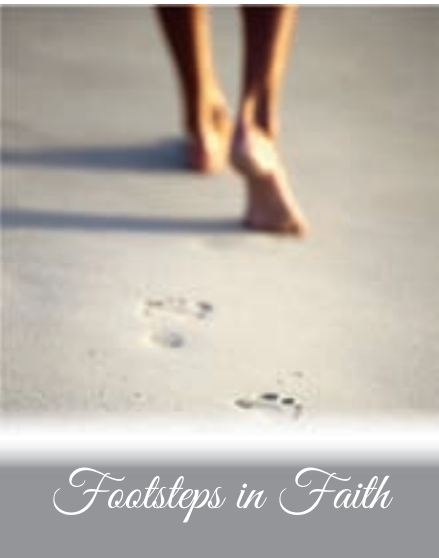
Courtesy photo
We all have the ability to help others in their time of need through advice and encouragement.



Kim

One of the Apostle Paul’s first journeys as a missionary is detailed in Acts 13:13-52. The people in Pisidian, Antioch, request words of encouragement and advice. Paul gives them that encouragement by opening up about his faith and sharing it with the people. In the same manner, when we need of encouragement we are often surrounded by many who can offer it. It’s no wonder that psychiatrists, psychologists, counselors, clergy, and others who offer words of encouragement and advice are in high demand.

Seeking advice
Though seeking a professional counseling and advice is necessary at times, we must also remember that we all have a support network around us. Everyone knows someone that he/she can rely upon for advice and encouragement, whether it is a family member, friend, co-worker or neighbor. While no individual can claim to have all the answers, each person has a unique



set of skills and knowledge that comes from faith, philosophy, education or life experiences.

Offering encouragement
The beauty is that while we can seek advice and encouragement from others, we can also help others in their time of need. Every one of us has the ability to encourage someone. We may think, “Sure, I want to encourage others, but I’m not so good with words. What can I do?” The following account of Queen Victoria perhaps says it best:

One day, she heard that the wife of one of her servants had lost her baby. Having experienced such a deep sorrow herself, she felt moved to express her sympathy. So the queen went to the grieving mother to spend some time with her. After the queen left, the neighbors asked what the queen had said. “Nothing,” replied the grieving mother. “She simply put her hands on mine, and we silently wept together.” Encouragement goes beyond just mere words. Kind acts, service and generosity all provide encouragement. We all have times that we are in need of a good word. But let us not forget that we, too, have the same ability to provide that good word when others are in need.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)
AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, SB
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

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

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

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH
(Call 473-3971)

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

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

New Year’s resolutions still require adjustments

By now, two months into 2017, most people have given up on their New Year’s resolutions to lose weight. I’ll admit it. I give up every year around this time, and the chronic pattern of lose-gain-guilt, lose-gain-guilt, repeats itself in perpetuity. Every year, I start out raring and ready to drop 10 pounds fast. I pick a simple diet without pesky portion controls to fit our hectic lifestyle. You know, it’s the kind that allows me to eat pork rinds dipped in mayonnaise, bacon-wrapped prime rib and blocks of cream cheese to my heart’s content. A couple of weeks into the diet, I’m five pounds of toxin-flushing water weight down, and other than extreme constipation and debilitating fatigue, I feel fabulous. However, during week three or four, the needle on my scale won’t budge. I eat more eggs than Cool Hand Luke, but the only thing I lose is motivation. Without the stimulus of weight loss, I just can’t take it anymore. In a last ditch effort to break through my weight loss plateau, I hit the base gym ... hard.

Oh, no
Although I haven’t done more than power walk in years, I find myself in the



weight room with dozens of iron-pumping young military men, heaving heavy disks onto the squat machine like a pro. They’re doing it, so why can’t I? With the bar across my shoulders, I lower my 50-year-old mom frame into a squat, and I am pleasantly surprised to see a little muscle bulging in my thigh. I’m so relieved to know it still exists. I repeat the maneuver over and over, happily watching my little muscle flexing just under the skin. The next morning, I cannot get out of bed. My stomach muscles are screaming in pain from the sets of planks I’d done to impress some younger spouses on the mats, and I feel paralyzed from the waist down. Unable to lift my torso from the mattress, I roll sideways to exit the bed. While walking gingerly to the bathroom, I note that my thighs feel a bit tender, but nothing prepares me for the excruciating experience of using the toilet. Standing in front of the porcelain fixture, I unhinge my knees, expecting my



Courtesy photo

quadriceps to take over where my joints left off. But as my quads contract to support my middle-aged girth, I am seized with dual jolts of agony. Instinctively, my legs go limp, I cry out in pain and I plop onto the seat, knocking the toilet paper off its roller and the magazines off the sink. After making all necessary deposits, I wonder how I’m supposed to get back up without the use of my thighs. In a clumsy attempt to stand, I somehow pull the towel rail out of the wall. The rest of the week, I walk around like I just got off a horse. I avoid all physical exercise, and I stop drinking liquids to minimize bathroom visits, which of course, stalls my weight loss. I turn to a can of Pringles for comfort, and the

whole cycle starts all over again.

New year, new me
However, this year will be different. Instead of falling back into old routines, I’m trying new metabolism-boosting meals. I ordered a gluten-free cookbook, and I’m finding new walking trails around town. I started eating more fish and loading up on weird veggies. However, I haven’t gotten to rainbow chard, yet. I still made mistakes, like the night I drank three glasses of red wine, which lowered my inhibitions enough for me to eat an entire package of windmill cookies that had been in the back of the cabinet since Christmas. But overall, I’ve stayed on track. Still, I can’t help but worry. ... Is long-term change really achievable? Do I have the strength to disprove the adage that old habits die hard? Will the syrup smothered smorgasbord of Fat Tuesday tempt me to board the weight loss rollercoaster for another ride? Fat chance. After 35 years of gaining and losing the same 10 pounds, I’m ready to break the cycle for good. Rainbow chard, anyone? (Visit Molinari for more insights at www.themeatandpotatoesoflife.com.)

‘What’s eating you?’ TAMC provides support

KRISTI HAYASHIDA
Tripler Army Medical Center

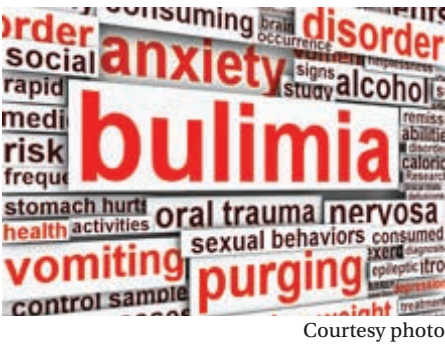
HONOLULU — According to the Centers for Disease Control and Prevention, or the CDC, serious disturbances in eating behavior and weight regulations cause more deaths than any other mental illness.

Most eating disorders begin with patients thinking about their weight, body shape and food. It is a serious emotional and physical problem that can have life-threatening consequences for females and males of any age.

Maj. Christian Schrader, chief of Inpatient Psychiatry at Tripler Army Medical Center, states that patients who seek treatment for an eating disorder in the Behavioral Health Center are already suffering from medical problems or symptoms that impair their ability to function normally at work or home.

Eating disorders launched into social awareness during the late 1970s and 1980s. A majority of patients suffering from eating disorders at that time were adolescent girls in pursuit of having the “skinny is beautiful” stereotype-body set forth by the media.

Recently, doctors have discovered a disturbing increase of men, but mostly women, with eating disorders in their late 20s, 30s and 40s.



Courtesy photo

Misconceptions

According to the CDC, there are many misconceptions about what causes an eating disorder within our society. Social acceptance is not the only reason people develop an eating disorder. There are also complex factors, including genetics, biochemical, psychological, cultural and environmental causes that contribute to an eating disorder.

Eating disorders are an illness, not a character flaw or choice, according to the CDC.

Before modern research discovered that there is more than one characterized eating disorder, its categories had two main entries: anorexia and bulimia.

•**Anorexia nervosa**, meaning lack of appetite and nervous disorder, involves self-starvation. It is an extremely serious, life-threatening eating disorder, leading

to a massive loss of weight. The CDC states that anorexia nervosa has one of the highest death rates of any mental health condition.

•**Bulimia nervosa**, meaning hungry and nervous disorder, is characterized by a cycle of binge eating and compensatory behaviors, such as self-induced vomiting or over use of laxatives and diuretics.

Inadequate food intake denies the body from receiving the proper nutrients it needs to function normally. Patients suffering from anorexia nervosa and bulimia nervosa will experience a lower heart rate and blood pressure, muscle loss and weakness, hair loss, fatigue and overall weakness. The effects of these disorders include dehydration leading to kidney failure, osteoporosis, severe damage to the brain and the entire digestive system.

According to Schrader, Binge-Eating Disorder (BED) is the most common eating disorder between men and women. BED should not be confused with occasional overeating. BED involves frequent episodes of consuming very large amounts of food to the point of discomfort without any means to prevent weight gain.

Many suffering from BED will experience weight gain, but it is important to note that not everyone who is overweight

binges or has BED. The long-term effects of BED are heart disease, high cholesterol and blood pressure, diabetes and fatigue.

Schrader is concerned for the men and women who serve our country during the months leading up to physical training tests. Many service members resort to crash diets and excessive use of dietary supplements because of the rigorous standards in the military. Unhealthy attempts to lose weight quickly may inflict needless stress on the body and possibly lead to an eating disorder.

TAMC support

“Patients have a fear of rejection and being judged,” Schrader said. “Thankfully, TAMC has great providers in Behavioral Health, Internal Medicine and Pediatrics who are open and willing to assist those who need and want to become healthier.”

Schrader welcomes anyone suffering from an eating disorder to visit the Behavioral Health Center, to receive confidential treatment.

“The best way to avoid an eating disorder is to look at a long-term, attainable goal for weight loss, and one that involves healthy eating habits and exercise,” Schrader suggested. “The best way to prevent harm from any eating disorder is to ask for help.”

TAMC

TIP

Preventing pregnancy Infections

Learn how to help prevent infections during pregnancy and help keep you and your unborn baby safe.

- Wash your hands for 20 seconds with soap and water.
- Try not to share forks, cups and food with young children.
- Cook your meat until it’s well done.
- Avoid unpasteurized (raw) milk and foods from raw milk.
- Do not touch or change cat litter.
- Stay away from wild or pet rodents and their droppings.
- Talk to your doctor or nurse about vaccinations, group B strep and sexually transmitted diseases.
- Avoid people who have an infection, such as chicken pox or rubella, if you have not yet had it yourself or did not have the vaccine before pregnancy.

