

2IBCT snipers get joint training with HPD

Story and photos by

MAJ. KAREN ROXBERRY

2nd Infantry Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — “People tell me I’ve saved hundreds and hundreds of people. But I have to tell you; it’s not the people you have saved that you remember. It’s the ones you couldn’t save; those are the ones you talk about. Those are the faces and situation that stay with you forever,” said military sniper Navy Seal Chris Kyle.

Time is arguably the most important aspect when Soldiers strive to hone their skills.

From March 20-24, snipers assigned to 2nd Infantry Brigade Combat Team, 25th Infantry Division, participated in a joint training exercise alongside Hawaii and Maui Police departments, as well as Marines at Koko Head Range Complex.

Snipers from 1st Battalion, 27th Inf. Regiment, and 1st Bn., 21st Inf. Regt., 2nd IBCT, as well as snipers from 3rd Bn., 3rd Marine Regt., had an opportunity to participate in the training, which has been coined “Sniper Week.”

“I’ve had a chance to train with some of the best Snipers from the military, and that got me thinking of incorporating some of their tactics into our training,” said Police Officer Quentin Apilando, counter sniper for Honolulu Police Department’s Specialized Services Division. “For instance, we train a lot on precision, but we are lacking in field craft. That’s where training with the military snipers helped us a lot, by teaching us about urban stocking and urban hides, which is most of the law enforcement call out locations.”

Apilando has served with HPD for 17 years and attended the Best Sniper Competition in 2013, which was organized by 1st Bn., 21st Inf. Regt., and held at Marine Corps Base Hawaii, Kaneohe Bay.

He added that his experience at the Best Sniper Competition was amazing and was also a motivator for creating Sniper Week.

Sniper Week is designed to bring all the sniper elements in the state of Hawaii together to train and exchange tactics and ideas.

In addition to sharing knowledge



Snipers, assigned to 2nd IBCT, 25th ID, conduct long-range marksmanship training with Honolulu Police Department Special Skills Division snipers at Kualoa Ranch.



Snipers, assigned to 2IBCT, 25th ID, conduct long-range marksmanship training with Honolulu Police Department Special Skills Division snipers at Kualoa Ranch.



Cpl. Austin Frankle, a sniper assigned to 1st Bn., 21st Inf. Regt., 2nd IBCT, 25th ID, demonstrates camouflage techniques to Honolulu/Maui/Hawaii County Police snipers at Kualoa Ranch.

across the different organizations, the training event was designed to build partnerships, which for the snipers of 2nd IBCT is important due to the Army’s small sniper community.

“When I was in sniper school, our instructors recommended that we train with law enforcement agencies,” said Staff Sgt. Eric Mankin, a sniper section leader for Sniper Section, 1st Bn., 21st Inf. Regt. “Since sniper community is small in the

Army, it’s good to branch out and conduct training with local police departments to broaden our horizons, technically and professionally.”

“All snipers throughout the military and law enforcement do different things,” said Cpl. Austin Frankle, a sniper shooter assigned to 1st Bn., 21st Inf. Regt. “The baseline is the same, pulling the trigger and the math, but when you get all these different groups together, you learn new

techniques that can be life-saving.”

Training throughout the week consisted of a series of distance qualification exercises, training alternate firing positions, stalk exercises, movement technique classes and an aerial engagement demonstration from Hawaii and Maui snipers.

All entities that participated in the training also had an opportunity to instruct and share their knowledge base.

Snipers from 1st Bn., 27th Inf. Regt. provided instruction on camouflage, concealment and movement technique classes, and snipers from 1st Bn., 21st Inf. Regt. instructed on equipment camouflaging and packing demonstrations.

“Seeing our Marine counterparts and law enforcement counterparts operate and teach their version of similar techniques shows that there’s always room to improve or build upon tactics learned in either a schoolhouse or combat environment, said Sgt. Griffin Wilde, a sniper team leader assigned to 1st Bn., 21st Inf. Regt. “In our job, being a methodical, intelligent and a confident sniper team greatly increases the devastating effects we can make on a

battlefield.”

“Sniper Week exceeded my expectations. We had the Army, Marines and various law enforcement agencies, and to see the information being exchanged from the different branches was just outstanding,” said Apilando. “I look forward to continuing my partnership with military and will continue to make ‘Sniper Week’ better every year.”

M.O.R.E. ration should, hopefully, always be better

1ST LT. JASON KILGORE

U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — Have you ever been in the field and thought the meal ready to eat, or MRE, was not enough fuel to optimize your performance?

The 3rd Infantry Brigade Combat Team recently had the unique opportunity to field test the new Modular Operational Ration Enhancement (M.O.R.E.) ration during training.

The M.O.R.E. ration was developed by the U.S. Army Research Institute of Environmental Medicine (USARIEM) in response to feedback from leaders who saw their Soldiers losing a significant amount of weight while operating in high stress or extreme conditions.

The body requires an immense amount of fuel when pushed to the extreme. For those who are in the field and who are too far for a tailgate resupply, combat rations such as MREs are the only source of fuel.

Historically, Soldiers would take out all the items in their MREs that were unappealing (“field stripping”) and pack only

what they believed they would need before leaving the line of departure. What the Soldiers didn’t understand is that each part of the MRE plays a vital role in replenishing the body’s fuel supply.

A single MRE has around 1,300 calories and provides the Soldier with enough energy and electrolytes to sustain him during normal operations. When you need more calories, you need the M.O.R.E. rations that add 1,100 calories to supplement the MRE.

When a Soldier is deprived of essential nutrients, such as calories, carbohydrates and electrolytes, the body is unable to function at its full capacity. This impact will hinder a Soldier’s accuracy while shooting, give mental and muscle fatigue, and hinder the ability to pay attention to surroundings.

The added caffeine in the M.O.R.E. rations helps combat the fatigue, giving the brain and body a much needed energy boost for those missions that require constant concentration for long durations or long movements on minimal sleep.



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

The M.O.R.E. ration, above, is designed for hot environments. It’s easily malleable and can fit easily in the cargo pocket.

The 3IBCT tested these new M.O.R.E. rations while conducting field operations for two-and-a-half days. Soldiers were issued one MRE a day, plus one M.O.R.E. ration on the last day, during the two-and-a-half day field training exercise.

Capt. David Vance, 3IBCT assistant op-

erations officer, stated that “the ration was very helpful in controlling Soldier food intake. There is a need to balance real world environmental stress in training through sleep deprivation, long movements and food restriction. The M.O.R.E. ration provided enough of the right kind of nutrients to optimize performance.”

Some would argue that there is great value to sleep and food deprivation while training in the field. It allows Soldiers to know their limitations, and then tests them. Providing the body with the right type of fuel for these high-stress environments is exactly what the M.O.R.E. ration was designed for.

“I’m the kind of guy that can go straight to sleep after drinking a cup of coffee before bed,” said Vance, “but after going 36 hours without caffeine, and then consuming the caffeinated chocolate pudding, I got a nice jolt of energy and focus.”

(Editor’s Note: See the rest of the story at <http://www.hawaiiarmyweekly.com/2017/04/05/m-o-r-e-ration-should-hopefully-always-be-better/>.)

Army to test PT fitness bracelet in June, issue in April 2018

Features include 24/7 fitness track, mentoring

ARMY NEWS SERVICE

News Release

WASHINGTON — Army officials on Saturday announced they will soon field a personal fitness bracelet that will allow Army leaders to track their Soldiers’ fitness in real time.

The technology will enable Army leadership to monitor their Soldiers’ activity level, physical location, and intake of foods, liquids and other substances.

It also allows leaders to provide remote mentoring in real time, according to Dr. Duke McDirkington, the lead scientific adviser from the U.S. Army’s Research Institute of Environmental Medicine, or USARIEM, and the co-chair of the Army’s Physical Training Belt Task Force.

Offers guidance

“We know for a fact through scientific research and polls that Soldiers already love the ‘PT’ belt,” McDirkington said. “But they have demanded a device like



Photo by U.S. Army

The bracelet device allows leaders to provide remote mentoring in real time when a Soldier’s fitness profile measures poorly.

this that would allow their leaders to send corrective guidance when the system detects a caloric spike due to things like junk food.”

The congressionally mandated joint task force of USARIEM, and Program Ex-

ecutive Office, or PEO Soldier, has spent seven years developing the device, which is embedded in a reflective, elastic wristband similar in appearance to the PT belt. Like their dog tags, Soldiers will wear the new fitness tracking device at all times.

“This is an exciting component of the Army’s modernization strategy and will take readiness to unprecedented levels,” said Col. Simon Richards, task force co-chair from PEO Soldier.

How it works

The new bracelet features a two-inch screen that provides visualizations of fitness data and progress reports on a Soldier’s specific levels of fitness, sleep, carbohydrates, protein, water and alcohol.

“The bracelets blend perfectly with our PT belts, increasing safety for our Soldiers and survivability during physical training,” said Sgt. Maj. of the Army Daniel A. Dailey, who expressed enthusiasm about the potential of the new technology.

The bracelet collects data through epidermis scanning sensors built into the wristband. Scans automatically synchronize the data to measure the Soldier’s

fitness profile against the optimal Performance Triad profile established by Army fitness researchers.

Leaders will offer remote video mentoring when a Soldier’s fitness profile measures poorly. Should a Soldier’s levels indicate they have consumed too much alcohol, for example, the Soldier will have the opportunity to be mentored by his or her first sergeant about the dangers of drinking.

For Army leaders who have been disappointed in the past by Soldiers’ seeming indifference to physical fitness discipline, the new fitness bracelet is a promising new tool for shaping the force.

“We’re merely a product of the Army’s tools and training,” Dailey said. “These new fitness bracelets will increase our Soldiers’ ability to improve their capabilities and become a better warrior, while simultaneously shifting the ultimate responsibility for monitoring their fitness levels from the Soldiers themselves to Army leaders.”

*(This would be a great tool for Soldiers if it were real. **Happy late April Fool’s Day** from Hawaii Army Weekly!)*



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

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

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

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

Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154

Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com

Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com

Staff Writer and Photo Editor
Karen Iwamoto 656-3150
reporter@hawaiiarmyweekly.com

Layout
Kristen Wong
layout@hawaiiarmyweekly.com

Advertising: 529-4700
Classifieds: 521-9111

Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000

Website:
www.hawaiiarmyweekly.com

Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands

U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
LTC Robert Phillips
655-6343

2nd Brigade Combat Team
MAJ Karen Roxberry
655-0738

3rd Brigade Combat Team
CPT Ramee L. Oppert
655-9526

25th Combat Aviation Brigade
CPT Heba Bullock
656-6663

8th Theater Sustainment Command
MAJ Lindsey Elder
438-0944

311th Signal Command (Theater)
CPT Liana Kim, 787-4095

94th Army Air & Missile Defense Command
SFC Claudio Tejada Valerio
448-1556

9th Mission Support Command
CPT Liana Kim
438-1600 ext. 3114

18th Medical Command (Deployment Support)
SFC John D. Brown, 437-4737
Tripler Army Medical Center
James Guzior, 433-2809

U.S. Army Corps of Engineers-Honolulu District
Dino Buchanan, 835-4003

500th Military Intelligence Brigade
Maj. Justin Brown, Brigade XO
787-6814

599th Transportation Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Eric Hamilton, 808-969-2402

HANDLING SOCIAL MEDIA ISSUES



Courtesy photo

The Marine Corps continues to investigate and respond to reports and accusations of gender discrimination and harassment that occurred on social media sites, as illustrated by Marines United.

The Corps' focus remains on providing support to individuals impacted by this conduct. Where conduct is determined to have been a violation of law or regulation, commanders will take appropriate action.

Read more about issues at https://www.dvidshub.net/news/229208/us-marine-corps-update-addressing-gender-bias-and-online-misconduct?sub_id=0&utm_campaign=subscriptions&utm_medium=email&utm_source=0&utm_content=asset_link.

SGLI to begin online portal in 2017

Army will go active in August; other times vary

CHERYL PELLERIN
DoD News, Defense Media Activity

WASHINGTON — The Veterans Affairs and Defense departments are introducing to service members who have Servicemembers Group Life Insurance an online enrollment system called the SGLI Online Enrollment System, which enables active duty and eligible reserve and National Guard members to manage their group and family coverage online.

SGLI provides \$400,000 in automatic life insurance coverage to service members when they enlist. SGLI members get automatic coverage for dependent children and non-military spouses under the family SGLI program.

SOES, the SGLI Online Enrollment System, availability begins with the Navy in April and to the rest of the uniformed services later in the year – the Air Force in June, the Army in August, the Marine Corps in October, and the Coast Guard and

the National Oceanic and Atmospheric Administration in December.

SOES is the online replacement for the paper form SGLI Election and Certificate, SGLV 8286.

The new system eliminates unclear designations and missing or incomplete forms – problems identified with the paper-based system – and ensures all insurance holders receive the latest information about changes affecting their coverage.

Managing coverage

“Now the Navy, and soon all of our nation’s service members, will be able to manage their SGLI coverage and beneficiaries online at the click of a mouse, just like their private-sector counterparts,” said Veterans Affairs Secretary Dr. Robert J. Shulkin in a statement.

“Moving from a cumbersome paper-based process to an online self-service system brings the SGLI program in line with insurance industry best practices,” Shulkin added. “SOES will allow our troops to make fast and easy changes to their life insurance coverage and beneficiary information at any time.”

\$200 million in bonuses may attract more recruits

DAVID VERGUN
Army News Service

WASHINGTON — In an effort to achieve Army Recruiting Command’s “largest within-year mission increase ever,” the Army is offering \$200 million in enlistment incentive bonuses for future Soldiers heading to specialties that especially need to be filled, USAREC’s deputy commander said.

Army Brig. Gen. Donna W. Martin said the bonuses took effect Jan. 26, and the total amount offered is the largest in five years.

The 2017 National Defense Appropriation Act raised the number of new recruits required to fill active end strength from 62,500 to 68,500, and the increase has to be attained by Sept. 30, the end of the fiscal year, she added.

While the bonuses likely will be a factor in a young person’s decision to enlist, Martin said, the heavy lifting will still be done by recruiters pounding the pavement, speaking to prospects, parents, school faculty and others.

“The challenge will be for recruiters to go out and find those young men and women,” Martin said, adding that “they do exist.”

But many of today’s youth lead sedentary lives and are obese, she said, noting that three in 10 don’t meet the Army weight standards.

Martin said she hopes veterans and community leaders will go out into the schools and encourage administrators to keep physical education in their required curriculum and to offer healthier food choices on the school menu.



Photo by Sgt. Carl N. Hudson

Staff Sgt. Roger L. Whaley speaks with Phillip McDonald about the possibility of becoming a journalist or X-ray technician for the Army at the U.S. Army Recruiting Station in Radcliff, Kentucky.

She also said she hopes these unofficial ambassadors for the Army will mention the many benefits of joining the Army and the importance of serving their country.

Not lowering standards

Despite many young people not meeting the fitness threshold required, the Army will not lower its standards, Martin said. In fact, with the introduction of the Occupational Physical Assessment Test, or OPAT, in January, all recruits now have to pass a rigorous physical test that determines which, if any, military occupational specialties the future Soldiers will be eligible for.

Thus far, the OPAT hasn’t had a noticeable impact on the

success of the recruiting mission, Martin said. In fact, she added, she welcomes the institution of the OPAT because it will help to determine if the right people will be in the right jobs. That could lower the attrition rates in basic and follow-on training for jobs with high physical demands, she explained.

The OPAT also could affect retention and readiness in a good way, Martin said, because if the right people are in the right jobs, that should help lower the stress levels and injury rates later on.

U.S. economy a factor

Recruiting also has other challenges, Martin said. The overall economy has been improving, and while that’s good for the nation, it doesn’t neces-

sarily translate into good news for the recruiting mission.

Also, she said, some states have increased the minimum wage to levels of basic pay that new Soldiers receive, so recruiters may find it harder to sell a career as a Soldier to their young prospects.

With all of these challenges, Martin said, she’s particularly concerned about the welfare and well-being of the hard-working recruiters and their families.

“Every leader in U.S. Army Recruiting Command is charged with ensuring Soldiers and their families have balance and predictability in their lives and that not too much strain is placed on them. It will be a tough mission, but not one that we cannot accomplish together.”

Voices of Ohana

Because April is the Month of the Military Child, we wondered, What’s the best thing about being a military child?
By U.S. Army Garrison-Hawaii Public Affairs



“All of the flags.”

Bronke Dumeny, 4
Army youth



“Getting to experience so many different cultures when they travel.”

Carmen Roach
Army spouse



“Military children make friends more easily. They’re used to moving around, and so they’re more accepting of different people, cultures.”

Linda Venezie
Army spouse



“I get to move around, and I’ve seen so many great stuff – Pearl Harbor, the Alamo, Chesapeake Bay.”

Morgan Venezie, 10
Army youth



“(Having a parent) who is saving the world (by) killing all the bad guys.”

Hadleigh Webb, 5
Army youth (pictured with her father)

8th TSC, DPAA take FST in prep for mission

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

WHEELER ARMY AIRFIELD — Twenty-one Soldiers from 8th Theater Sustainment Command and Defense Prisoner of War/Missing in Action Accounting Agency (DPAA) participated in Field Sanitation Training, March 20-24, at the Installation Digital Training Center, here.

Field Sanitation Training is a 40-hour course designed to establish Level 1 Preventive Medicine Assets within the unit. It prepares Soldiers to fight some of the biggest threats to operational and combat power in the Pacific theater, such as dengue fever, malaria and gastrointestinal disease, which are all preventable diseases.

“It helps us when we’re out in the field and base-camping to be more sanitary and be more knowledgeable of our environment so that nobody gets sick,” said Sgt. Austin Jones, a recovery noncommissioned officer for expeditionary support with DPAA.

The course provides the necessary tools for NCOs to be assigned field sanitation as an additional duty, so they can regulate and oversee their environment when at a field training exercise or overseas mission and educate others as to proper practices.

“Here in the TSC, we have lots of companies that go all over the world, smaller units that go to different exercises and operations throughout the Pacific, and we only have one environmental science officer (ESO),” said Capt. Samantha Reid, the force health protection officer and ESO for the 8th TSC.

“Instead of trying to create a tremendously large MOS (military occupational specialty) of enlisted



Soldiers with 8th Theater Sustainment Command and Defense Prisoner of War/Missing in Action Accounting Agency conduct a water purification test for Field Sanitation Training, March 23, at Wheeler Army Airfield.

Soldiers, the Army’s medical department decided to delegate the authority for training down to the ESOs and to senior NCOs within the 68S field,” Reid said. “That way we can take a little of the subject matter expertise that we have and train the Soldiers and give it to them at the company level.”

The first three days of training saw the class participating in lectures and briefings about different categories of sanitation concerns, such as hygiene, insects, diseases, and hot and cold

weather injuries.

The fourth day required the students to work through small group projects, where the students received a scenario and were required to assess threats within them, followed by hands-on tasks, such as water purification tests and wet-bulb globe temperature measures for determining the heat index. The course wrapped up on the fifth day with the final written exam.

Jones said he enjoyed the training and will be able to use it when he is out on

mission.

“I learned a lot about the different insects and the diseases. I didn’t realize how many diseases a lot of these insects carried,” Jones said. “That’s going to help out a lot.”

“We’re in a pretty high-risk geographical location,” Reid added. “There are a lot of risks that we need to mitigate. It’s in our best interest to make sure that we remain fully deployable and be able to mitigate those risks within the smaller units.”

Proposed Expert Action Badge to honor, motivate Soldiers

SEAN KIMMONS
Army News Service

FORT MEADE, Maryland — While tackling concerns about the Expert Action Badge, senior enlisted leaders stressed, March 30, in a virtual town hall, that the goal of the badge is to enhance readiness, not discount the efforts of infantrymen or medics with similar skill badges.

If approved, Soldiers would compete in 30-plus warrior tasks and battle drills, as well as up to five mental tasks, for a chance to wear the badge on their uniforms, like the Expert Infantryman Badge or Expert Field Medical Badge.

“It’s not an ‘everybody action badge’ or everybody gets it,” said Command Sgt. Maj. Michael Gragg, with the Center for Initial Military Training. “You’re going to have to work your butt off to get this badge, and when you get it, you’ll be proud of it because you’ve had demonstrated exceptional performance.”

While infantrymen have had a badge to validate their skills since 1945 and medics started theirs in 1965, Gragg said, the EAB would give the other 75 percent of Soldiers the opportunity to earn one.

Today’s Soldiers have also been lagging behind in their basic skills, which could affect mission readiness, he said.

“The reason behind it is, that right now, our Soldiers aren’t necessarily proficient at warrior tasks and battle drills,” he said during the town hall, hosted by the Army Training and Doctrine Command.

He added the Soldier’s Creed starts off saying that those in the Army are “trained and proficient” in those skills. “All I’m asking you to do is to show it,” he said.



Photo by Staff Sgt. Adora Gonzalez

The Army is looking to have an Expert Action Badge, similar to the Expert Infantryman Badge and Expert Field Medical Badge, that will allow Soldiers to validate their skills and boost readiness across the force.

“That’s all it is.”

Still in the conceptual phase, more than 50 Soldiers are taking part in testing the EAB idea at Joint Base Lewis-McChord, Washington.

Some of the requirements for Soldiers may include a 12-mile foot march to be finished under three hours, while carrying a load of 35 pounds; a physical fitness test with 80 percent in each category in their respective age group; and being able to locate three out of four land navigation points within two hours.

Shotgun and AK-47 rifle skills could

also be part of the challenge. If a Soldier were to receive two “no-gos” on an event, their testing would end.

“As you can see, this is not a given; you’ll have to earn it,” said Command Sgt. Maj. David S. Davenport, the top enlisted adviser for TRADOC.

Davenport previously told reporters that if signed off on, Soldiers could start seeing the EAB by October 2019.

But some Soldiers, particularly those in the infantry, have expressed dismay in rolling out such a badge.

Gragg asked them to look at the logic

of the Army having this type of badge.

“We’re not trying to cheapen anything,” he said of the EIB and EFMB. “What we’re trying to do is enhance the Army. We’re trying to increase Soldier readiness.”

Davenport added, “It’s not a competition; it’s not to say that one has more value than the other.”

Enlisted leaders hope the badge will lead NCOs to rediscovering a culture of training their Soldiers. The assumption, Gragg said, is that the competition would cause Soldiers to do more training at their home station as they prepare for it.

“You don’t go to the marathon not understanding how to run a marathon,” he said. “You do some training before you get to the marathon.”

Another badge is also under consideration, this time for platoon sergeants who frequently lead up to 150 Soldiers going through advanced individual training.

In 2008, the Army removed drill sergeants in AIT environments, and with that came the loss of a drill sergeant badge and special pay for those in charge of troops.

“We have a challenge in meeting and maintaining AIT platoon sergeants in the force with the numbers that we need,” Gragg said. “Oftentimes, it’s because individuals have no desire to come out and do it because there’s nothing in it for them.”

That could all change if the Army goes back to AIT drill sergeants, which is expected to occur October 2019.

“The goal is to get them back,” he said. “It’s a matter of us getting the money in place and making it happen.”

Congress probes military pilot shortage

KAREN PARRISH

DoD News, Defense Media Activity

WASHINGTON — A shortage of pilots across the U.S. military is most acute in the Air Force, senior military officials told Congress, March 29.

Marine Corps Deputy Commandant for Manpower and Reserve Affairs, Lt. Gen. Mark A. Brilakis; Chief of Naval Personnel, Vice Adm. Robert P. Burke; Air Force Deputy Chief of Staff for Manpower and Personnel Services, Lt. Gen. Gina M. Grosso; and Director of Army Aviation, Maj. Gen. Erik C. Peterson testified about future and pending aviation shortfalls before the House Armed Services Committee’s military personnel subcommittee.



Photo by Staff Sgt. Samuel Morse

Two Army UH-60 Black Hawk helicopters prepare for landing at Forward Operating Base Kalagush, Afghanistan, in a previous year. The Black Hawks are used for a variety of missions including medical evacuation, air assault, personnel transport and airlift.

will help to reverse the training shortfall. “It will require consistent funding at increased levels to be successful,” he added.

In addition, the general said, the Army will increase its active duty aviation warrant officer training classes by about 170 students annually.

“In summary, we are addressing our pilot manning challenges while simultaneously meeting our enduring requirements,” Peterson said.

He told the subcommittee the Budget Control Act of 2011, which imposes across-the-board spending cuts in the absence of an approved budget, poses a threat to the Army’s plans.

The Army has the authority needed to improve retention, training numbers and accession, he said, but “sustained, pre-

dictable, on-time funding and relief from the Budget Control Act are vital to any enduring solution that we attempt to apply.”

Air Force faces “national aircrew crisis”

Grosso said sustained global commitments and recent funding cuts affect the Air Force’s capability to wage a full-spectrum fight against a near-peer adversary. She noted that due to an upcoming surge in mandatory retirements for commercial airline pilots and an increasing market for global commerce, the civilian aviation industry has begun hiring at unprecedented rates.

“This confluence of circumstances has birthed a national aircrew crisis. This crisis is the result of multiple factors: high

operational tempo over the last 26 years, a demand for our pilots from the commercial industry, and cultural issues that affect the quality of life and service for our airmen,” she said.

At the end of fiscal year 2016, Grosso said, the Air Force active and reserve components were short a total of 1,555 pilots, including 1,211 fighter pilots. The cost to train a fifth-generation fighter pilot, she noted, is around \$11 million.

“A 1,200 fighter pilot shortage amounts to a \$12 billion capital loss for the United States Air Force,” she said.

The Air Force will take a three-pronged approach to the shortage crisis, the general said. Reduce requirements, increase production and increase retention.

Nonmonetary inducements – such as outsourcing administrative duties to give pilots more time to fly – as well as an aviation bonus of \$35,000 are part of the Air Force’s approach to the crisis, Grosso said, adding that the service will keep exploring ways to bolster retention.

“The Air Force is committed to a holistic strategy to maintain our pilot inventory as we face external and internal challenges,” she said. “While we aggressively pursue creative means to respond to the demands on our pilots, our attention will be focused on developing an agile set of solutions.”

Navy aviation “strong,” but challenges remain

Burke said naval aviation is strong, with “the most capable air force in the world.”

(Editor’s Note: For the rest of the story, visit <http://www.hawaiiarmyweekly.com/2017/04/05/congress-probes-military-pilot-shortage/>.)



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

7 / Friday

Garrison Town Hall — Soldiers and civilian employees of U.S. Army Garrison-Hawaii are encouraged to attend the town hall meeting on Friday, April 7, at 1:30 p.m., at Sgt. Smith Theater, Schofield Barracks.

Photo Reshoots — If a photo reshoot is necessary at Visual Information because of an incorrect/missing uniform item, such as missing ribbons, wrinkles, or other discrepancies (that were not caused by the photographer or the equipment), the Soldier will receive one reshoot opportunity.

Reshoot appointments must be scheduled through the VI Ordering Site and will require a digitally signed email or written request signed by the commander or equivalent in the Soldier’s chain of command, per AR 640-30, Section 5.

Visit <https://www.garrison.hawaii.army.mil/dptms/tv2.htm>, in the “Preparing for an Official

Photo” section for information about Dept. of the Army photos. Also review AR 670-1.

Soldiers are encouraged to have a trusted Soldier accompany them to help quality check their appearance and review their DA photo before accepting it.

April Observances

Two occasions are celebrated in April.

“SAAPM” is observed each year during the month of April to raise awareness and educate communities on the prevention of sexual assault. Read more about what’s going on at https://www.army.mil/standto/archive_2017-04-04/?s_cid=standto.

During the Month of the Military Child, the U.S. Army joins the Department of Defense in the recognition of the commitment, contributions and sacrifices of our military children. Read more at https://www.army.mil/standto/archive_2017-04-03/?s_cid=standto.

18 / Tuesday

Facebook Town Hall — Garrison Commander Col. Stephen Dawson hosts the quarterly on-line garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – <https://www.facebook.com/usaghawaii>.

Soldiers, family members and civilians are invited to ask questions or comment on services and programs on the installations. Note, questions posted at the Events page will not be answered until the town hall.

20 / Thursday

Military War Game Program — U.S. Army Pacific’s G3/5/7 will conduct the first in a series of introductory war games to improve knowledge of history, geography, critical thinking and decision-making.

They feature an introduction to “Kriegsspiel,” the first modern war game, followed by a demonstration game.

Presentations begin at 1:30 p.m. at the Hale Ikena on Fort Shafter, followed by the demonstration game.

This event is open to all ID cardholders and guests. For details, email Col. Jerry Hall in global email.

21 / Friday

Volunteer Recognition — The 2017 U.S. Army Hawaii Volunteer Recognition Ceremony will be held April 21. Nominate your organization’s volunteers. Information and nomination forms are at <https://hawaii.armymwr.com/pacific/hawaii/programs/army-volunteer-corps>.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

3 / Monday

McNair Gate — There will be a road closure at the entrance of McNair Gate at the intersection of McCornack Road at Wilikina Drive, Schofield Barracks, to work on the installation of a new sewer line.

In addition, the intersections of Ayers Avenue and McMahon Road, and McCornack Road and Waianae Avenue, will also be closed to prevent access exiting McNair Gate.

Construction on this area will begin on Monday, April 3 through June 30, from 8 p.m.-5 a.m., Monday-Friday.

Gates to access Schofield Barracks are open as follows:

- Lyman Gate, open 24/7.
- Foote Gate, open 24/7.
- Macomb Gate, 5 a.m.-9 p.m.

8 / Saturday

Fort Shafter Water Outage 1 — There will be a water outage for the connection of a new water main line to the existing water line (Phase-1, Waterline A/A-6). The water

outage will affect Bldg. 525. Fire hydrants and fire sprinkler alarm systems in the area will also be affected.

The outage is scheduled for Saturday, April 8, from 7 a.m.-1 p.m. The contractor will coordinate and notify the affected building occupants of the water outage by posting notices on the affected facility.

WAAF Outage — Buildings 204, 210, 218, 300 and 310 on Wheeler Army Airfield will have a scheduled power outage on April 8 from 7:30 a.m.-3 p.m. The time and locations are a best guestimate since field conditions may increase the time. The outage is required to perform electrical maintenance.

McNair Gate Trees — The exit bound traffic lanes at Schofield Barracks’ McNair Gate will be subject to temporary modification in order to safely remove trees adjacent to the 46 KV overhead electrical lines from 7 a.m.-3 p.m.

The Ayres Avenue and McCornack Road exit lanes will merge into one exit lane under the control of a traffic control officer.

14 / Friday

Cadet Sheridan Road — There will be a road closure on Schofield’s Cadet Sheridan Road for road repair work on behalf of the Directorate of Pub-

lic Works. Cadet Sheridan Road will be closed between Elou Street and Trimble Road for this repair.

The work will be performed April 14-28, Monday through Friday, between 8:30 a.m. and 3:30 p.m.

Saturday and Sunday work will only be performed if absolutely necessary, between 9 a.m. and 5 p.m. Appropriate signs and barriers will be posted for guidance.

15 / Saturday

Fort Shafter Water Outage 2 — There will be a water outage for the connection of a new water main line to the existing water line at Bldg. 525 on Fort Shafter. Fire hydrants and fire sprinkler alarm systems in the area will also be affected.

The outage is scheduled Saturday, April 15, from 7 a.m.-1 p.m. The contractor will coordinate and notify the affected building occupants, and appropriate signs and barriers for closing the roadway and diverting traffic will be established.

17 / Monday

Modified Traffic Flow — Fort Shafter’s 7th Street and Arty Hill Road will have electrical utility work on April 17-June 2 with intermittent lane closures. Work hours are Monday-Friday, 8 a.m.-2:30 p.m.

JUNGLE WEAR



SCHOFIELD BARRACKS — At left, 1st Sgt. Devvron Bryant, assigned to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, has a Soldier Plate Carrier System (SPCS) fitted on him at East Range, here, March 31.

The SPCS is a lightweight system alternative to the Improved Outer Tactical Vest (IOTV).

At right, Soldiers assigned to the 3rd BCT try on some Jungle Combat Boots (JCB) at East Range, March 31.

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

Can you do better providing your safety videos?

LORI YERDON
U.S. Army Combat Readiness Center

FORT RUCKER, Alabama — Anyone associated with the Army has undoubtedly heard the adage, “There are no new accidents.”

Yet, in fiscal 2016, 109 Soldiers lost their lives and thousands more were injured in preventable accidents.

In an effort to curb these needless losses, the U.S. Army Combat Readiness Center is soliciting ideas from the field. In the coming weeks, the USACRC will launch Safety Tube, a platform for Soldiers and civilians to submit videos aimed at convincing their peers to assume ownership of their personal safety.

“The concept for Safety Tube is for Soldiers to think outside of the box and reach their battle buddies in regard to safety and best practices,” said Tracey Russell, Ground Division, Directorate of Assessments and Prevention, USACRC. “Our young Soldiers are very creative and more likely to listen to each other.”

After scouring the Internet in search of Soldier safety products, Russell happened upon a video on YouTube created by Capt. Robert Shepherd of the Ordnance Training Detachment.

Shepherd, a 17-year veteran stationed at Fort Gordon, Georgia, produced “Army Safety briefing – I got your back battle,” a



Courtesy photo

The U.S. Combat Readiness Center is seeking personnel to submit safety videos. The aim is to prevent loss of life through safety accidents.

video and song originally intended for a talent show.

“As a rear detachment commander in Germany, I performed ‘I got your back battle’ and the reception to it astonished me,” Shepherd said. “Afterward, a young audience member came up and asked, ‘Where’s the CD? I like that song!’ At that point, I knew that if it resonated with her, then it would likely speak to Soldiers, especially younger ones.”

After the show, Shepherd modified the song slightly by adding the element of safety. He also decided to make a video to reach his target audience – Soldiers.

“On rear detachment, there were instances of Soldiers getting DUIs and other problems,” Shepherd said. “I wanted to do something to get their attention and

that’s where the concept for the video came from.”

Soldiers in his unit volunteered to participate in the video, which has earned rave reviews from Shepherd’s Soldiers, peers and leadership.

“We were looking for best practices already out there, and we saw Captain Shepherd’s video,” Russell said. “He was able to illustrate how safety briefings don’t have to be boring, covering the same topics and in the old same format.”

Shepherd said he believes the Army has many creative Soldiers.

“There’s a lot of talent out there,” he said. “If we can tap into that resource and focus on getting the message out to their peers and to the masses, then we’ll have a significant impact on the Army.”

Even after a permanent change of station to Fort Gordon, Shepherd has continued his innovative approach to reaching Soldiers.

“I organized a Brigade’s Got Talent competition (with a theme related to safety, SHARP and suicide prevention), and it was amazing to see the innovation,” Shepherd said. “Soldiers sang, danced and displayed their skills. The outcome of that event far exceeded expectations.”

With Shepherd’s video nearing 1,000 views, he’s optimistic that the key to reaching Soldiers is peer-to-peer influence.

“When it comes to safety, you cannot be narrow-minded,” Shepherd said. “A Soldier’s level and responsibilities often reflect how they look at safety.

“Safety is about being able to control your scope of influence,” he explained. “Everyone needs to take ownership of the areas that they can affect and help mitigate risks associated with their mission.”

More Online
For more details on how to submit videos to Safety Tube and to view Shepherd’s award-winning “I Got your Back Battle” video, visit <https://safety.army.mil/MEDIA/SafetyTube.aspx>.

Artillery restoration project made possible by volunteers

Story and photos by
ALLISON RAMSEY
U.S. Army Museum of Hawaii

FORT DERUSSY — Be sure to have a look at the newly restored artillery pieces located in front of the museum during your next visit, here.

Logistics Readiness Center personnel at Schofield Barracks have been busy over the past six weeks giving our artifacts some much-needed repairs and paint.

The smaller of the two pieces is a Japanese 47 mm Model 1 Anti-tank Gun. This model was built in 1941 and could fire 3.37-pound projectiles a maximum horizontal distance of 8,400 yards. The 25th Infantry Division originally captured it during World War II.

Serving as a contrast is the U.S. 105 mm M3 Howitzer. This piece of World War II artillery was particularly effective where massed high angle indirect fire was needed. The M3 combined a shortened M2A1 barrel with a 75 mm Pack Howitzer gun carriage, made “air portable.” The M3 could fire 33-pound projectiles a maximum range of 8,300 yards.

The museum staff would like to extend a thank you to the LRC for its superior work and attention to detail, and also to the volunteers from 3rd Battalion, 7th Field Artillery Regiment, 25th Division Artillery, 25th ID, who helped place these macro artifacts back into position once restoration was complete.

(Editor’s note: Ramsey is the museum curator.)

U.S. Army Museum of Hawaii
The museum is located on Fort DeRussy, at the corner of Kalia and Saratoga Roads, in beautiful Waikiki, easily within walking distance of all resort hotels and visitor accommodations.

It’s physical address is 2131 Kalia Road, Fort DeRussy, in Waikiki.

The museum is free and open to the public.

Hours are 9 a.m.-4:15 p.m., Tuesdays through Saturdays; closed Sundays and Mondays.

Call (808) 438-2821 if you have questions.



1 — Volunteers prepare to roll the Japanese Model 1 back into place in front of the museum.
2 — The 3rd Bn., 7th FA Regt., 25th DIVARTY, 25th ID Soldiers secure the final positioning for the 47mm anti-tank gun.
3 — Once in need of considerable bodywork and paint, the M3 Howitzer is now exhibit-ready.



ARMY celebrates children with PINWHEELS & PARADE

Month of the Military Child

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Federal fire-fighters sounded the fire truck's horn, the 25th Infantry Division Band struck up the opening chords, and toddlers and preschoolers filled the air with squeals and laughter as they poured out of the Child Development Center, here.

The 2017 Child Abuse Prevention Month parade on March 29 was off to a euphonic start.

Month of the Military Child

This annual celebration of the Army community's children is just one of many events taking place at installations around the world to kick off the Month of the Military Child and to reaffirm the Army's commitment to preventing child abuse and neglect.

Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii, was there, along with Suzanne King, director of USAG-HI's Directorate of Family and Morale, Welfare and Recreation, both doling out high-fives and smiles to the children participating in the parade.

They may have been slightly eclipsed by FMWR staffers dressed up as popular superheroes and by McGruff the Crime Dog, who collected hugs and friendly pats from the children as the parade made its way around the parking lot.

Maj. Gen. Christopher Cavoli, commander of the 25th Infantry Division and U.S. Army Hawaii, also greeted children, and praised their caregivers during his keynote address, which he delivered after signing the Child Abuse Prevention Proclamation.

"The job of caregiver is not easy, and the job of caregiver is not always well-rewarded," he said. "But its importance is obvious when

you look outside today and you see the treasures that we put in your hands. And we are rewarded by seeing you holding shade over the children's heads, by seeing you holding the children and exemplifying this year's theme, which is that children thrive in safe, stable and nurturing homes.

"I love the Army. I love a whole bunch of things, but man, I love my two sons," he continued. "They are the future of my family. They are the future of our country. These children are the future of our country. These children carry inside them all of our fondest hopes for the future. It's our job to get them there safe, sound, healthy and strong."

Virginia Garrido, facilities director with Child Youth & School Services program and the Child Development Center, said she and her staff were grateful to be able to give back to the Soldiers and their families for their dedication and sacrifice.

"If we are able to ensure that their children are cared for and taught in a safe and productive environment, this allows the Soldiers/parents the piece of mind to carry out their mission," she said. "To many of our staff, this is not a job, but a vocation, and to see the happy faces of the parents and children, day in and day out, is the greatest reward of all."

After the parade, children gathered to add their signatures to Cavoli's on the proclamation and headed over to the front lawn for the "planting" of a pinwheel garden. The pinwheels serve as a symbol for child abuse prevention and as a reflection of hope for the health and safety of children everywhere.

The event wrapped up with a Month of the Military Child appreciation luncheon inside the Child Development Center. Parents were invited to dine with their children.

"I really enjoyed it," said Monika Sahnaw, an Army spouse and retired Soldier, who was dining with her 5-year-old son Jayden, about

See MOMC B-3

Left — Children get ready to sign the Child Abuse Prevention Proclamation, March 29, at the Schofield Barracks Child Development Center.



Spc. Ryman Jeremy of the 307th Expeditionary Signal Battalion, 516th Signal Brigade, 311th Signal Command (Theater), joined his daughter, 5-year-old Sophia Willis, for lunch at the Schofield Barracks Child Development Center on March 29.



Right — Children gather around McGruff the Crime Dog at the 2017 Child Abuse Prevention Month Parade on March 29 at the Schofield Barracks Child Development Center.

Briefs

7 / Friday

ACT Test — Register for the ACT Test through May 6 deadline.

Photo Contest — Celebrate Month of the Military Child and National Library week at FS Library. Take a picture of your pet reading, and you may win a prize. Send your photo to the library either via email (ftlibrary@yahoo.com) or by bringing in a hard copy. All photos must be submitted by April 7. Pictures will be displayed April 10-24.

SOS Friday Fitness with Friends — Survivor Outreach Services 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.

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

FRG Leader Training — SB Nehelani hosts from 10 a.m.-noon. Learn about the Soldier/FRG and how to effectively run the organization, as well as challenges FRGs face. Call 655-4227.

Command Scramble — Shotgun (noon) start 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.

Fish Friday — Held at FS Hale Ikena for \$17.95 from 11 a.m.-2 p.m. Features shrimp, two kinds of fish, calamari, hush puppies and crab. Call 438-1974.

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.

BOSS Trip Kawaii-Kon — Join BOSS, April 7-9, for Hawaii’s largest Anime Convention. Gathering at Ala Moana Convention Center. Register at Tropics or call Sgt. Wery at 352-223-6370.

8 / Saturday
Intro to Surfing — Join SB Outdoor

THIS MONTH

NATIONAL CHILD ABUSE PREVENTION MONTH

STEP UP
Keep kids safe and supervised. Together and pay attention, prevent accidents.

SPEAK UP
If you witness abuse or neglect, call it in. We all have a role to play in protecting children.

REACH OUT
It's okay to ask for support. Recognize when you're struggling and get help.

CHILD ABUSE PREVENTION MONTH (CAPM) PROCLAMATION SIGNING / PINWHEEL PARADE

Wednesday, March 29, 2017
10:30 a.m. - 11:00 a.m.

Schofield Barracks
Child Development Center,
2423 McMahon Rd, Bldg. 9098,
Schofield Barracks HI, 96857

"Children Thrive in Safe, Stable, Nurturing Homes"

FAMILY STORY TIME

Wednesday, April 05, 2017
10:00 a.m.

SGT Yano Library:
Schofield Barracks

PARENTING CLASSES BEING OFFERED:

SCREAM FREE PARENTING
April 6, 13, 20, 27
12:00 p.m.-1:30 p.m.

PARENTING 101
April 14 & 28
12:00 p.m.-1:00 p.m.

DADDY BOOT CAMP
April 21, 2017
9:00 a.m.-12:00 p.m.

All classes in this section are offered at:
ACS Bldg 2091
Kolekole Avenue
Schofield Barracks, HI

OUTREACH TABLES

SGT Yano Library SB
Wednesday, April 11, 2017
10:00 a.m. - 12:00 p.m.

Schofield Barracks Commissary
Thursday, April 11, 2017
10:00 a.m. - 1:00 p.m.

25th ID GUST BDE DQAC
Thursday, April 11, 2017
11:00 a.m. - 1:00 p.m.

MWR Fun Fest, Weyand Field
Thursday, April 11, 2017
10:00 a.m. - 2:00 p.m.

SHARP Summit
SGT Yano Library
Tuesday, April 18
9 a.m. - 6:30 p.m.

430 p.m. Fort Shafter PB
Wednesday, April 19, 2017
10:00 a.m. - 1:00 p.m.

Schofield Barracks PB
Sunday, April 23, 2017
10:00 a.m. - 1:00 p.m.

Earth Day
Kalahele Community Center SB
Wednesday, April 26, 2017
7:00 a.m. - 5:00 p.m.

ARMY COMMUNITY SERVICE ACS
Helping to Restore Hope

For more information, call
765-4653/4227

MWR HIMWR.com

Photo courtesy of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Family and Morale, Welfare and Recreation is offering a number of programs and special events that are already underway that promote National Child Abuse Awareness Month. Look for special outreach tables scheduled at various locations throughout the U.S. Army Garrison-Hawaii community.

Recreation for \$59 per person from 8:30 a.m.-12:30 p.m. for introduction to surfing. Transportation, equipment and instruction are provided. All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Call 655-0143.

Toon Time Matinee — For caregivers and their children, ages 0-3 (older siblings welcome). Join us for a free movie, fun and social interaction at SB ACS from 10-12 p.m. Call 655-4227.

Swimming Lessons — Registration held at SB Richardson Pool, April 8-9, from 9 a.m.-5 p.m. Classes run weekdays, April 10-21 (no classes on Tuesday). Class times range from 3-5 p.m., \$60 for

30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lessons for Level 3, Level 4. Call 655-9698.

Movie Talk — Meet and discuss movies themed on a particular topic each month at SB Sgt. Yano Library at 11:30 a.m. and 2:30 p.m. For teens and adults. Call 655-8007.

BOSS Life Skills: Lifeguard Certification — Held at SB Richardson Pool. Register at Tropics Recreation Center or call Sgt. Wery at 352-223-6370.

9 / Sunday
National Library Week Shelfie Contest — Celebrate libraries for National Library Week at Sgt. Yano Library by taking a “shelfie.” Take a picture of yourself with

a shelf of books and post it to Instagram using the hashtag “#AHLShelfie2017. To qualify, entries must be received within the week of April 9-15. The winner will receive a gift card to Walmart. Call 655-8002.

10 / Monday
Stress Solutions — Identify the causes of stress as well as how it affects our lives, noon-1 p.m., SB ACS. Share techniques such as positive self-talk and how to not take things personally, as well as a variety of relaxation techniques. Call 655-4227.

Million Dollar Soldier Refresher — Soldiers receive 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.

PPP-S Federal Applications for Military Spouses — Priority Placement Program S for Military Spouses seeking civil service DoD careers at SB ACS, 10-11 a.m. Learn the do’s and the don’ts about PPP-S, including step-by-step instructions on preparing your package. Call 655-4227.

11 / Tuesday
AFTB Level K: “Military Knowledge” — Two-day class at SB NCO Academy, 9 a.m.-1 p.m. Focuses on knowledge of military & Army programs, Army acronyms, community resources, and personal & family preparedness. Call 655-4227.

10 Steps to a Federal Job — Walk through the steps to create an effective targeted federal resume and successfully manage the application process at SB ACS from 9 a.m.-noon. Call 655-4227.

12 / Wednesday
BOSS Life Skills — Single Parent Solution and Support held at SB ACS from 11:30 a.m.-1 p.m. Register at Tropics or call Sgt. Wery at 352-223-6370.

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

13 / Thursday
Block Party at the Studio — We’re having a block party for 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. Preregistration required. Call 655-8002.

FRG Foundations Training — Prerequisite course held at SB Nehelani, 10 a.m.-noon, for commanders, FRG leaders, family readiness liaisons and FRG volunteers. Learn the Family Readiness System and operations. Call 655-4227.

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

7 / Friday

Scottish Highland Games — Organizers of April 7-9 event at McCoy Pavilion need folks to mind the entrance gates. Volunteers who work a two-hour shift will receive free admission to the games, a T-shirt and a letter of appreciation from the HSA board of directors and chieftain. Contact susanmack1@mac.com and visit www.hawaiianscottishassociation.org.

Schofield Spartan Race — Sign up for this event coming Jan. 27, 2018 – here at Schofield Barracks. This event is open to the public; however, we must have a minimum of 2,500 reservations by July 17, 2017, for this event to happen. Note, the date has been extended because we have so few people who have preregistered. Visit himwr.com/spartan. Sign up at https://www.spartan.com/en/race/detail/3004/overview.

USAG-HI Town Hall — U.S.

Army Garrison-Hawaii community members are invited to Sgt. Smith Theater, 1:30 p.m., for this special town hall meeting.

Kawaii Kon — This three-day convention at the Hawaii Convention Center, located at 1801 Kalakaua Ave., celebrates Japanese anime (cartoons), manga (comics) and all facets of Japanese culture. A variety of events and activities are offered throughout the weekend, from video games, table games, costume contests, thousands of manga to read, a talent-filled Artist Alley and more. Email info@kawaiikon.com.

First Friday: Partners in Time — The Hawai’i State Art Museum, 250 S. Hotel St., offers a free music event, 6-9 p.m., featuring music from the Balkans and the Near/Middle East, particularly Armenia, Turkey, Macedonia, Bulgaria, and Greece. First Friday is a downtown gallery walk held on the first Friday of 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.

Salvation Army Cabin Renovations — Seeking volunteers to help with a cabin remodel project of 70-year-old Army barracks at Camp Homelani on Oahu’s North Shore. Donated after World War 2, they are in dire need of repair. The scope of the work is everything from installing floors and new siding to painting exterior and interior depending on the skills of the volunteers. Call 440-1861 or email rob.noland@usw.salvationarmy.org.

8 / Saturday
Wahiawa Eat the Street Garlic Fest — This food gathering meets at Kaala Elementary in Wahiawa, 4-9 p.m., as a benefit for Leilehua Alumni and Community Association.

Healthy Kids Day — Bishop Museum will host kids for Healthy Kids Day, Saturday, April 8, from 9 a.m. to 2 p.m. This event is free for kama’aina and military families with valid ID, courtesy of the Armed Services YMCA. Register online at ymca.honolulu.org. Call 531-YMCA (9622) for details.

Kolekole — The Schofield Barracks walking-hiking trail will be open this weekend – Saturday and Sunday, 5:30 a.m. to 6:30 p.m. The trail is open to DoD ID cardholders and their

guests. Call Range Control at 655-1434 if you have problems with gate access.

Ready, Set, GO: Design-Build-Draw — Remember building with blocks, just for the fun of it? On the second Saturday at Hawai’i State Art Museum, see how to take your construction to the next level and turn your 3-D “architecture” into an abstract 2-D masterpiece, 11 a.m.-3 p.m. Gallery hours for the museum are 10 a.m. to 4 p.m., downtown. Visit sfca.hawaii.gov.

Slow Art Day Tour — Museum guide and artist Emily McIlroy takes visitors on a slow tour, 10-11 a.m., of the Hawai’i State Art Museum galleries, while exploring different ways to look at and experience art. Tour and museum admission are free; however, space is limited. The museum is located at 250 S. Hotel St. Call the State Foundation on Culture and the Arts at 586-0300 or email hawaiiisfca@hawaii.gov to reserve a space. Visit slowartday.com.

Kapolei Commons Easter Egg Hunt — This annual Easter egg hunt, 9 a.m.-noon, located at 4450 Kapolei Parkway, is free for kids ages 2-10. Games, food and more offered. Visit www.thekapoleicommons.com.

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

Logan (R)

Friday, April 7, 7 p.m.

Rock Dog (PG)

Saturday, April 8, 4 p.m.

John Wick: Chapter 2 (R)

Saturday, April 8, 7 p.m.

The Shack (PG-13)

Sunday, April 9, 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

Changes coming to Family & MWR programs

New ways are designed to support readiness

DEVON SUITS
Army News Service

WASHINGTON — The Directorate of Family and Morale, Welfare and Recreation is making Army-wide changes to all programs to better align with the readiness and resiliency initiatives set by Army senior leaders.

During a March 23 Association of the U.S. Army “Hot Topic” forum about installation management, Stephanie L. Hoehne, the director for F&MWR, Installation Management Command, outlined some of the changes.

“If the program does not directly support readiness or resiliency, is not making that program a priority; therefore, it should not be one of our priorities,” Hoehne said.

Soldiers can argue that all services tie into a Soldier’s readiness, but Hoehne said the problem is there are no available metrics to prove potential impact.

In the end, “we have to stop assuming what we know about our customer bases and do the analysis and research to find out what their needs are,” she said.

In the end, also, the Army should gear all installations and their services to help better prepare Soldiers, with the goal of getting them on that bus, said Command Sgt. Maj. Melissa A. Judkins of IMCOM.

Fitness centers a priority

Furthermore, the Chief of Staff of the Army would like to see changes at installation fitness centers to better help prepare units for deployment, Hoehne said. Studies have shown that the physical demands of being a Soldier are the cause of a lot of injuries.

She added that preparing Soldiers

for a deployment starts at their home installation. To help, F&MWR would like to review the requirements needed at all fitness centers, such as exercise equipment and facilities, and refocus them in a way that emphasizes readiness.

“A gym should be looked at as a platform for building readiness, just like we do individually. The gym should be used all day, like a range,” Judkins said.

Unfortunately, readiness comes at a cost, and the lack of funding has had a significant impact on all installations, Hoehne said. Currently, IMCOM is operating at 95 percent of its required budget.

“When you have a \$3 billion dollar budget of critical requirements, and you lose 5 percent, that’s a \$200 million shot. That is a lot of change to be spread around 78 installations,” she said.

Ultimately, it was the maintenance of housing and barracks at installations

that have assumed the risk to help pay for other pressing priorities.

“We can’t afford to do that anymore,” Hoehne said.

To make improvements, F&MWR did an Army-wide reorganization, moving away from regional grouping and focusing more on the function of each installation. The primary purpose of the realignment was to eliminate wasteful spending by identifying a baseline of services for all facilities.

Readiness for military spouses

As both a key spouse and advocate for military families, Holly Dailey, wife to the sergeant major of the Army, said she helps up-channel the needs of military families to Army senior leaders.

(Editor’s Note: For the rest of the story, visit <http://www.hawaiiarmyweekly.com/2017/04/05/changes-coming-to-family-mwr-programs/>.)

MOMC: Safety is paramount

CONTINUED FROM B-1

ing with her 5-year-old son Jayden, about the events. “Especially seeing the general there, and hearing what he said, that was very inspiring, and his being here showed that he really cares.”

Maureen Oda, a Family Advocacy Pro-

gram specialist with Army Community Service, which planned the event in collaboration with the Child Youth & School Services (CYS) program and the Child Development Center, said she hopes attendees left with a renewed awareness and a desire to prevent child neglect and abuse.

“It takes a community effort to prevent child neglect or abuse,” she said, “and we are grateful for our community members, parents and local law enforcement who came out to support our prevention efforts.”

Upcoming Events

Other events to celebrate military children in April include these:

- Month of the Military Child Scavenger Hunt at Sgt. Yano Library, Schofield Barracks. Throughout the month of April, attend during the library’s regular business hours, 11 a.m.-8 p.m., Monday and Tuesday; 11 a.m.-6 p.m., Wednesday-Saturday; closed on Sundays. Young readers who find all of the clues win a prize while supplies last.
- Keiki Obstacle Course at Fun Fest from 9 a.m.-2 p.m., April 15, at Weyand Field, Schofield Barracks
- PT in the Gym from 3:30-4:15 p.m., April 25, at the Aliamanu Military Reservation Physical Fitness Center.

Can military families ever be considered ‘locals’?

On a recent drive to take our two eldest kids back to college after spring break, I didn’t mind when Anna commandeered the minivan’s satellite radio. But halfway through the Berkshires, my elbow hurt from fist-pumping to Ed Sheeran’s “Shape of You,” and I was bored with pop lyrics.

Mercifully, Anna fell asleep, her head cocked back and mouth wide open, so I tuned in to a couple of New York City DJs who were debating what makes someone a “real New Yorker.”

After considering qualifications, such as being mugged, enjoying the sound of garbage trucks in the morning and crying on the subway, the DJs asked callers what they thought.

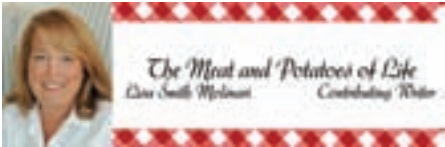
One caller with a thick accent opined, “You aint no Noo Yawkuh if yous some military brat dat moved heah in high school.”

I nearly choked on my seltzer. Did I hear him right?

The caller had struck a nerve. I was incensed that military personnel and their families, who volunteer to serve their country no matter where it takes them, might never be accepted as locals in the towns they eventually settle into after their commitment is done.

As former military brat, David Tracy writes in “What It’s Like Growing Up As A Military Brat” on Foxtrotalpha.jalopnik.com.

“The question that many civilians find so simple, ‘Where are you from?’ isn’t so



simple for us military brats. And without a true ‘home,’ many military brats struggle in the civilian world. They often bounce around between jobs looking to find a place where they feel comfortable. Some are never successful and always feel like outsiders,” he said.

In a blog post on Militarybratlif.com, titled “The Lost Ones,” former military brat Dawn Risas agrees: “We will always feel like outsiders to civilians. ... As adults we cannot even answer the simple question at a dinner party, ‘So, where are you from?’”

In her book, *Military Brats: Legacies of Childhood Inside the Fortress*, Mary Edwards Wertsch, an expert on military brat subculture, explains the “rootlessness” of military brats, who as adults don’t know where they belong and seek connectedness to places and people.

While Wertsch recognizes that overcoming the “outsider syndrome” is difficult, she says that military life also breeds unique strengths – “resilience, good social skills, a finely honed intuition, the ability to observe, learn, imitate” and “a spirit of open-mindedness and tolerance, as well as a lively sense of curiosity that embraces

the world as a marvelously stimulating place.

“Stable balanced lives can be ours,” Wertsch added. “We can even come to understand alien concepts such as continuity and permanence.”

But how is this possible unless the locals are accepting of military families as equal members of their communities?

Military retirees experience similar “rootlessness” when they separate after a career of service. Some end up staying in the location of their last duty station; others go wherever their civilian jobs take them or look for jobs in their desired final destination. Regardless of where retirees go, they must still deal with being “outsiders.”

In an attempt to find roots, both military brats and military retirees often turn back to the familiarity of the military. Military brats are significantly more likely to join the military than civilians, and military retirees are more likely to settle in or around military bases where they can stay connected to military subculture and routines.

My own newly retired military family has decided to make Rhode Island our permanent home. We may be outsiders to the locals, because we weren’t born in one of the Irish-Italian working class neighborhoods and we don’t know how to cook Quahogs and we don’t go

to Dunkin’ Donuts twice a day. But our three kids will have all graduated from high school here, and we are buying a house within sight of Naval Station Newport, and we are ready to lay down roots after 28 years in the Navy.

Besides, our lab, Moby, has marked every fire hydrant on Aquidneck Island.

“Locals” should put aside arbitrary measures when military families settle in their communities and remember that those who bear arms in service of this country deserve to be welcomed home with open arms.

(Get more Molinari at www.themeatandpotatoesoflife.com.)

Resources

Learn more at these sites:

- <https://www.amazon.com/Military-Brats-Legacies-Childhood-Fortress/dp/0977603326>.
- <http://www.pewsocialtrends.org/2011/11/23/the-military-civilian-gap-fewer-family-connections/>.
- <https://pdfs.semanticscholar.org/c567/b17bc58e83e93e68e28f1cfe270473593a48.pdf>.

Read my sources here:

- <http://militarybratlif.com/the-lost-ones/>.
- <http://foxtrotalpha.jalopnik.com/what-its-like-growing-up-as-a-military-brat-1722058525>.

PT IN THE PARK



Photos by Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS — The Army community celebrated the Month of the Military Child on Tuesday afternoon with PT in the Park at the School Age Center, here.

Child, Youth & School Services staff led the children in a round of stretches, then separated them into various groups to participate in tugs-of-war and other exercises that emphasized strength, agility, balance and speed.

At far left, 9-year-old Micah Venezie leaps onto a line of gel balancing pads.

At left, Coach Greg Rodriguez poses with children during the event.

Intrusive leadership can be a good thing

CHAPLAIN (CAPT.) JONATHAN D. TODD
325th Brigade Support Battalion
3rd Infantry Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — “For the Lord’s portion is his people.” This passage from Deuteronomy, chapter 32, verse 9, in the Bible, reflects the importance God places on his most critical asset – his people.

This teaching and many others like it are mirrored within our Army lineage and culture. It is a foundational truth that our most critical asset will always be our people.

Our Army today continues in its persistent evolution to remain modern, mobile and lethal. In pursuit of this goal, over the last several years, we have embraced the mantra “back to the basics,” a return to what we once were, only much better.

Helping Soldiers

As an Army chaplain, I am blessed with the sacred privilege of helping Soldiers with their lives. It is in these precious moments that I am consistently made proud as I witness them willingly embrace the cost of being a Soldier and freely surrendering themselves unto their military duties. It is clear just how dedicated, sacrificial and loyal our Soldiers truly are.

Equally true is the fact that every Soldier faces personal problems, and at times, it may seem these life challenges are a distraction for our leaders – a detraction that turns a leader’s attention away from accomplishing the mission in order to help a Soldier in need. Such eventualities, however, are also powerful opportunities within leader-led relationships.

Our call to get “back to the basics” required a baselining of our warfighting skills and resulted in our Army becoming more cohesive, better trained and more lethal. Our equipment is surging to the edge of modernization, and our senior leaders continue to refine their strategic planning skills.

Back to the basics also means a return to leading our Soldiers as we once did. Intentionally, passionately



and with an ever-present investment into teaching and developing our most critical asset, our Soldiers, is being made.

How?

The challenge we face is how. How does this generation of leaders return to the sacred place of truly leading our Soldiers? A place where leaders tap into and focus the dedication, sacrificial attitude and loyalty our Soldiers already possess?

The answer was in part given voice from a staff sergeant I highly respect. She said to effectively lead our Soldiers, as we once did, we must embrace “intrusive leadership.”

Today’s leaders must evolve, as our culture has evolved, to meet our Soldiers where they are. We must choose to be involved in our Soldiers’ lives — especially when it is uncomfortable. We must do more than give a safety brief, hand out an alert roster and walk through the barracks once a week.

To reach our Soldiers at their core, we must engage them where they are in their lives. We must intentionally separate ourselves from the busyness and entanglements of our mission sets and connect with our Soldiers in ways that matter to them.

We must learn what challenges they face, professionally and personally, and choose to intentionally help them through them.

To be connected, enmeshed and engaged with our Soldiers, we must embrace intrusive leadership. What form this takes is up to you.





I challenge each of us to examine our leader-led relationships. Consider how we might engage with each other and how such connections will offer opportunities to grow through shared experiences. Consider how we might embrace intrusive leadership and how such leadership could benefit our sacred responsibility to genuinely lead our Soldiers.

Above all, I challenge each of us to consider this, are our Soldiers our most critical asset? Are we prioritizing them above all else? I, for one, truly hope we are.



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.	11:45 a.m. at Soldiers’ Chapel <ul style="list-style-type: none">• 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:<ul style="list-style-type: none">- 8:30 a.m. at AMR- 10:30 a.m. at MPC
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	Gospel Worship <ul style="list-style-type: none">• Sunday, noon. at MPC• Sunday, 12:30 p.m. at AMR Jewish Shabbat (Sabbath) <ul style="list-style-type: none">• Friday, 7:30 p.m. at PH (Call 473-3971) Protestant Worship <ul style="list-style-type: none">• Sunday Services<ul style="list-style-type: none">-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) <ul style="list-style-type: none">• Sunday, 9:27 a.m. at SC
Buddhist Services <ul style="list-style-type: none">• First Sunday, 1 p.m. at FD• Last Wednesday, 6 p.m. at MPC Catholic Mass <ul style="list-style-type: none">• Monday, Tuesday, Thursday and Friday,	

Easter Services scheduled throughout installation April 9-16

ROMAN CATHOLIC <i>Palm Sunday, April 9</i> 8:30 a.m. AMR Chapel 10:30 Main Post Chapel <i>Holy Thursday, April 13</i> 5 p.m. AMR Chapel 5 p.m. Main Post Chapel <i>Good Friday, April 14</i> 5 p.m. AMR Chapel 5 p.m. Main Post Chapel <i>Holy Saturday, April 15</i> 8 p.m. Main Post Chapel	  	<i>Easter Sunday, April 16</i> 8:30 a.m. AMR Chapel 10:30 a.m. Main Post Chapel SCHOFIELD BARRACKS MAIN POST CHAPEL <i>Good Friday, April 14</i> 6:30 p.m. Service <i>Easter Sunday, April 16</i> 9 a.m. Contemporary Service Noon Gospel Service WHEELER CHAPEL <i>Easter Sunday, April 16</i> 	AMR CHAPEL <i>Easter Sunday, April 16</i> 10:30 a.m. Contemp. Service Noon Gospel Service HMR CHAPEL <i>Easter Sunday, April 16</i> 8 a.m. IMPACT Chapel SONrise Service at Haleiwa Ali’i Beach Park Resurrection Easter Egg Hunt	FORT DERUSSY CHAPEL <i>Maundy Thursday, April 13</i> 5 p.m. Service <i>Good Friday, April 14</i> 5 p.m. Service <i>Easter Sunday, April 16</i> 9 a.m. Sunday Service USS MISSOURI <i>Easter Sunday, April 16</i> 6:30 a.m. Oahu Easter Sunrise Service
---	---	---	--	---

Soldiers urged to guard against STI

WILLIAM SALLETT
Tripler Army Medical Center
Public Affairs

HONOLULU — April is Sexually Transmitted Infection Awareness Month, and Tripler Army Medical Center, to include U.S. Army Health Clinic-Schofield Barracks Army Public Health Nursing (APHN), is making major strides to draw awareness and prevent some of these problems in Hawaii.

Sexually transmitted diseases, or STDs, now known as sexually transmitted infections, or STIs, affect people of all ages, backgrounds and walks of life.

In the U.S. alone, there are approximately 20 million new cases each year, about half of which occur among youth ages 15-24 years.

Why the change from STD to STI?

The concept of “disease,” as in “STD,” suggests a clear medical problem, but several of the most common STIs have no signs or symptoms. Many with STIs have mild signs and symptoms that can be easily overlooked.

According to APHN, under the Department of Preventive Medicine, the most commonly treated STIs in Hawaii are chlamydia, gonorrhea, human papillomavirus (HPV) and syphilis, with chlamydia and HPV being the most prevalent. These STIs can cause discolored or clear genital discharge, bleeding, infertility and neurological disorders if left untreated. In some cases there are no symptoms present at all.

Chlamydia and gonorrhea are two of the most common curable bacterial STIs. They are transmitted through infected secretions or fluids during unprotected sexual encounters (vaginal, oral, anal sex and sharing sex toys).

The bacteria or virus can also travel from the vaginal/penile area to the anus or rectum by wiping with toilet paper. It can also be transferred from fingers to other



Photo by Kai Wong

parts of the body (such as the eyes). For example, a mother can transmit an infection or a virus to her newborn through a vaginal delivery.

Symptoms of gonorrhea and chlamydia are similar and may include burning when urinating, abnormal discharge from the penis

or vagina, painfully swollen testicles or vaginal bleeding between periods. An STI acquired through rectal intercourse may cause anal itching, soreness, discharge, bleeding and painful bowel movements.

The symptoms can be mistaken for a urinary infection and may not show up for weeks after contracting the infection. Unfortunately, many individuals who have contracted an STI don’t even know it because they have no symptoms at all. This means they do not seek treatment and can unknowingly spread it to others.

Contrary to many misconceptions, STIs are not contracted through casual contact, (non-French) kissing, handshakes, sharing baths, towels or toilet seats.

A simple blood and/or urine test can determine whether an individual is infected. In some cases a swab or scrapping of an area with a lesion may be necessary.

The APHN STI screening, tracing and council have made significant strides to improve access to care and testing for STIs.

“The APHN has created STI walk-in hours Monday to Thursday, 8:30-11:30 a.m.,” said Maj. Veronica B. McMorris, APHN officer in charge at the USAHC-SB. “STI walk-in hours were implemented to increase access to care, facilitate and support service member needs where the service member has a relaxed and informal access to receive care for STIs.

“Soldiers commonly had to go to sick call where their peers may judge them. This clinic gives the Soldiers and family members the opportunity to receive care without having the judgments from their leaders and peers,” McMorris added.

Along with making access to care more private and readily available for the Soldiers and family members, the APHN has also begun testing Soldiers as soon as they arrive to the island.

“We have also begun testing while Soldiers are in-processing,” said McMorris. “We want to ensure that Soldiers are healthy and ready to support the mission.”

Luckily, treatment of STIs can be easily treated with antibiotics, depending on the diagnosis. There are certain STIs that are non-curable, such as HIV, herpes and HPV, but they are manageable with appropriate medications. Both partners should be treated and abstain from sex for a period of 7-10 days after treatment, and they should be re-tested within 90 days as a followup.

There are many methods to prevent contracting an STI:

- Abstain from sex (vaginal, oral and anal) or limit your sex partners.
- Always use condoms during intercourse from the very beginning until the last skin contact.
- Try to be monogamous and make sure your sexual partners are tested for STIs prior to engaging in sexual intercourse.

•Avoid water-based spermicides like nonoxynol-9 that are not effective in prevention of pregnancy or disease and may cause irritation

•Get tested regularly if you are sexually active – no matter if you have one or multiple partners.

Point of Contact

For questions regarding STIs and prevention, contact your primary care manager at 433-2778. You can also inquire at the U.S. Army Health Clinic-Schofield Barracks during STI walk-in hours.



Sleep Habits

Getting enough sleep helps prevent chronic diseases and promotes overall health.

Take a few minutes to assess your sleeping habits and make any necessary changes to ensure you are getting the best quantity and quality of sleep that you can.

- Are you going to bed at the same time each night and rising at the same time each morning?
- Are you sleeping in a quiet, dark and relaxing environment, which is neither too hot nor too cold?
- Have you made your bed comfortable?
- Do you use the bedroom only for sleeping and not for other activities, such as reading, watching TV or using the computer?
- Do you avoid large meals before bedtime?