



Maj. Samjhana Shrestha, a Nepalese soldier, makes a “fire taco” with the help of a 25th Infantry Division Soldier at the Jungle Operations Training Center, Feb. 21.

Nepalese infantry train with Tropic Lightning

Story and photos by
**PETTY OFFICER 2ND CLASS
AIYANA PASCHAL**
Defense Media Activity Forward Center – Pacific

SCHOFIELD BARRACKS — The 25th Infantry Division hosted a delegation with female Nepalese Army officers on Feb. 21. The delegation was held to share information, techniques, tactics and procedures to promote the effectiveness and integration of females into combat roles.

Maj. Samjhana Shrestha, an infantry officer in the Nepalese Army, expressed the importance of female integration into combat units.

“Women are as powerful as men,” Shrestha said. “Women should be integrated in the Army in every field. They should be equally treated. If women are taken in the Army then it will help to maintain the peace, so it is necessary.”

The U.S. Army opened up all military

positions to women in 2015. Women in the Nepalese Army began serving in combat roles in 2004.

“They’ve had all of their branches open to all of their women for a significantly longer period of time than we have,” said Capt. Lindsey Kozuch, an assistant field artillery officer. “I think the U.S. Army could learn a lot from how they have integrated their women into their military and how we could go moving forward with ours.”

The day started with a briefing at the



Nepalese soldiers learn jungle survival training including tactics, techniques and procedures.

Division’s Lightning Academy. Nepalese soldiers learned about the various types of training available at the school, such as the Pre-Ranger Course, the Tactical Rifle

Course and the Air Assault. Each course is run independently of the others.

Through the rain on northern Oahu, the delegation continued with a Jungle Operations Training Center (JOTC) demonstration. Nepalese soldiers received demonstrations and various hands-on training provided by the JOTC, such as building fires from available resources in a jungle terrain and building shelters.

“I feel great to visit here as an infantry officer,” Shrestha said. “We can exchange our skills, we can exchange our tactics, we can learn new things from here. I think that is the benefits we are getting from both sides.”

A round table discussion with U.S. Army female officers was held next, to further share and discuss information about tactics, techniques and procedures that have helped the integration process.

AER kickoff campaign offers firsthand testimonial

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — The 2017 Army Emergency Relief campaign kicked off here, Feb. 24, with a visit from retired Lt. Gen. Raymond V. Mason, director of AER and former commanding general of the 8th Theater Sustainment Command and former senior mission commander for Army Hawaii.

“Nothing is more important than taking care of Soldiers and their families,” Mason told the crowd of Army leaders who had gathered at the kickoff event to hear him speak.

AER was incorporated into the Army by the Secretary of the War and the Chief of Staff of the Army in 1942. It is a non-profit organization that supports Soldiers facing financial hardships and relies on donations from Soldiers and their families to provide grants, no-interest loans and a combination of grants and loans to those in the force who need it the most.

Mason emphasized this point.

“This is the Army’s campaign, not just AER’s campaign. It’s Army leadership that directs our movement,” he said, add-



Photo by Kristen Wong, Oahu Publications
Sgt. Derek S. Lastovich, of the 311th Signal Command, gives a testimonial about Army Emergency Relief during the 2017 AER Campaign Kickoff at the Nehelani Banquet & Conference Center, Feb. 24.

ing that because of this, leaders can stand before their Soldiers and talk about AER, the support it provides and the fact that

this support is made possible by donations from other Soldiers.

“This is truly Soldiers helping Sol-

diers,” he added.

He urged unit leaders to foster an AER-friendly environment, saying that the success of AER lies with unit leaders who encourage Soldiers to both donate and take advantage of the program.

“Coming for help is not a sign of weakness,” he said. “It’s a sign of strength. It’s a sign of trust between leaders and the led.”

Sgt. Derek S. Lastovich, of the 311th Signal Command, a cancer survivor who credited AER with helping him cover the costs associated with his treatment and recovery, also spoke at the kickoff.

“This is not a sad story, but a true story,” he said. “In 2016, I re-enlisted to demonstrate that a Soldier, even one with a disease, can contribute from any position and that I will continue to train and to lead. After my last surgery I received a no-pay due for paperwork not getting to its proper destination. I came in to AER... and (they) helped me assess the situation.”

He appealed to Army leaders to support AER and keep their promise to be

See AER, A-9

‘Wayfinder’ spouse earns SB Military Spouse of the Year

STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Military spouses aren’t just recognized for volunteerism, but also for encouraging, uplifting, and empowering other spouses.

This is a cornerstone of Sarah Hutchison’s beliefs, which is one of the reasons she won Military Spouse magazine’s Military Spouse of the Year for Schofield Barracks.

Hutchison, a native of Downers Grove, Ill., and spouse of Staff Sgt. Jesse Hutchison, a platoon sergeant assigned to 29th Brigade Engineer Battalion, 3rd Bde. Combat Team, 25th Infantry Division, provided much needed assistance to those in need.

“I help those that are down during a field deployment,” she said. “I help families when they need to go back to the mainland during an emergency. I will help just about anyone in my community. “Sometimes it is the littlest thing that



Courtesy photo
Sarah Hutchison, left, with the person who inspires her every day, her mother, Debra LeBlanc.

will lift someone’s day, and from my friends, family, neighbors, people I just met, that is what I provide by offering my services.”

Hutchison is involved with the Girl Scouts, volunteers with Wheeler Elementary School, participates in Adopt

A Family for Christmas, donates to the homeless and gives shoes to children in need.

She said she has been a military spouse for 10 1/2 years, and it’s not as easy as it looks.

“It’s hard because you are constantly supporting someone who is putting the Army first,” she said.

She said military spouses can’t take a day off or call in sick like civilians at a regular job. She does everything she can to support her spouse and family.

“Whether it is to go pick up uniforms, to go to the grocery store, to watch your kids to everything, it’s tough,” she said. “But I would not do anything else.”

Theresa Stanifer, spouse to Sgt. 1st Class Christopher Stanifer assigned to Fort Leonard Wood, Mo., nominated Hutchison for her selfless service to others.

“No matter what Sarah has going on, she will drop whatever she’s doing to help someone else,” Stanifer said. “She

puts others’ wants and needs before hers, so she can help others.”

Stanifer described Hutchison as a “positive influence on spouses within the unit no matter where she goes. She’s always quick to help out or pitch in, no matter what she has going on herself.

“Sarah is an extraordinary woman, she (is) a great mother and wife; she helps everyone she can; she brings smiles to everyone faces,” she continued. “You only have to be around her for a short while before she will have you smiling and laughing.”

Hutchison said she was shaking with excitement when she received the news she had won.

“I looked at all the other women that won,” she said. “If you read some of their articles they are the head of organizations and they’re the head of all this volunteer work. I got nominated by a few friends that think how great I am. It’s these moments where you just remember that it’s worth it. It’s just totally worth it.”



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Photo by Petty Officer 2nd Class Daniel Rolston, Fleet Combat Camera Pacific

EOD Technicians, deployed to EOD Mobile Unit 5 from EODMU 3, conduct counter improvised explosive device (IED) training with Royal Thai Military EOD units, as well as UDT/SEALs from the Republic of Korea during Cobra Gold 2016.

303rd EOD suits up with the Royal Thai Army

SGT. JON HEINRICH
8th Theater Sustainment Brigade
Public Affairs

Approximately five Explosive Ordnance Disposal technicians from 716th Explosive Ordnance Disposal Company, 303rd Explosive Ordnance Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command from Joint Base Elmendorf-Richardson, Alaska, have spent the past two weeks in Thailand working to ensure a safe training environment for the 3,600 total U.S. forces at the largest Theater Security Cooperation exercise in the Indo-Asia-Pacific region, Cobra Gold.

While the multinational training event focuses on joint theater security operations and emphasizes coordination on civic action, such as humanitarian assistance and disaster relief, it also provides the opportunity to expand regional cooperation and collaboration in the humanitarian nature of the regional EOD mission.

Regardless of nationality or service, EOD technicians worldwide are in the business of saving lives and property from the threat of explosive hazards, whether it's improvised explosive devices, unexploded ordnance or munitions stockpiles.

"Cobra Gold provides an excellent forum to further develop EOD interoperability with our Royal Thai Army EOD partners," said Lt. Col. Shawn L. Kadlec, Battalion Commander of the 303rd Explosive Ordnance Battalion. "CG provides an amazing opportunity for us to continue to develop multinational EOD interoperability and competencies that can be used in response to a wide array of operational circumstances, whether it's in support to counter-terrorism operations or eliminating explosive remnants of war threatening the civilian populace."

Cobra Gold is the first exercise for Pacific Pathways 17-1, an innovative approach employed by U.S. Army Pacific that links a series of security cooperation exercises

with allied and partner militaries into an operation and deploys a unit that is task-organized with enablers, personnel and material to conduct this operation.

The "pathway" is the link between these bilateral and multi-lateral exercises, and the unit is mission tailored and task-organized for the series of exercises in its entirety.

The 8th TSC supports Pacific Pathways and exercises like Cobra Gold not only through active participation by Soldiers from units like the 303rd EOD, but also through the coordination of all the logistics requirements involved, including transportation, ammunition and even Army watercraft.

While the threat of explosive hazards throughout the Indo Asia pacific region will inevitably continue to be a challenge, it's one that the increased partnership and interoperability forged during Cobra Gold 17 will make easier to respond to for a safer and more secure Indo-Asia-Pacific.

Trump pledges to rebuild armed services in address

JIM GARAMONE
DoD News, Defense Media Activity

WASHINGTON — President Donald J. Trump told a joint session of Congress last night that the United States will work with a coalition to "extinguish" the Islamic State of Iraq and Syria from the planet.

Trump also told Congress he will forward a fiscal 2018 budget request that will increase defense spending by \$54 billion and eliminate sequestration.

Carryn Owens, the widow of fallen Navy SEAL Senior Chief Petty Officer William "Ryan" Owens, received a standing ovation from Congress. Carryn sat in the gallery with First Lady Melania Trump.

"Ryan died as he lived: a warrior, and a hero - battling against terrorism and securing our nation," Trump said during his address. The nation will never forget Owens' sacrifice for the United States as he fought terrorists in Yemen, the president said.

Trump listed what he has done since taking office just over a month ago. This includes directing the Defense Department to work with other agencies to develop a plan to destroy ISIS. Defense officials delivered that plan to the White House this week.

The president also imposed new sanctions on entities and individuals who support Iran's ballistic missile program, ordered a review of military readiness and pledged to rebuild the armed forces.



Video still from Department of Defense

President Donald J. Trump addresses Congress Tuesday evening.

American history, Trump said.

"The challenges we face as a nation are great, but our people are even greater," he said. "And none are greater or braver than those who fight for America in uniform. To those allies who wonder what kind of friend America will be, look no further than the heroes who wear our uniform."

America will lead based on the vital national interests of the United States and its partners around the world, Trump said.

"Our foreign policy calls for a direct, robust and meaningful engagement with the world," he said.

Supports NATO

The United States strongly supports the North Atlantic Treaty Organization and other allies in the Middle East and the Pacific, the president said.

"But our partners must meet their

financial obligations," he added.

"We expect our partners ... to take a direct and meaningful role in both strategic and military operations, and pay their fair share of the cost," Trump said. "We will respect historic institutions, but we will also respect the sovereign rights of nations."






The United States will reach out to other nations to find new friends and forge new partnerships, the president said. "We want harmony and stability, not war and conflict," he said. "We want peace, wherever peace can be found."

Trump noted that Germany and Japan – now among America's closest allies – fought the United States during World War II.

"This history should give us all faith in the possibilities for a better world," the president said. "Hopefully, the 250th year for America will see a world that is more peaceful, more just, and more free."

Voices of Ohana

March is National Nutrition Month. We wondered, What is your favorite healthy snack?
By Tripler Army Medical Center Public Affairs

 <p>Col. Andrew Barr commander TAMC</p>	<p>"Grilled chicken breast."</p>	 <p>Segrid Hatten commander's secretary TAMC</p>	<p>"Fruit kabob."</p>	 <p>Maj. Casey Mckenna executive officer TAMC</p>	<p>"Greek yogurt and apples."</p>	 <p>Command Sgt. Maj. Timothy Sloan TAMC</p>	<p>"Spinach."</p>	 <p>Capt. Jeffery Timby deputy commanding officer TAMC</p>	<p>"Black bean and corn salsa."</p>
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8th MP ‘Peacekeepers’ prepped for deployment

Story and photo by
STAFF SGT. TARESHA HILL
8th Theater Sustainment Command
Public Affairs

WAHIAWA — Whether it’s responding to emergencies, performing traffic control, or helping with school activities and programs such as Partnership of Ohana, Drug Abuse Resistance Education (D.A.R.E.), Slow Down or National Night Out, Soldiers from the 8th Military Police Brigade remain ready to serve U.S. Army Garrison-Hawaii’s community with unsurpassed public service and close-community relations.

Recognizing how much the military is a part of their community, Advancement Via Individual Determination (AVID) students from Wahiawa and Wheeler elementary and middle schools and Leilehua High School, gathered during an AVID Leadership Conference Feb. 18, at Leilehua High School, to show their appreciation for the military by assembling care packages for the deployed Soldiers of the 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

Earlier this year, half of the Soldiers from 552nd MP Co. ‘Peacekeepers’ deployed to Guam in support of a U.S. Pacific Command security force mission. For the majority of the Soldiers, it was their first deployment away from home.

To show the Soldiers how much they care, the AVID students wrote personal notes and put together care packages containing small bottles of shampoo and conditioner, bars of soap, toothpaste and other hygiene products.

As part of the event, Lt. Col. Chad Froehlich, 728th MP Bn. commander, spoke with the students, answering questions about his career and Army life,



Advancement Via Individual Determination (AVID) students assemble care packages Feb. 18, here, for deployed Soldiers from the 552nd MP Company, 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

and expressing how much his Soldiers appreciated their thoughtfulness.

“I know they are very excited to get these packages,” said Froehlich. “It’s not about what goes inside the package, it’s about volunteering your time and the care you put into them.”

Each year the AVID students reach out to their community with projects, hoping to raise awareness and enforce the foundations of local community esprit de corps while building leadership skills and character of their students. Because Oahu has several branches of the military here, finding ways to balance projects between

the civilian and military population can be challenging.

“We have a mix of local and military kids in our schools,” said Grant Toyooka, Leilehua Complex resource manager and coordinator of the AVID event. “Last year we helped the homeless in our community, so this year we wanted to do something to help our military.”

While the students wrote their notes and placed the small gifts inside the care packages, Froehlich and 552nd MP Co. Rear Detachment commander, 1st Lt. Jacob Bales sat down with the students and answered questions.

“Watching the students interact with them and seeing the students ask them questions has been great,” said Toyooka. “They are learning about our military and finding out we are not so different.”

Froehlich praised the students for their leadership and said he was very impressed with how engaged they are with the community.

“It’s really exciting to see our young Americans out there that are trying to do something to make our community a little better,” said Froehlich. “I’m very proud of each and every one of you. Thank you.”

DES officer honored at worldwide antiterrorism conference

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — Antiterrorism officer Donald Murry’s mission is to keep U.S. Army Garrison-Hawaii’s 22 installations free from terrorist attacks.

He does this by coordinating with Army planners, directorates and the wider community on exercises; disseminating information to the public; and keeping the garrison’s command informed and prepared.

If he does everything right, he usually has nothing tangible to show for it.

“I’ll know I did my job if I retire and no terrorist attack has happened on the installation,” said Murry, who is one of only two antiterrorism officers at U.S. Army Garrison-Hawaii’s Directorate of Emergency Services.

Murry was recognized in February at the Army’s 2016 Worldwide Antiterrorism Conference in Orlando, Florida, as one of 25 antiterrorism officers placed on the conference’s Honor Roll, which singles out standouts in the field. It’s the second time he received the honor. He was also selected in 2014. The conference was convened by the Antiterrorism Division of the Army Office of the Provost Marshal General.

“I think it was well-deserved,” said Lt. Col. William McKannay, executive officer at DES, adding that most of Murry’s work is behind-the-scenes. “He does a great job of not only keeping the community informed on what to look out for and how to bring things to our attention, he also does a great job of bringing it all together and translating all the information he’s gathered to the commander so the commander can make an informed decision.”

McKannay pointed out that in addition to his work on the installations, Murry is also a member of joint antiterrorism task forces, where he works with city, state and other military officials to keep the islands safe.

The breadth of the work — going back and forth between the wider community and the command — keeps it interesting and fulfilling for Murry.

“I love my job,” he said. “The complexity of it, that it has no borders. I’m talking with planners, coordinating with (the Directorate of Public Works), always talking with cops, working with (the Directorate of Family and Morale, Welfare and Recreation) at events. It’s not just one thing that I do. It’s total coordination.”

However, there are challenges.



Courtesy photo

Donald Murry, right, antiterrorism officer at USAG-HI’s Directorate of Emergency Services, receives a certificate of recognition from Maj. Gen. Mark Inch, Provost Marshal General of the Army at the Army’s Worldwide Antiterrorism Conference in February.

it could be catastrophic,” he said. “It’s about that balance between safety and letting people lead a normal life.”

Working with diminishing resources is another challenge. While the antiterrorism budget may not be directly affected by cuts, he depends on the wider community to help him enforce and integrate safety protocols, so cuts to the wider Army community does impact his work.

Still, he praised the support he receives from the garrison’s leadership.

“They give us the leeway to do our job and they take what

“Sometimes it’s very difficult to convince the community, when there’s an event, that yes, even though nothing has happened here, if something does happen

we do seriously,” he said. “They take the information we give them seriously and are very involved. That makes doing the job go well.”

TAMC program shapes future medical leaders

WILLIAM SALLETTE
Tripler Army Medical Center
Public Affairs

HONOLULU — Tripler Army Medical Center has been training military medical professionals for more than 65 years through its Graduate Health Education (GHE) program.

For decades, Army medicine has worked to train the military health care team of the future through its GHE program and TAMC has been a significant part of the Army’s medical training mission.

TAMC, in coordination with its program directors, provides an organized educational program with guidance and supervision of its residents, facilitating their professional and personal development while ensuring safe and appropriate patient care.

TAMC began the GHE program in February 1949, when the Internal Medicine Residency program received its initial accreditation. The goal of the GHE program is to educate and train physicians in various medical and surgical disciplines so that, upon completion of the training program, they are able to pass their board certification exam, demonstrate sufficient competence to enter practice without



Photo by William Sallette, TAMC Public Affairs
Lt. Col. Kara Delaney, chief of TAMC’s Pediatric Specialty Clinic, discusses the proper techniques for placing an intraosseous catheter in a simulated bone.



Photo by William Sallette, Tripler Army Medical Center Public Affairs
Vivian Edwards, TAMC’s chief of Resuscitative Training Services, discusses the proper techniques used to perform CPR on an infant.

direct supervision, are competent practitioners and are able to practice their specialty in the U.S. and abroad.

TAMC is a major teaching hospital that currently sponsors 240 resident positions in 14 accredited physician training programs, including radiology, family medicine, obstetrics and gynecology, internal medicine and general surgery. It also has 11 non-physician graduate programs.

“Our beneficiaries deserve nothing but the best,” said Col. Kent DeZee, chief of the TAMC Directorate of Health Education and Training. “By closely supervising our residents, we ensure great patient care for our current patients and excellent preparation for our residents’ future patients. We design the training to meet not only civilian accreditation rules, such as (the) Accreditation Council of Graduate Medical Council and American Board of Medical Specialties, but also the specialized needs of military physicians.”

Annual selection of potential candidates by the GHE Selection Board is competitive and are based on previous schooling, letters of recommendation, Officer Evaluation Reports, titles of completed research and presentations, and board examination scores, as well as a formal interview with one of the program directors. All of this information will be compiled to determine where on the Order of Merit List the candidate will fall.

TAMC is affiliated with the Uniformed

Services University of the Health Sciences (USUHS) as a teaching hospital and a majority of the candidates have received a health professions scholarship for their training.

“Tripler has enjoyed a robust program of faculty development opportunities in collaboration with the USUHS,” DeZee said. “The collaboration provides the trainees medical education platforms, including strong clerkship opportunities, coupled with the highest quality of education, ensuring that our beneficiaries receive highly reliable care at Tripler and throughout Army Medicine facilities.”

The GHE program constantly develops and strengthens the curriculum to prepare graduates for the evolving needs of patients and the health care system. The GHE programs also encourage research and innovation to advance patient care with state-of-the-art technology.

“The medical field is constantly evolving,” said DeZee “We have to adjust our curriculum to ensure that we are teaching

the most up-to-date methods of care for our patients.”

Depending on the specialty of the training, a resident in the GHE program can spend one to six years in the program.

“The TAMC GHE program did a tremendous job of preparing me for both inpatient and outpatient medicine as a doctor of internal medicine and as an Army provider,” said Maj. Eric Swanson, chief of the Internal Medicine Clinic. “We did many rotations during my three-year training at TAMC that included outpatient encounters, subspecialty rotations (oncology, gastrointestinal tract, etc.), and many inpatient rotations for general medicine and critical care patients.”

Each year the program graduates approximately 140 residents. This equates to producing more than 15 percent of the Army’s licensed physicians each year. Many of these residents will move on to operational assignments throughout the world where they will use the skills they have learned. These physicians are trained on the most up-to-date methods and with state-of-the-art equipment.

“I have done multiple global health engagements throughout my residency program and it has prepared me for just about anything I may encounter,” said Anthony Tolisano, chief resident of the TAMC Ear, Nose and Throat clinic. “Many times on these engagements, we may not have all of the best tools or facilities to operate in and that is what it can be like when we deploy, so I feel that once I leave here, I will be ready to perform my best under whatever circumstance I may find myself in.”



Photo by Soraya Robello, TAMC Visual Information
Graduate Health Education students celebrate their achievement at a graduation ceremony held at TAMC.

‘Sea Dragons’ judge local science, engineering fair

Story and photo by
SGT. KIMBERLY MENZIES
94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers with the 94th Army Air and Missile Defense Command, U.S. Army Pacific, volunteered as judges for the 2017 Honolulu District Science and Engineering Fair, Feb. 11 and 17 at Kapiolani Community College.

“The Honolulu District Science and Engineering Fair was established to provide a competition based on the quality of projects done by students, the results of which were presented through exhibits at the fair,” said Lt. Col. Gina Thomas, the deputy automations officer for the 94th AAMDC.

Thomas holds a Bachelor of Science in biochemistry and sociology, and has 20 years of experience in the fields of information technology and cybersecurity.

During the event, students within the district, from grades 6-12, showcased their science, technology, engineering and math (STEM) projects.

Students entering the competition are required to adhere to strict scientific rules that mirror traditional scientific investigation. The criteria for judging the research projects were: creative ability; scientific method and engineering design; thoroughness and knowledge of concepts; competence and skills; and communication and clarity.

The State of Hawaii Department of Ed-



Capt. Hana Lee, the assistant chief of war plans and Lt. Col. Gina Thomas, the deputy automations officer with the 94th AAMDC, USARPAC, volunteer as judges for the 2017 Honolulu District Science and Engineering Fair, recently, at the Kapiolani Community College.

ucation-Honolulu District asked for volunteers with education and professional work experience in the relevant science fields to judge the students’ STEM projects.

“I thought, ‘What a great opportunity to share my time, to help our youth, by helping to positively contribute to their scientific academic experience,’” said Thomas. “I may also learn something in the process.”

The Soldiers’ desire to volunteer as judges at the fair was motivated by a deep commitment and passion for their community and for science.

“I love STEM, the more opportunities

I have to be around it, the better,” shared Thomas. “Especially when it is coming from young people with a desire to contribute to the scientific community.”

Capt. Hana Lee, the assistant chief of war plans for the 94th AAMDC added, “I think that volunteering is a great way to connect with the civilian population that we protect and defend, as well as bridge the civil-military divide that can result from the limited interaction between the military and civilian communities.”

Lee holds a Bachelor of Science in international relations and a minor in systems engineering.

The “Sea Dragons” were notably ex-

cited by the refreshing enthusiasm and interest of the students presenting at the fair.

“I was really impressed with the students’ levels of interest, knowledge and engagement in their areas of study,” shared Lee. “It is imperative that we continue to nurture these young minds so that they can positively contribute to society.”

Thomas added, “I love seeing the wonders of science through children’s eyes. It’s refreshing in the digital age where young attention spans are decreasing exponentially.”

Thomas, who is also a mother of four, explained the sociological necessity of recognizing that humans are social beings and understanding how imperative it is that we help our community grow positively.

“One way to help our community positively grow is to share time and talent with others, helping them learn, ensuring they have positive experiences themselves so someday they have a desire to give back to their community in the future,” she said.

“Whatever your background, there are opportunities to share your time and talents with your community and you should,” she continued. “No one can survive alone. There is no future if those who come after us are not taught.”

The students who win will go on to compete at the 2017 Hawaii State Science and Engineering Fair, April 10-12.



Today
Siren Warning Test — The state’s monthly test of its outdoor warning siren system has been rescheduled from March 1 to today at 11:45 a.m. to avoid public confusion. Severe weather conditions on

March 1 may have caused area residents to mistake the testing of the siren for an actual emergency alert.

The siren test is a steady one-minute tone used to alert the public to any emergency that may pose a threat to life or property. The sound of the sirens is a cue for residents to turn on a radio or television for information and instruction for an impending emergency. Besides natural hazards, the Emergency Alert System could be used for terrorist incidents or acts of war.

15 / Wednesday
2017 National Prayer Breakfast scheduled — U.S. Army Garrison-Hawaii will host this year’s National Prayer Breakfast, from 7:30-9 a.m., at the Nehelani Banquet & Conference Center at Schofield Barracks.

Chaplain (retired colonel) Scott McChrystal will serve as the guest speaker for the event. Soldiers, civilians and their families are invited to the breakfast.

Tickets will be distributed through unit ministry teams. A \$5 donation is recommended at the door.

Ongoing
Email DPW Work Orders — To free up phone lines for emergencies, the Directorate of Public Works is asking the community to submit non-emergency work-repair orders via email. Download a Microsoft Word version of DPW’s Demand Maintenance Order Form on the U.S. Army Garrison-Hawaii website (<https://www.garrison.hawaii.army.mil/dpw/default.htm>). The completed form may then be emailed to usarmy.wheeler.id-pacific.list.dpw-demand-maintenance-orders@mail.mil.

For emergencies, such as widespread power outages, overflowing toilets and Priority 1 air-conditioning failures, call the Installation Operations Center at 656-3272.

USARPAC Survey — The USARPAC Inspector General’s Office would like to afford all leaders and DA Civilians assigned to USARPAC the opportunity to participate in the Army Leader Development inspection. If you are an E-5 and above or GS-8 and

above we ask you to complete a confidential one to two-minute survey at the link below. Please use your email credentials from a CAC enabled computer to log on. The survey is available from Feb. 24-April 15.

CRGs — Community Resource Guides are a one-stop shop for Soldiers, civilians, family members and retirees. This comprehensive guide to programs and services in the medical, mission and garrison organizations is available at <https://www.garrison.hawaii.army.mil>.

AER: Soldiers asked to contribute

CONTINUED FROM A-1

there for their Soldiers.

Although donations to AER from Hawaii increased in 2016, Mason said that donations overall have been on the decline. He attributed this to a shrinking force and fewer resources, but encouraged leaders to increase their efforts for the sake of their Soldiers.

Army Hawaii leaders in attendance said after the kickoff that they were moved to take the message to their Soldiers.

“It’s always inspiring to hear about AER and let Soldiers know about it,” said Command Sgt. Maj. Robert Garo of the 2nd Brigade Combat Team, 25th Infantry Division. “It’s about Soldiers helping Soldiers and it should be the first place they go if they need financial help. If they go to outside sources (like payday lenders) they’ll be charged high interest rates.”

Maj. Gen. Susan Davidson, commanding general of the 8th TSC, said it was important for leaders to embrace the program. “As leaders we really have to not only understand it, but buy into it. It isn’t just giving people

free money. It will keep Soldiers in the force. It will give Soldiers the ability to remove that financial stressor and contribute to the readiness of the force.”

AER assistance

AER provides financial assistance for the following:

- Car seats
- Cranial helmets
- Dependent dental care
- Emergency travel
- Essential furniture
- Food
- Funeral expenses
- Loss of funds
- Medical expenses
- Non-receipt of pay
- Rental vehicle
- Rent/Mortgage
- Repair/replacement of HVAC
- Repair/replacement of major appliances
- Replacement vehicle
- Travel fund for relocation (PCS)
- Utilities/deposits
- Vehicle repairs

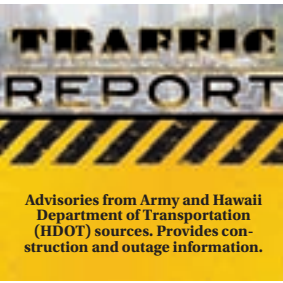
By the numbers

- In 2016 AER worldwide assisted 36,000 Soldiers and their Families with more than \$54 million in loans and grants.
- In 2016 Schofield Barracks assisted 1,419 Soldiers and their families with more than \$2.4 million in loans and grants.
- In 2016 Schofield Barracks collected the most donations Army-wide for a total of \$355,000. Of that amount, \$316,000 came from active-duty Soldiers.
- In 2017, Schofield Barracks aims to raise \$360,000 for AER.



Contact

To make a donation call the Schofield Barracks Army Community Service office at 655-4227 and ask to speak to an AER representative. Active-duty Soldiers can make a donation through their units' AER representative. To make an online donation visit www.aerhq.org.



March Today

Mililani — Lane closures on Kamehameha Highway in both directions between Ka Uka Boulevard and Waihau Street from 8:30 a.m.-3 p.m. for sign replacements and guardrail repairs. One lane in both directions will be open for motorists at all times.

Kapolei — Closure of the H-1 Freeway in the eastbound direction between the Kalaeloa Boulevard Overpass and the Farrington Highway from 9 p.m.-4:30 a.m., nightly,

to install a temporary platform for the Kapolei Interchange Complex, Phase 2 project.

The Kalaeloa Boulevard on-ramp to the eastbound H-1 Freeway will also be closed. Motorists traveling on the H-1 will be directed to Kalaeloa Boulevard from the Campbell Industrial Park/Barbers Point Harbor Off-Ramp (Exit 1A) then may continue eastbound on Kapolei Parkway, Kamokila Boulevard or the Wakea Street On-Ramp.

Kamehameha Highway — Lane closure on Kamehameha Highway in the westbound direction between Center Drive and Kohomua Street from 8:30 a.m.-2:30 p.m. for The Rail project.

11 / Saturday Schofield Outage — Buildings 689 and 690, and the ATM on Schofield Barracks have a sched-

uled power outage from 8 a.m.-noon on March 11. 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.

Tidball Road Tree Removal — Construction activities for the Replace 46 KV Line Menoher to Castner project will temporarily subject Tidball Road to temporary one-lane traffic for tree removals from 8 a.m.-3 p.m. Identified parking stalls inside of Chapel parking lot will be also closed in order to safely remove trees at the corner of Tidball Road and McCornack Road.

30 / Thursday Half of General Loop, Charlton & Jecelin Streets, B Quad Outage — The locations listed will be without power on Thursday, March 30, from

7:30 a.m.-3 p.m. Other locations could be impacted and the scheduled outage may require more time, dependent 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 5-6:30 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. and 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 for all visitors): 24 hours, seven days per week.
- Macomb Gate: 5 a.m.-1 p.m. on Monday-Friday for two-way traffic; 4-6 p.m. on Monday-Friday for outbound traffic. Closed weekends and fed-

eral 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. Intermittent road closures are at Wisser Road, in the vicinity of the theater, Bldg. 500 (Phase-1 Areas A-B), from 8:30 a.m.-5:30 p.m., weekdays, excluding holidays, through March 17.



WHALE WATCHERS

Volunteers assist migration tracking

Sgt. 1st Class Paul D’Veney, a production control noncommissioned officer in charge with Co. B, 209th ASB, 25th CAB, and his daughter Cali, watch for whales.

KRISTEN WONG
Contributing Writer

HALEIWA — On Saturday, the ocean waves rolled in at Pua’ena Point. Stand-up paddleboarders and surfers dotted the water, and members of the Hawaii Army community sat in the sand, binoculars in hand, surveying the horizon.

“Blow!” announces site leader Brandie Markos.

A humpback whale has been spotted taking a breath.

The Hawaiian Islands Humpback Whale Sanctuary, managed by the National Oceanic and Atmospheric Administration and the state of Hawaii, annually conducts its Sanctuary Ocean Count project during the last Saturday of the first three months of the year.

Sighting season

These months are the peak of humpback whale season in the islands, which runs between November and April. During the count, volunteers monitor the humpback whales migrating to Hawaii, the only U.S. location they use for mating, birthing and nursing their young.

“(The count) is intended to be a snapshot of the sightings and behaviors, and fosters awareness of humpback whales,” said Cindy Among-Serrao, this year’s project coordinator.

The last day to volunteer this year is March 25. More than 900 people have already registered this year for the count. Volunteers participate in the count on Oahu, Hawaii and Kauai. On Oahu, there are more than 20 different sites designated for whale counting. Each year, the Outdoor Recreation Center at Schofield Barracks assists NOAA in recruiting volunteers for the count.

Sharon Sanchez, a recreation specialist at ODR, said the center has been partnering with NOAA for at least four years.

“We feel that we are able to educate people by doing this program,” she said. “It is important to have internal as well as external partnerships.”

Sanchez recommends joining the count during January and February, as the whales tend to start leaving by the end of March, though there have still been rare sightings.



Photo by Kristen Wong, Oahu Publications

Volunteers participate in the 2017 Sanctuary Ocean Count Project at Pua’ena Point, Saturday. Humpback whale season in Hawaii is generally November through April.

Volunteers of all ages, resident or non-resident, are welcome to participate. Interested parties can register as a volunteer or a site leader. Volunteers work in groups of two or three, recording the number of whales and their behaviors in 30-minute increments. The site leaders receive additional training, and are responsible for more duties during the count, such as instructing volunteers about observing the whales.

Training

This is Markos’s second year participating in the count. As the endangered species monitor for Sea Engineering, Inc., she registered for the count to get official training on whale observation. In addition to being an ocean lover, she said this would help her gain more knowledge.

“It’s great, I really enjoy it,” said Army spouse Juanita Terrell, who volunteered for the count with her children.

Terrell said she was interested in whales and this would be the closest she could get to seeing a whale.

“(Today) I’ve seen a breach (whale launching out of the water),” Terrell said. “That was amazing – just to watch something come out of the water that big.”

Sgt. 1st Class Paul D’Veney, a production control noncommissioned officer with Company B, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, volunteered with his wife and daughter to the count. D’Veney’s daughter, Cali, is in the Girl Scouts, and came to earn her whale-watching badge.

D’Veney said people need to pay attention when spotting a humpback whale from the site. He said seeing a “puff” out of the water confirms “you’re not just seeing things or a wave playing tricks on your mind.”

“You see one you get excited,” he said. “Plus we’re on the North Shore, and it’s always beautiful here. It’s a win-win.”

This is one of the few times he has been able to visit the beach while stationed in Hawaii, aside from unit physical training.

Once rare, endangered

According to the NOAA website, humpback whales were listed in the 1970s under the Endangered Species Act. In 1992,

Congress established the sanctuary, and the first Sanctuary Ocean Count project was conducted in 1996. Hawaii’s Department of Land and Natural Resources and the NOAA Office of National Marine Sanctuaries supports humpback whales through various programs, lectures, workshops and publications.

In a 2016 press release by NOAA Fisheries, nine of the 14 designated humpback whale populated areas have been deemed “recovered.” Hawaii is one of these areas. Among-Serrao confirmed that even though humpback whales in Hawaii are no longer on the endangered species list, they still receive federal and state protection. Whales are protected by the Marine Mammal Protection Act, which prohibits the “take” of marine mammals, defined on NOAA’s website as including, but not limited to, killing, capturing or harassing them.

“Though no longer endangered, the continuing threats to humpback whales include entanglement in marine debris and fishing gear, disturbance, and strikes from vessels,” Among-Serrao said.

The Sanctuary Ocean Count Project posts the number of counted whales and calves from each of the three days on hawaiiumpbackwhale.noaa.gov/.

Season-ender

The next count is scheduled for March 25 from 8:30 a.m. to 12:30 p.m. Call the Outdoor Recreation Center at 655-0143 to register. The cost is \$10 for those participating with the center, to offset the costs of supplies, support, and other miscellaneous program expenses. The deadline to register with them is at close of business the Wednesday before, which is March 22. The staff recommends that you bring binoculars, sunscreen, a chair, drinks and snacks.

Online

For more information, go to the website at sanctuaryoceancount.org. The most up-to-date sighting information can be found at hawaiiumpbackwhale.noaa.gov/. As this story was published, the online registration was not available, and volunteers may register for the count by emailing oceancount@noaa.gov or calling 725-5923.



Photo courtesy of Hawaiian Islands Humpback Whale National Marine Sanctuary

A humpback whale performs a breach, which is a leap out of the water.



Left — Army spouse Juanita Terrell observes the water for whales.

Right — Dashawn Terrell scans the horizon for humpback whales at Pua’ena Point, Saturday. There is one more day to volunteer for the Sanctuary Ocean Count Project this year.

Photos by Kristen Wong, Oahu Publications

Briefs

3 / Friday

Youth Sports and Fitness Summer Mini Soccer — Registration runs through March 31. Keiki born 2012-2013 are eligible, no exceptions. Call 655-6465 or 836-1923.

Survivor Outreach Services — Friday Fitness with Friends activities include yoga, group walks, and other opportunities. Location will be based on the activity. Everyone will meet at the SB SOS Center. Call 655-4227.

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

BOSS Movie Night — Watch the 3D premiere of “Logan” with BOSS at the Ward Theaters in Honolulu at 6 p.m. Register at SB Tropics Recreation Center or 352-223-6370.

April ACT Test — Registration deadline is today.

4 / Saturday

St. Patrick’s Day Pot ‘O Gold Swim — Held at SB Richardson Pool at noon for children 12 and under. Standard entry fees apply, plus a \$1 participation fee for a Gold Fish Hunt. Call 655-9698.

Nagorski Pro Shop Pot of Gold Sale — Try your luck at 10-40 percent off your retail purchase during March at FS Nagorski Pro Shop, while supplies last. Call 438-9857.

5/ Sunday

BOSS Three Peak Hike — BOSS will leave at noon. Register at Tropics or call 352-223-6370.

6/ Monday

Youth Sports and Fitness Summer League Baseball — Registration is from March 6-31. Youth born 2001-2008 are eligible, no exceptions. Call 655-6465 or 836-1923.

The Paia (March Featured Salad) — Enjoy fresh ingredients off FS Hale Ikena’s salad bar, weekdays 11 a.m.-2 p.m., to build your very own salad. Just follow the monthly recipe card and enjoy. Call 438-1974.

Teen Tech Week — Space is limited at SB Sgt. Yano Library from 4-5 p.m.

APRIL DEADLINE

Courtesy photo

Register today for the Spartan Race, scheduled for Jan. 27, 2018.

for teens 12-18 interested in coding and robotics. Call 655-8002 to reserve your spot.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will 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.

Million Dollar Soldier Refresher — This training offers 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.

7 / Tuesday

Coloring for Adults — SB Library provides the supplies, at 6 p.m., for adults only. Call 655-8002.

Resume Workshop — Learn how to create a resume for the first time or update your resume for a private sector

from 10 a.m-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

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 held at SB ACS from 1:30-2 p.m. will help volunteers learn how to register for a VMIS account, search for volunteer positions, and track their volunteer service hours. Call 655-4227.

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

8 / Wednesday

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

Teen Manga Club at Sgt. Yano Library — Discuss popular manga titles and anime titles; this month’s theme will be “Accessories for Cosplay.” Begins at 3:30 p.m. Call 655-8002.

Hired! — Lifeguard internship applications due. Call 655-0451.

9 / Thursday

Family Child Care New Applicant Brief — Interested in running your own childcare business? Come to the new applicant brief from 9-11 a.m. at the SB FCC Office, 730 Leilehua Ave. Bldg. 645. Call 655-8373.

Block Party at the Studio — We’re having a block party at SB Library for children 1½-5 years old from 11:30 a.m.-12:30 p.m. and for school-aged children from 3-4 p.m. Children will have the opportunity to use their imagination to create with Lego and wooden blocks; limited to 15 children. Pre-registration required, call 655-8002.

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

Basics of Budgeting — Learn to develop a budget, track expenses, and create a system to save and pay your bills on time in this course held at SB ACS from 10-11:30 p.m. Please bring a copy of your Leave and Earnings Statement (LES) and a list of bills. <https://mypay.dfas.mil>

Texas Hold’em Poker — Play every Thursday at 5:30 p.m at SB Tropics. Seating limited. \$25 MWR Bucks to the 1st place awarded the last Thursday of each month. Call 655-5698.

10 / Friday

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. Pre-registration is required. Call 655-5698.

BOSS Healthy Meals in Minutes — Discover how to make quick healthy meals with BOSS at SB Tropics Recreation Center starting at 8 a.m. Register at Tropics or call 352-223-6370.

11 / Saturday

Kolekole 10K Run — Run the Kolekole Pass starting at 7 a.m. on SB. Cost is \$45 through 6:45 a.m. race morning. Register online or in any Army PFC. Medals will be awarded to overall and age group winners. Call 655-8007 for more information about the run.

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

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. 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.

4 / Saturday

Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is closed this weekend, due to live fire training

Bellows Outdoor Adventure Race — Marine Corps Training Area Bellows (Waimanalo) hosts, 8 a.m. Walk-in registration is accepted at the Semper Fit Center reception desk, Bldg 3037 and is open to the public. Cost is \$30 individuals/four-person team \$90.

Pacific Aviation Museum

— Open Cockpit Day, 10 a.m.-4 p.m. Kids of all ages can climb into the cockpit of one of several of our historic aircraft and talk story with pilots and ground crew who have been there. Flight suits and helmets provided. Free with museum admission.

Katt Williams — Diminutive comedian brings his talents to the Blaisdell Arena, 8 p.m. Tickets range from \$35-\$150 at ticketmaster.com or 800-745-3000.

10 / Friday

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 / Saturday

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 nomi-

nal fee as fundraisers for their programs. Wheeler Middle School Band performs at 10:45 a.m. Contact 220-4981 or visit DolePlantation.com.

25 / Saturday

Bonnie Raitt — Grammy winner performs her bluesy music at the Blaisdell Concert Hall, 8 p.m. Tickets run \$59.50-\$100, at ticketmaster.com or 800-745-3000.

26 / Sunday

Adam Sandler — “Saturday Night Live” veteran is joined by David Spade and Rob Schneider for the “Sandy Wexler Here Comes the Funny Tour,” 7:30 p.m., Blaisdell Arena.

30 / Thursday

Blood, Sweat & Tears — Updated version of the Grammy-winning blend of rock and jazz performs through April 2, 6:30 and 9 p.m., at the Blue Note Hawaii. Visit bluenotehawaii.com or 777-4890.

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.

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 695-4569.

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.

Army Museum in Waikiki Volunteering — The U.S. Army Museum of Hawaii is looking for friendly and sociable volunteers to greet museum visitors. Call 438-2825.

Split (PG-13)

Friday March 3, 7 p.m.

Studio Appreciation Advance Screening (PG-13)

Free Admission. Tickets available at the Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime. Saturday March 4, 5 p.m.

Monster Trucks (PG)

Sunday March 5, 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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Leilehua JROTC earns national cyber finals

LEILEHUA HIGH SCHOOL JROTC
News Release

WAHIAWA — A local team of students from Leilehua High School is headed to Baltimore as a finalist in the national championship round of CyberPatriot IX — The National Youth Cyber Defense Competition.

This is the Leilehua JROTC’s third trip to the national finals where it captured consecutive Army Service Championships in 2012 and 2013.

Annual contenders
Since 2009, CyberPatriot’s National Youth Cyber Defense Competition has challenged teams of two to six students to harden simulated computer systems and resolve real-life cybersecurity situations faced by industry professionals. The competition provides students with hands-on experience securing computer networks while also exciting, educating, and motivating them toward careers in cybersecurity and other science, technology, engineering and mathematics (STEM) fields.

Leilehua’s Army JROTC Mighty Mules, led by Coach Lt. Col. (Ret.) Nick Spiridigliozzi, and mentors 1st Lt. Ben Allision, Chief Warrant Officer 3 Lee Unrein, and Spc. Evan Wittman, is one of 13 finalists for the competition’s All Service Division.

Team members are Cadet Brandon Unrein, Cadet Tyler McWilliams, Cadet Jarod Olive-Stalling, Cadet Jacob Huerta,



Courtesy photo

Preparation continues for the National Youth Cyber Defense Competition at Leilehua High School, Monday. (From left to right) Cadet Jarod Olive-Stalling, mentor Chief Warrant Officer 3 Lee Unrein (standing), Cadet Brandon Unrein, mentor Sgt. Matthew Meado (standing), Cadet Jacob Huerta and mentor Spc. Evan Wittman.

and Cadet team support person Lejah Amantiad.

This group recently claimed its third consecutive Hawaii State CyberPatriot Championship. This year’s three-track competition had public, private, and home-school teams registered in the Open Division, while JROTC units and Naval Sea Cadet Corps and Civil Air Pa-

trol squadrons filled the All Service Division. The third track consisted of middle school competitors. In all, more than 4,400 teams registered to participate, representing all 50 states, the District of Columbia, Canada, U.S. Department of Defense Dependent Schools in both Europe and the Pacific, and other teams abroad.

The All Service Division began with more than 1,500 teams registered. Now, the group has been narrowed to 13 final teams, and each team will receive an all-expenses-paid trip to the CyberPatriot National Finals Competition at the Hyatt Regency in Baltimore, where they will compete face-to-face and defend virtual networks from a professional aggressor team.

Competitors will participate in several timed events to showcase a myriad of cybersecurity skills in an attempt to win the coveted national championship award and scholarships.

“The CyberPatriot competition engaged our students in real cyber security threats, showing real-world applications of science, technology, engineering and math, or STEM, lessons,” said Leilehua High School Principal Jason Nakamoto. “I applaud the hard work of our students, coach, and mentors in qualifying for the highly competitive national championship round.”

CyberPatriot greatly benefits from the support and technical expertise of the Northrop Grumman Foundation and the competition’s founding partner – CIAS at the University of Texas-San Antonio.

Learn more
For more information about CyberPatriot, visit www.uscyberpatriot.org.



LEARNING ETIQUETTE



Photos by Britt Flather, Hui ‘O Na Wahine

SCHOFIELD BARRACKS — Junior Girl Scouts from Troop 341 join a very special tea hosted by Christina Cavoli, wife of Maj. Gen. Christopher Cavoli, commander of the 25th Infantry Division, at her residence, recently.

Right — Before tea and hot chocolate, the Scouts receive a tour and briefing about the historic features still in place. Then comes the true reason for the visit, earning their Social Etiquette badges.

Cavoli and the Scouts used the occasion to discuss social skills and proper etiquette skills that can be used throughout life.

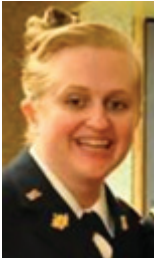
A prayer is offered for a mentor

CHAPLAIN (CAPT.) JENNIFER LANE
209th Aviation Support Battalion
25th Combat Aviation Brigade
25th Infantry Division

WHEELER ARMY AIRFIELD — We turned on the TV in my home, here, to see Lt. Gen. H.R. McMaster accept the National Security Advisor position serving President Donald Trump. My husband, a chaplain spouse and stay-at-home dad, was giggling and smiling.

I had heard him talk about Lt. Gen. McMaster before with other Cavalry friends. My husband loved his time in the armored Cavalry as a cavalry scout (19D.)

I know he puts faith and family first, but his love of Bradleys does not come far behind. He began his career under then-Lt. Col. McMaster from 2000 to 2002 in Germany, a time that includes, of course, 9/11.



Lane

Cavalry Regiment he served with in Germany and later Iraq.

My husband, James, worked hard as a cavalry scout in the field and at war, but he wasn’t always the best garrison Soldier. McMaster recognized his potential and had him promoted to sergeant.

Other enlisted Soldiers my husband served with are recounting stories on Facebook. Many mention McMasters’ profound influence on their lives. I

Shaped career
McMaster shaped my husband’s enlisted career, inspired him to be the best Soldier he could be until an IED moved him to civilian life, and had a lifelong influence on him and the other Soldiers of the 1st Squadron, 4th



asked James, “So he was a great inspirational leader?” “Yes, the best leader.” “In the Army?” “No, in my entire life.”

John Maxwell says that leadership has irrefutable laws, including sacrifice, victory and buy-in. The men and women I know who served under McMaster agree. He knew when to sacrifice. He found a way for his team to win like “England in the Blitz & the Chicago Bulls’ world championships.”

Soldiers believed in him as a leader so they bought into his vision.

I would like to take this opportunity to pray for his new leadership in our government and send blessings for him and his family because I know he has blessed my family.

Note to me: translate a meeting, with myself

I was late for the meeting. Again. With an armful of crumpled papers, I rushed down the hall. Sheepishly, I found a seat at the table, and began with as much authority as I could muster:

“This meeting is called to order at, let’s see, 12 minutes after nine. If you don’t mind, I’d prefer that these weekly sessions start promptly at the top of the hour. Now, without further delay, let’s get down to business.

“The van still needs new brakes, and if you wait much longer, you’ll be paying for rotors too. Lilly has her driver’s test on Tuesday at 3:15, but you must somehow get her to the dentist at 4. The checkbook hasn’t been balanced in three months, which might explain why you bounced a check last week,” I continued.

“Francis is on his last pair of clean underwear, so please put a load of hot whites in at your earliest convenience.”

Crickets.

No one responded, because I was having my weekly meeting with myself, and as usual, I had no idea how to answer my own demands. I scribbled a “To Do” list, marked a few things on the calendar, and then went about my day,



determined to get it all done once and for all.

But deep inside, I knew the inevitable pattern of my life would repeat itself. My week would start out productive. But soon, something would throw me off track – a school project, a sick kid and writer’s block. One item on my To Do list would collide into the next, and the ensuing pile up would become overwhelming.

By Friday, Francis would come home from work to find no dinner, unfolded laundry heaped on the coffee table, and me, dazed and unshowered, draped over my computer chair where I’d been surfing vintage Tupperware on e-Bay.

What fundamental flaw in my character has made it so difficult for me to keep up with my responsibilities as a work-from-home military spouse and mom?

After some thought, and half a box of Cheese Nips, I realized that I have always been a soldier, not a commander.

An Indian, not a chief. A worker bee, not the queen. I’m not lazy. I’m not incompetent. I’m not disorganized. I just need a supervisor, a boss, a manager to watch over me and keep me on track.

Ahh, how different things would be with someone to offer clear direction and guidance.

“Ms. Molinari,” my boss might say, “while it is clear that you are no stranger to hard work, there is room for improvement in the areas of task prioritization, self-motivation and personal hygiene. It is my recommendation that you avoid distractions from your daily priorities such as TJ Maxx, free samples, and mid-day reruns of ‘Mob Wives.’”

But unless I find someone willing to be compensated in meatloaf, I can’t afford to pay a manager to give me direction. I am the manager, damn it, and I have to take responsibility.

Long-term analysis indicates that this family is on an upward trend.

Despite its flaws, this family business is thriving, so there is no immediate need for new management.

Meeting adjourned.



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

Click on “Religious Support Office” under the “Directorates and Support Staff” menu.

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Protestant Worship

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

Liturgical (Lutheran/Anglican)

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

TAMC, SBHC awarded for excellence

AMY M. PARR
Regional Health Command-Pacific

With the completion of this year’s National Committee for Quality Assurance review, 11 Regional Health Command-Pacific Army Medical Homes, or AHMs, including Schofield, received renewed Patient Centered Medical Home, or PCMH, recognition and two AMHs, including Tripler Army Medical Center Pediatrics, were awarded new recognition in January and February.

This primary care national standard, good for three years, is a requirement of all AMHs by the U.S. Army Medical Command.

“This year’s result is a culmination of the hard work and dedication our Army medicine team puts forth throughout the entire Pacific region,” said Brig. Gen. Bertram Providence, RHC-P commanding general. “Additionally, it shows the high level of service that is consistently available across the command to our military members, their families and other beneficiaries.”

Geographically unique, RHC-P includes the Pacific, with 27 AMHs spanning three countries, Korea, Japan and the United States (Alaska, Washington, California and Hawaii). Despite geographic separation where some clinics may be isolated, 12 clinics received the highest rating with a level three recognition, and one clinic, with minimal staffing, received a level two. The remaining 14 AMHs in RHC-P attained a level three recognition during their last recognition periods.



- Clinics recognized include:**
- Tripler Army Medical Center Pediatrics*, Hawaii PCMH
 - Schofield Barracks Health Clinic Soldier Centered Medical Home*, Hawaii SCMH
 - Joint Base Elmendorf-Richardson Troop Medical Clinic*, Alaska SCMH
 - Fort Greely Army Medical Home*, Alaska PCMH

Exceeding standards

According to Dr. Sean Harap of RHC-P Clinical Operations, these accomplishments are due to the clinical staffs exceeding the standards of primary care excellence that civilian PCMHs across the nation hold themselves to in order to ensure a high level of care for their patients.

“This validation by an independent civilian organization of the superior processes our AMHs have in place to deliver safe, quality care, (and) is a testament of the high level of dedication our primary care clinics have,” said Harap.

Joseph Wall, RHC-P Primary Care Service Line Administrator, highlighted the drive teams displayed. “The leadership and staff at our medical homes realize that meeting NCQA standards will help deliver better care to our patients.

“We leveraged teamwork and leadership with

technology to form a learning collaborative model to standardize best practices to better serve our patients,” said Wall. “This included how we can use our common information systems to proactively identify and respond to what our patients need.”

During this review, three of the practices vaulted from level two recognition to level three, each improving by more than 10 points and scoring within five to eight points of a perfect 100 point score.

The recognition process required AMHs to submit documented processes, reports, materials and chart notes demonstrating performance in 157 factors. Those factors were spread throughout six key program component areas:

- patient-centered access
- team-based care
- population health management
- care management and support
- care coordination and transitions
- performance measurement and quality improvement

RHC-P recognition is “great for Army Medicine and each and every patient we care for. Primary care in the AMHs represents the bedrock upon which safe, quality care is built upon,” said Harap. “Our soldiers, their families and our beneficiaries can feel confident that the care they are receiving is based on the solid foundation of primary care that exists through the United States.”


“We will apply the same due diligence we have to date to continuously improve our AMHs,” said Harap. “Through continuous emphasis on these key areas, we are demonstrating the superior care that is delivered by our primary care clinics through the AMHs and a commitment to improvements that meet the top priorities of the Defense Health Agency and MEDCOM – medical readiness, access to care, quality and safety.”

Regional Health Command-Pacific

RHC-P orchestrates the delivery of world-class medical care for service members, families and eligible beneficiaries, and provides medical readiness and diplomacy in support of United States Army Pacific in the Pacific Command area of responsibility.

RHC-P’s area of responsibility includes all medical, dental, public health, and warrior care and transition services in Hawaii, Washington, Alaska, Japan, Korea and throughout the Indo-Asia-Pacific region.


To learn more about RHC-P and what their subordinate commands are doing for beneficiaries and the community visit www.army.mil/rchpacific.



TAMC

TIP

Prevent colon cancer



Colorectal cancer (cancer of the colon or rectum) affects both men and women, and is the second leading cause of cancer deaths in the United States.

Colorectal cancer can be prevented by getting screened for the disease beginning at age 50. Screening tests help prevent colorectal cancer by finding and removing precancerous polyps (abnormal growths). Screening also finds this cancer

early, when treatment can be most effective.

Take these steps to help lower your risk for colon cancer.

- Talk to your doctor or nurse about colon cancer screening, especially if you are age 50 or older, if you or a close relative has had colon cancer or polyps or if you have inflammatory bowel disease.
- Be physically active and maintain a healthy weight.
- Choose more fruits and vegetables for meals and snacks.
- Limit alcohol.
- Quit smoking.

For more information about colorectal cancer and how to get screened, contact your primary care provider at 808-433-2778. You may also visit <https://www.cancer.gov/types/colorectal>.