



Divers with 7th EDD, 8th TSC, are guided by fellow divers to the edge of LSV-2, the CW3 Harold C. Clinger's ramp for the Deep Blue exercise.

8th TSC divers gain advanced skills in 'Deep Blue'

Story and photos by
SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Army divers with 7th Engineer Dive Detachment (EDD), 130th Eng. Brigade, 8th Theater Sustainment Command, are currently undergoing their Deep Blue training on Logistical Support Vessel-2, the CW3 Harold C. Clinger, here.

Deep Blue is a three-week exercise where diving noncommissioned officers hone their skills as supervisors. The training began Feb. 1, and should be completed today.

"Deep Blue is ultimately supervisor training that our E-6s use to validate their years of experience, and for our senior E-5s to gain information and knowledge to send them to the Advanced Leaders Course," said Staff Sgt. Bryan Crowley, the lead diving supervisor with 7th EDD.

Some of the training conducted includes a couple of divers at simulated depths while the supervisors monitor the gauges and equipment.

"As the supervisors, we do a lot of emergency protocols," Crowley said. "We want to make sure our divers are as safe as they possibly can be."

Although the harbor is only 25-foot deep where

they dive, they are simulating being underwater at deeper depths for the purpose of the training itself.

"As you progress in depth and as you progress in duration, the likelihood of something happening increases exponentially," Crowley said.

"The deeper you go, the more prone the human body is to diving-related illnesses, such as decompression sickness."

Another aspect of the training is having the divers placed into a Standard Navy Double Lock Recompression Chamber immediately after resurfacing, so that they can undergo emergency decompression.

"It's a big pill-shaped tube inside of a 20-foot connex," Crowley said. "It ultimately simulates depths. We can pull a diver out of the water without doing his decompression stops. Instead, he goes through decompression in the chamber."

"We also do a lot of decompression in the water, but for our control and safety reasons, we like to do a lot of decompression in the chamber," Crowley explained.

"It's a heck of an experience," said Pfc. Nicholas Lowden, a diver with 7th EDD. "Not everyone gets to do it."

Lowden, who is new to the Army and has been with the unit since January, said he enjoys being an Army diver in Hawaii.

"We can pretty much do anything underwater," Lowden said. "The water's great, and people here are awesome, too."



Divers with 7th EDD, 8th TSC, help fellow divers gear up for training during the Deep Blue exercise, Feb. 11

Army, Air Force train together for disaster readiness

SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs
BELLOWS AIR FORCE STATION — The 413th Contracting Support Brigade (CSB) hosted U.S. Army-Pacific's disaster training exercise 16 over a two-week period at the 298th Regiment Regional Training Institute in Hawaii, this month.

The 413th CSB, one of six CSBs of the U.S. Army Expeditionary Contracting Command (ECC) provides direct support to U.S. Army-Pacific and provides garrison and expeditionary contracting to Army units and joint partners throughout the Pacific.

The ECC, a major subordinate command of U.S. Army Materiel Command, is a worldwide contracting organization with an authorized strength of more than 1,200 personnel operating in 30 permanent contracting offices and seven contingency contracting offices supporting global readiness.

The joint Army-Air Force exercise was to assess the ECC's team-level operational proficiency while preparing them for expeditionary contracting missions as a team or as part of a regional contracting office.

Contracting units procure supplies and services to enable unit readiness in garrison envi-

ronments and then use contracts to support unit commanders and the application of that readiness in expeditionary environments.

The focus of the training this past week was on contracting and operational contract support operations in support of a humanitarian assistance/disaster relief event in the Pacific. The training exercised all members of USARPAC fiscal triad: Contracting, Resource Management and Legal.

Training participants received replicated operational contract support scenario events that ensured the entire procurement community was exercised from requirements development, to disbursement of funds, through contract close-out.

Participating units included the 402nd Army Field Supt. Bde., 411th CSB, 902nd Contracting Bn., Air Force Installation Contracting Activity-Pacific (AFICA), 766th Specialized Contracting Squadron, 175th Financial Management Supt. Center, USARPAC Directorate of Resource Management, 307th Signal Bn., and 8th Theater Sustainment Command.

"The (exercise) is where we train our personnel on the uniqueness of contracting in expeditionary environments, so they are best prepared when

they support contingency missions," said Army Capt. Raven Cornelius, a contracting officer with 413th CSB.

"It validates the importance of what we do as contracting officers. When we send a team out to support the Pacific warfighter, we want to make sure we send the best contracting professionals possible who are fully prepared to rapidly support their unit to accomplish the mission."

The exercise also provided new contingency contracting officers the opportunity to learn how to lead a team in a contingency, according to Cornelius.

"The exercise offers scenarios they would not normally encounter in a garrison environment," Cornelius said. "It helps prepare them for situations typically encountered on a deployment and allows them to use their critical thinking skills to provide the necessary supplies and services while operating as stewards of taxpayer dollars."

The training allowed the Army and Air Force to synchronize their abilities, giving both branches the ability to operate seamlessly in a joint environment.

"I think it's important that we learn from each other from a collaborative standpoint, so we can

understand best practices and standard operating procedures," said Air Force 1st Lt. Austin Clark, executive officer, for AFICA out of Joint Base Pearl Harbor-Hickam. "In today's environment," he continued, "the Army and Air Force often deploy together, and this sort of training builds shared understanding of how our services operate. In the end, we will be better prepared to support commanders and their mission due to the training here."

The exercise lasted for 10 days and trained approximately 120 service members, all acting as either trainees or mentors for a scenario that had U.S. forces providing requested support to international relief efforts after a simulated earthquake in Indonesia.

The first week was geared toward Soldiers' Warrior Task Training, with the second week focusing on contingency contracting operations.

"I honestly am a big fan of these exercises," Cornelius said. "I participated in the (exercise) as a trainee in 2013, and it really set the conditions for future success in support of units in expeditionary environments. As a result of this training, both Army and Air Force participants are better prepared to help our warfighters accomplish their missions," he said.

'Raiders' learn jungle survival skills at 25th ID's Lightning Academy JOTC

1ST LT. JOSEPH SALMENTO
3rd Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, participated in jungle warfare training at the 25th ID Lightning Academy's Jungle Operation Training Center, Jan. 11-29th.

The "Raiders" learned a variety of skills to operate in a jungle environment, with the first week of instruction focusing on jungle movement and survival skills.

In preparation for living in the jungle for three weeks, the Lightning Academy taught classes on waterproofing, wildlife identification and food procurement. Soldiers received instruction on rope movement techniques, waterborne movement and tracking.

The second week of JOTC focused on squad level operations in a jungle environment. Classes focused on conducting ambushes, raids and reacting to contact in the jungle. Soldiers demonstrated their new skills in a variety of squad and team lanes.

The final week focused on platoon level operations with instruction on patrolling and patrol base operations in the jungle.

Three days of patrolling evaluated each Soldier's ability to operate in a jungle environment with the culminating event called the "Green Mile," consisting of a ruck march followed by a series of five obstacles. At the end, the Soldiers rappelled down a gulch with their equipment.

JOTC provided the 3-4th Cav. Raiders with valuable lessons in jungle warfare.

(Editor's Note: Salmento is with the 3-4th Cav. Regt.)



Photo by Staff Sgt. Christopher Abrahamson, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division

Soldiers assigned to 3-4th Cav. Regt., 3rd BCT, 25th ID, learn jungle-based individual movement techniques from a 25th ID Lightning Academy instructor.



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175th returns from Operation Inherent Resolve

Story and photo by
SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Soldiers from the 175th Financial Management Support Center, 8th Theater Sustainment Command, were welcomed back from their nine-month deployment, Feb. 10, at Richardson Theater,

here.

Thirty Soldiers deployed in May 2015 to support U.S. Central Command during Operation Inherent Resolve. Their primary mission was to provide technical oversight to all theater financial management units while serving as the principle advisor to the 1st TSC commander and U.S. Army Central (ARCENT) on all

financial management operations.

"It was excellent," said Col. Karen S. Hanson, the director of the 175th FMSC. "We made magic for everybody we came in contact with. Everybody had a great attitude; we had no discipline issues."

Additionally, the 175th FMSC was tasked with advising commanders on employment, integration, direction and control of their financial management forces for the accomplishment of assigned missions, conducting policy development, and planning and prioritization for all theater financial management operations.

"These battle-tested financial management warriors have demonstrated the critical role they play in budgeting, funding, cost management and accounting," said Maj. Gen. Edward F. Dorman III, commander 8th TSC. "Through the innovative programs and processes they instituted and expanded across the theater, they demonstrated their adaptability and commitment to building on the success of their predecessors and leaving their foxhole better than how they found it."

Some of the unit's accomplishments while deployed were strengthening controls to guard against EagleCash fraud, working with Army/Air Force Exchange Service on pilot mobile kiosks in austere locations in Iraq, transferring \$1.6 million to support the U.S. Embassy cashier in Baghdad, and coordinating with Defense Finance and Accounting Services to establish a website to start a savings deposit program.

"I shared with you how confident I was that you 'Premier Paymasters' would support and serve with honor, that you'd continue your unit's tradition of demonstrating professionalism, readiness and showing us all what right looks like," Dorman said. "I couldn't be prouder of each of you."

Aside from their mission, the Soldiers also accomplished many achievements at both the individual and unit levels, including maintaining a unit Army Physical Fitness Test average of 278, winning three higher command Noncommissioned Officer/Soldier of the Month boards and a Soldier of the Year board, having an ARCENT Sgt. Audie Murphy Chapter president in their ranks, and being recognized as the unit with the most heart during the Tin Man Competition.



Maj. Juan Suero (right), 175th FMSC, 8th TSC, is welcomed home by Command Sgt. Maj. Binford and Maj. Gen. Edward F. Dorman, commander, 8th TSC, Feb. 10. The 175th redeployed from the Central Command area of responsibility from Afghanistan. While downrange, the unit accomplished many achievements, including winning three higher command NCO/Soldier of the Month boards.

Japanese recognize 'Wolfhounds' mother

Story and photo by
1ST LT. PAUL WEISS

25th Infantry Division

HONOLULU — Yuko O'Reilly, the honorary mother of the "Wolfhounds," 27th Infantry Regiment, 25th Inf. Division, was awarded the Foreign Minister's Commendation during a luncheon at the Consulate General of Japan, here, Feb. 11.

The award was presented to O'Reilly by Consulate General Yasushi Misawa for her continued volunteer efforts at the Holy Family Home, an orphanage in Osaka, Japan, that her late husband, Master Sgt. Hugh O'Reilly, began supporting when the regiment was part of the Allied occupation of Japan.

Master Sgt. O'Reilly, formerly an honorary regimental sergeant major of the Wolfhounds, was stationed in Japan with 1st Battalion, 27th Inf. Regt., in 1949, when he came upon the orphanage. After seeing the conditions for the Japanese children, O'Reilly made a dedicated effort with his fellow Wolfhounds in donating funds to the impoverished orphanage after an impromptu Christmas visit.

Later, O'Reilly married his wife, Yuko, in Japan, where they maintained the Wolfhound ties with the Holy Family Home for decades. Since then, the Wolfhounds have worked in concert with the O'Reilly family to provide aid and support when the battalions were together as a regimental combat team, and later in separate brigades within the 25th ID.

Yuko O'Reilly was recognized for her part in helping the legacy live on.

Carrie Williams (spouse of Lt. Col. Kevin J. Williams, commander, 2-27th Inf. Regt.), Anna Mayo (spouse of Lt. Col. Neal Mayo, commander, 1-27th Inf. Regt.) and other Wolfhound spouses attended the luncheon to congratulate O'Reilly for her efforts.

In a toast, Williams thanked O'Reilly for her unwavering support in keeping the tradition strong.

When asked to share a few words, O'Reilly joked that there was no such thing.

"Thank God and thank you. ... The Holy Family Home will always be grateful to the Wolfhounds," Williams said.

(Editor's note: Weiss is with the 2nd Bn., 27th Inf. Regt.,

3rd Brigade Combat Team, and Staff Sgt. Armando R. Limon, 3rd Brigade Public Affairs, contributed to the story.)



Consulate General Yasushi Misawa holds Yuko O'Reilly's (seated, 2nd from right) Foreign Minister's Commendation, Feb. 11. Japan recognized O'Reilly's efforts for helping to maintain the Wolfhound's support for the orphanage since 1949.

FOOTSTEPS in FAITH

Buoyancy is a key to experiencing the very best life has to offer

CHAPLAIN (MAJ.) JOHN GRAUER

Plans and Operations Chaplain
U.S. Army Garrison-Hawaii

Balance or buoyancy is vital in scuba diving, but also in life. Think about this.

Scuba diving takes you into vast, open water, a place that even today leaves us with some unknowns as to what lies beyond what we can explore. Scientists have said that one of the great discoveries in life is that which lies in the vast oceans.

I enjoy descending slowly over ecosystems that are teeming with fish and other forms of marine life. Sometimes I dive to places where fish are less abundant; yet, the lure of discovery and going somewhere new always fascinates me pushing me to explore more.

With diving, I've come to learn that being able to attain buoyancy is one of the keys to this underwater activity. It is part of diving that I practice each time I dive. But more than that, buoyancy is not only a key to diving, it's a key to achieving balance in life and ultimately experiencing the very best life has to offer.

The Professional Association of Diving Instructors rescue diver manual mentions that buoyancy has to be practiced. This is a technique whereby you learn to be patient, to relax, to exhale, but it is also the ability

to learn to breathe. Of course, these are only parts of what you learn in diving.

What you are really able to achieve with balance is the ability to maintain your position either at the surface or underwater. It helps you stay off the bottom, and reduces the risk of possible injury.



Grauer

The only thing a person will accomplish if you fail to achieve buoyancy is struggle. As a diver, you will sink to the bottom and sediment will be stirred up, impacting your ability to see.

As a scuba diver, I understand the importance of being able to dive with ease. In spiritual terms, the ability to stay buoyant illustrates how to achieve balance in life.

One of the areas that we deal with as members of the military is striving for balance, we look for balance in our personnel life, our work life, our physical bodies and spiritual life.

Being so deeply engaged with your job that you can't stop to breathe or cannot stop to take in the beauty around will leave your tank empty. Problems arise when you start to neglect important areas of your life.

Areas which, if not balanced, will negatively influence your ability to be successful and happy, with your spouse, your friends, your hobbies and/or your job.

So, you need to ask yourself these things:

- Do I enjoy each moment in my life?
- Can I cope with difficulties?
- Do I love who I am?

Life will often throw a curveball the wrong direction, and it seems all too close. Our life becomes a roller coaster far from the balance we wish to achieve. Effective time management, proper nutrition, sleep and exercise, quality time with family, friends and loved ones and spiritual care need to all have a place in order to obtain the proper balance in our lives and keep us afloat.

Such neglect makes it difficult to assess what you can reasonably accomplish in a day. Ignoring these important factors leads to disengagement or depression when you can't deliver on your unrealistic expectations. Placing less on your to-do list may grant you time during the day to accomplish more.

Taking regular, steady breathing helps a scuba diver to maintain balance. All we need to do is breathe easy.

Fill up your lungs up with air and believe in God's promises of helping us to achieve physical, spiritual and emotional balance in life.

Voices of Ohana

February is National Heart Month, so we asked,

"What are you doing to keep your heart healthy?"

By Emily Yeh, Tripler Army Medical Center Public Affairs



"I love to play sports with my fellow Soldiers."

Sgt. Griffin Arya
18th MEDCOM (DS)



"I eat healthy and stay active."

Spc. Monica Campos
Joint Patient Liaison Office
TAMC



"I treadmill for three miles, four times a week."

James Guzior
Chief, Public Affairs
TAMC



"I run marathons."

Sgt. Darwin Prudencio
Joint Patient Liaison Office
TAMC



"I serve my country."

Staff Sgt. Steven Wiggs
Urology Clinic
TAMC

NCOPDS changes coming

In Part Three, senior NCO courses and Army University are discussed

AMY L. HAVILAND
Army News Service

FORT EUSTIS, Va. — Changes are coming soon regarding Noncommissioned Officer Professional Development Study (NCOPDS).

5. Executive Leader Course

Why it's important: The Executive Leader Course is the formal education requirement between sergeant major and the promotion to nominative sergeant major.

What's changed: Previously, the course was only for nominative sergeants major — those who worked for general officers; however, the course is now part of the NCOPDS.

“If we really want to have STEP (select, train, educate, promote) be the standard, then we need to make sure that anytime someone's selected for a promotion — going from sergeant major to nominative is a promotion — that there should be a formal ‘E,’ an education portion,” said Command Sgt. Maj. David S. Davenport Sr., U.S. Army Training and Doctrine Command's senior enlisted adviser.

Bottom line: The end result is more educated, trained sergeants major.

“After the board releases those sergeants major eligible to compete for nominative positions, they'll get a school slot, and they'll get educated for the chance to compete.”

After the board releases sergeants major who are eligible to compete for nominative positions, they are assessed by a panel and receive a school slot. The sergeants major then receive formal education for the chance to compete for the position.

“Over time, this will build depth in our NCO Corps,” Davenport said.

6. Broadening

Why it's important: Davenport defined broadening as the experiences inside and outside the Army — the diversity that creates a well-rounded NCO. However, it's also more than just drill sergeant, recruiter or (Advanced Individual Training) platoon sergeant experiences. Broadening

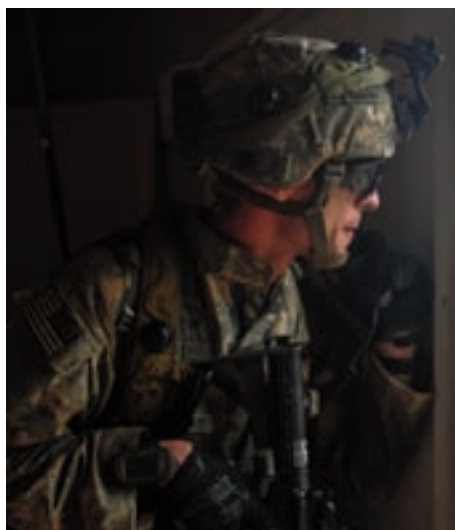


Photo by Sgt. Ian Ives, 2nd Brigade Combat Team

Training for NCOs is changing. Field training will be different including infantry Soldiers like the one in this photo participating in Exercise Lighting Forge 2016.

also includes working with industry or fellowships, like the USASMA fellowship.

What's changed: Davenport and his team began developing the new career map to better explain broadening to Soldiers, so they will have an understanding of opportunities and can leverage the Army Career Tracker. Although not every proponent has the opportunity to work with industry, teams are looking at ways to tie programs together.

Bottom line: NCOs need to know and leverage career maps and take advantage of broadening opportunities.

“Your talents and attributes are the most important combat multiplier our Army and nation can rely on,” Davenport said in a blog post on broadening. “It is imperative we identify your talents, develop them and optimize them for our nation's national security, the future of our force and for the future of our society as you become veterans employing your talents in the civilian workforce.”

7. Army University

Why it's important: The newly established Army University demonstrates the force's commitment to education, Davenport said, beginning with a Soldier's first day in the Army.

“As that Soldier raises his or her right hand and they go into basic training or (one-station unit training), we want them to have an understanding that they're enrolled in Army University, and they're gaining credit right then and there ... on day one of their experience in our Army.”

Davenport said Army U will also benefit NCOs by eliminating redundancies in training throughout professional military education, making a more efficient use of Soldiers' time.

“Army University is going to be a great multiplier to the work we're doing with NCOPDS because of the collaborative synchronization of resources,” he said.

What's changed: As the Army aligns to a university-type model, Davenport said some of the changes will include an increased rate of innovation within classrooms and instructors who are trained to a common standard.

Bottom line: There's a lot of power in Army University, Davenport said, and one of the overarching benefits of Army U is that it will synchronize force, which will, in turn, create a stronger Army.

“If we're doing something with the NCOs, which we are, it's nested with what the officers are doing or the warrant officers are doing, to include our great civilians on the team,” he said.

Davenport said he's excited about the changes, which he refers to as “revolutionary, not evolutionary,” and encourages Soldier feedback via his blog to improve processes and affect changes along the way.

“Soldier feedback is hugely important to me. I can't tell you how many questions and ideas have come in through the blog,” he said, adding that many of the areas where TRADOC is looking at improvements, including Structured Self-Development, came from Soldier feedback.

Another way Davenport is soliciting feedback is through an upcoming live-streamed town hall on the state of NCO development March 3 from 12-2 p.m. (Hawaii time). Here, Davenport, along with other subject matter experts, will explain some of the recent and upcoming changes and what they mean for the Army NCO Corps.

“This is just not a bumper sticker. A lot of hard work has gone on behind the scenes to affect this change,” Davenport said.

Cobra Gold jumpstarts Army Pathways 16-01

SGT. 1ST CLASS MELLETTIS PATTON
25th Infantry Division Public Affairs

UTAPAO, Thailand — The opening ceremony for Cobra Gold 16 brought together more than two dozen participating countries, Feb. 9, at Royal Thai Marine Corps Headquarters, Sattahip Chonburi Province, Thailand.

Thailand and the United States co-host the annual, multilateral Cobra Gold exercise, part of three Pacific Pathways missions U.S. Pacific Command oversees with countries across the Indo-Asian Pacific region.

“We all face the same challenges; we can only solve them by working together,” said U.S. Ambassador to the Kingdom of Thailand, Glyn T. Davies, during the Cobra Gold 16 opening ceremony.

Cobra Gold is the largest exercise in the Pacific region, and every Soldier has a special part in developing partnerships.

“Everyone who values the security and development of the Asia-Pacific region knows about Cobra Gold and its excellent reputation as the largest, the most wide-ranging and most valuable military exercise in this vital part of the planet,” said Davies. “It is known around the world as the gold standard for multilateral military exercises. Looking out today at the uniforms of over two dozen countries gathered as one team underscores that point.”

“This is my second time attending Cobra Gold,” said Cpl. Sapajong Itsariya, a member of the Royal Thai Air Force, who had the opportunity to speak with soldiers from many different militaries before the opening ceremonies. “This exercise is the biggest in the country.”

U.S. Soldiers and Royal Thai Armed Forces troops have different points of view during Cobra Gold, but they share the same objective: to address regional and global security challenges and to promote International Corporation and stability in the region.

“Having the opportunity to fellowship with the Thai Army is unique,” said Spc. Robert Crawford, air condition mechanic, Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division, who held the USPACOM flag during the ceremony.

After the ceremony, Crawford said he was thinking about the

unity represented by the many militaries and countries present.

“I probably won't have another chance like this,” said Crawford. “I've always wanted to travel the world, and that is what I am doing.”

Crawford is also working in Thailand as part of the set up and operation for a command post exercise (CPX) and early entry command post, here.

The CPX is a combined task force with multinational planning scenarios and objectives for partner nations to conduct security operations, humanitarian missions and counter-piracy.

Col. James P. Smith, chief, Information Operations, 25th ID, said the CPX helps work out some of the hurdles that go along with planning joint missions, such as multinational language barriers and different cultural backgrounds.

“I work with our partner nations, making new and awesome friends,” said Smith.

As national security professionals, the duty as a military is to stay vigilant and prepared to address new threats, such as diseases, natural disasters, terrorism, piracy and climate change, Davies said.

“Practicing makes us better prepared to handle real world events,” said Smith. “This is my first time here, and I am glad to be a part of it. I have met great officers from other nations and hope to see them again.”

“All Soldiers share a common language,” added Smith. “They know how to shoot, march, follow and lead. It is valuable for them to experience other countries.”



Courtesy Photo

Staff Sgt. Roy Starbeck coaches a soldier in the Royal Thai Armed Forces on how to apply a tourniquet while Pfc. Eric Colon roleplays a casualty during a joint training scenario, Feb. 10. Both Soldiers are with the 7th Infantry Division.

State of NCO Development Town Hall

GOT QUESTIONS? GET ANSWERS.

MARCH 3
5-7 P.M./EST

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EEO notes African-American inventors to the first president

Story and poem by

BRENDA A. FLEMING

Equal Employment Opportunity

The African continent's terrain is varied: savannahs, riverbanks, highlands, deserts and forests.

The original inhabitants of our civilization used the singular power of their minds to shape their environment for their convenience and way of survival.

As a survival mechanism, man evolved as hunters, gatherers and toolmakers.

Once considered primitive, humans have progressed from prehistoric to reasonably advanced social animals. Over time, groups of prehistoric Africans reasoned, judged, understood and created the basis for much of the technology and industry that exists today.

It is not acknowledged enough that Black Americans have endured a myriad of suffrages, nor is it verbalized that they continue to face a flurry of hardships, disappointments and deaths. In particular, the countless horrifying deaths of unarmed Black men and women.

Nevertheless, throughout years of oppression, Black Americans have persistently fought for equal rights and freedoms as they strive to spearhead a force for change in today's America.

Black Americans strive to exist in a land that has held disdain for their very existence. They've made remarkable strides in positive contributions for the future of all Americans.

While there is still work to be done, African-American history has transcended from enslavement on big plantations to Jim Crow laws, through the Civil Rights era of simply seeking equal treatment, to leading as President of the United States of America.

As we observe African-American Heritage month, let's acknowledge the great achievers who have aided in empowering U.S. society with innumerable, sorely needed inventions.

Africa is the "motherland of all humanity and the cradle of its intellect."

— "New Yorker Magazine"

*We are ...
Bongo's thumping, calling out to the soul
The African tongue spews sounds of joy for
such amazing grace
Rhythmic dance exudes gracefulness of
God's paradise
The air I breathe, the earth on which I tread,
All takes me to the original home of humanity
From kings and queens,
princes and princesses
From intellectual sharecroppers
To a people of oppression
To a people of stolen identity, wealth,
and claim
We are a people of profound knowledge
and wisdom
A people of endurance and tolerance
A people on the uprising
We are Black
We are Black Americans
We are African-Americans
We are ...
We are a people on the uprising*

Inventors

Below is a very short list of African-American inventors and their inventions.

Inventor	Invention
James S. Adams	Aeroplane propelling
George E. Alcorn	Imaging X-ray spectrometer
Benjamin Banneker	American clock
Dr. Patricia Bath	Cataract laserphaco probe
Andrew Beard	Rotary engine
Henry Brown	Fireproof safe
Otis Boykin	Artificial heart pacemaker control unit
George R. Carruthers	Ultraviolet camera spectrograph
Dr. Charles Drew	Blood plasma
Kenneth J. Dunkley	3-dimensional (3-D) viewing glasses
Dr. Thomas Elkins	Flushing toilet

Marc Hannah	3-D graphics technology used in films
Dr. Betty Harris	Spot test identifying explosives in field environment
Lonnie Johnson	"Super Soaker"
Frederick M. Jones	"Thermo King" mobile refrigeration
Lewis Latimer	Carbon filament for light bulbs
W.A. Lavalette	Printing press
Gerald A. Lawson	Modern home-video gaming console.
Ludwick Marishane	Dry bath
Tom J. Marshal	Fire extinguisher
Jan Matzeliger	Shoe-lasting machine
Alexander Miles	Modern-day elevator design
Garrett Morgan	Gasmasks Street lamps
James E. West	Electroacoustic transducer electric microphone
Arthur Zang	The cardiopad



Today

This Just In — A terminal amyotrophic lateral sclerosis patient was welcomed by the 25th Combat Aviation Brigade last week. Read the story at www.HawaiiArmyWeekly.com.

Black History — Cele-

brate African-American history with the Tropic Lightning Division and the Army-Hawaii Team Equal Opportunity/EEO at 1 p.m. in Schofield's Sgt. Smith Theater (north) and Feb. 24 at noon in Tripler's Kyser Auditorium (south). Call 438-4962.

Insufficient Funds?

— More service members must participate in the ongoing cost of living survey in order to get good data. Due to poor turnout in the last survey, the COLA for active duty military personnel in Hawaii significantly decreased. All warriors of all branches need to take

the survey before March 1.

Visit www.defensetravel.dod.mil/site/lps-hawaii.cfm.

FEHB — Enrollment changes in the Federal Employees Health Benefits Program are allowed for the Self Plus One option until Feb. 29. Visit www.opm.gov/selfplusone or www.abc.army.mil/health/Selfplusone.htm.

22 / Monday

MSW — Military Saves Week begins. Call 655-4227 or visit www.mwrbrandcentral.com/print-web-materials/military-saves-week to learn more.



Today

Reef Runway — Honolulu International Airport runway 8R-26L is temporarily closed, 10 p.m. to 6 a.m., for runway maintenance work, until tomorrow. During the closure, flights will be redirected to other operational runways, which will alter their flight paths. This may

increase air traffic noise over the Ewa Plains and downtown Honolulu communities during the time the runway is closed.

20 / Saturday

Farrington — HDOT maintenance crews on Farrington Highway, catching up, worked last Saturday to perform the duties on Farrington Highway without notifying the public. HDOT apologizes to those who were impacted by the work and say it won't be performing work on Farrington, Feb. 20.

Message boards indicating the upcoming work were placed as a precaution, if additional work is required this

coming weekend.

22 / Monday

Kubo Closure — Intermittent road closures begin at Fort Shafter's Kubo Street, weekdays, 7 a.m.-5:30 p.m., until May 13. This construction work will occupy Kubo from Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12. Kubo Street and the adjacent parking lot will be restricted to contractor equipment for the duration of work in Area X.

Palm Circle Drive and Richardson Street will be accessible to the public by means of Hyland Lane.

USACE to participate in 2016 National Engineers Week

DINO W. BUCHANAN

U.S. Army Corps of Engineers-Honolulu District
Public Affairs

HONOLULU — More than 200 engineers and friends of the 17 organizations within the Hawaii Council of Engineering Societies, plus invited local VIPs, dignitaries and engineers from the Honolulu District, are expected to gather at the Hale Koa's Banyan Tree Showroom, Monday, for a luncheon to kick off Engineers Week 2016, which runs Feb. 21-27.

"Engineers Week is a great opportunity to showcase the accomplishments and capabilities of the Honolulu District's professional engineers, architects and surveyors," said Todd Barnes, chief of Engineering & Construction, U.S. Army Corps of Engineers, Honolulu District.

The 2016 Engineers Week theme is "Discover E — Engineers Make a World of Difference."

The Hawaii Council of Engineering Societies (HCES) has been in existence since 1965. It is an umbrella organization for the engineering societies in Hawaii with 17 member organizations.

The HCES charter aims "to improve the public image of engineers, (to) encourage registration of all qualified engineers, and to stimulate qualified students in public and private schools to enter engineering and related sciences as their life work."

HCES has been celebrating Engineers Week in Hawaii since 1965.

Several of the District's Department of the Army interns will be manning an interactive exhibit that showcases the District's missions for public display, Sunday, at Pearlridge Shopping Center.



Photo courtesy of U.S. Army Corps of Engineers, Honolulu District Public Affairs

USACE interns support the 2015 career fair at UH at Manoa. They also participated in the UH Engineering Career Day and provided future engineers with career guidance.

Each year during Engineers Week, the HCES organizes display exhibits to increase public awareness and appreciation of the engineering profession, to improve the public image of the engineering profession, and to stimulate qualified students to choose careers in engineering and in related science fields.

The 2016 Hawaii State VEX and VEX IQ Robotics Skills Challenge will also be held, Sunday, at Pearlridge Mall's Uptown Center Court. Robotics is one of the outreach programs to encourage students to enter the fields of science, technology, engineering and mathematics (STEM).

Jointly hosted by the Honolulu Post of the Society of American Military Engineers and the HCES, the kickoff luncheon will feature keynote speaker Peter E. Crouch, dean, University of Hawaii at Manoa College of Engineering, who will speak on the topic "Re-engineering for a Sustainable Future."

Robbie Alm, president, Collaborative Leaders Network and former executive vice president of Hawaiian Electric, will be the keynote speaker for the awards banquet and will speak on the topic "Will Hawaii Thrive in the 21st Century?"

The USACE recognizes the critical role that STEM education plays in enabling the U.S. to remain the economic and technological leaders of the global marketplace, and in enabling the

Department of Defense and Army in the security of our nation.

The Corps is committed to teaming with others to strengthen STEM-related programs that inspire current and future generations of young people to pursue careers in STEM fields.

Engineers Week

The National Society of Professional Engineers began National Engineers Week in 1951 in conjunction with George Washington's birthday. (Washington is considered the nation's first engineer, notably for his surveying work.)

Statewide activities include these:

- The signing of an Engineers Week proclamation by Hawaii Gov. David Ige and Honolulu Mayor Kirk Caldwell.
- Engineers Week interactive and static displays at Pearlridge Shopping Center by engineering organizations, Sunday.
- Attendance at the kickoff luncheon, Tuesday, at the Hale Koa Hotel.
- The Engineers Week annual awards banquet, Feb. 27, at the Koolau Ballrooms & Conference Center.

The U.S. Army Corps of Engineers-Honolulu District supports all of these events.

'Wayfinder' wins USARPAC Career Counselor of the Year

STAFF SGT. ARMANDO R. LIMON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

FORT SHAFTER — Staff Sgt. John McDermott, battalion career counselor, 29th Brigade Engineer Battalion, 3rd Brigade Combat Team, 25th Infantry Division, won the U.S. Army-Pacific Command Career Counselor of the Year, here, Jan. 28.

McDermott, representing the 25th ID, competed against four other career counselors from other commands on Oahu.

"It really took a while to sink in that I won the USARPAC board," he said.

He first had to succeed at the lower division and brigade levels before he won as USARPAC's top career counselor.

"The process is each fall, or the beginning of the new fiscal year, all the career counselors from brigade get together and see who gets to represent the brigade," he said.

McDermott also won the 3rd BCT's top career counselor spot last year. Unfortunately, he

was injured and unable to compete at the division level, he said, so this year gave him even greater motivation to succeed at division when he competed against his peers.

He emphasized his study methods that led him to success at all levels of the competition.

"I have no secret study ways," he said. "I have good mentorship."

He cited Master Sgt. Karen Fields, 3rd BCT career counselor, as providing excellent mentorship and guidance for him. She ensured that McDermott received more than adequate help from his fellow career counselors.

McDermott also recognized fellow career counselor, Sgt. 1st Class Wallata Madison, 325th Bde. Support Bn., 3rd BCT, as being instrumental in his accomplishment by studying with him.

McDermott said that he must continue his efforts to retain his knowledge.

He departs, Monday, to compete at the Secretary of the Army Active Component Career Counselor of the Year Competition next.



Photo courtesy of 25th Infantry Division Retention

Staff Sgt. John McDermott (center) is awarded USARPAC Career Counselor of the Year, Jan. 28.



Pledges, sessions stress planning

CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Build up your sense to spend cents wisely by taking part in Military Saves Week, which starts Monday.

Army Community Service, here, is launching several free classes and events to help plan your financial future.

The weeklong Department of Defense campaign is in support of the America Saves program, as people pledge to get out of debt.

"People should consider participating in the Savers Pledge," said Robin Sherrod, Financial Readiness Program manager at ACS. "You can get in the mind of saving and get out of the mind of spending. Use this week to re-engage saving methods, open a new savings account or think about enhancing a savings account by saving a specific amount monthly."

Since 2007, more than 200,000 savers have accepted the challenge of Military Saves Week by taking the pledge, Sherrod said.

MSW program

"You'll get weekly newsletters, tips and encouragement to save through out the year," Sherrod said. "Then, Military Saves Week isn't

a one time thing. It helps to have a reminder."

During this year's observance of Military Saves Week, Financial Readiness Program staff will be hosting several finance classes and assisting people who want to sign up for the pledge. The classes include how to plan for retirement, investing and identity theft protection. All the classes will be held at the ACS headquarters in Bldg. 2091 at 2091 Kolekole Ave. on Schofield.

One of the classes, "Extreme Couponing" will feature guest speaker Maria Olipas. She will be teaching coupon etiquette and how to get the best deals.

"Our goal is to show the community how to save when going to the commissary or elsewhere," said Fran Avery, a financial counselor at ACS. "Using coupons can save a lot. The class will go over different websites you can use."

Other community organizations will be offering financial help during the Financial Fit-

Points of Contact

For help from the Hawaii Securities Commission, call 1-877-447-2267.

Contact the ACS Financial Readiness Program at 655-4227 or visit www.HiMWR.com.

ness Fair. The fair is scheduled Feb. 25 at the Nehelani Conference Center from noon to 3 p.m. and will feature classes and representatives from local financial organizations offering advice.

Among them will be Theresa Kong Kee, an investor education specialist with the Department of Commerce and Consumer Affairs. She will be offering tips in her presentation, "Protect Yourself and Your Money from Predatory Tactics."

Kong Kee said military communities could be especially vulnerable to affinity fraud, when scammers specifically target an identifiable group by pretending to be or joining that group.

"This is important because people are coming back with extra money due to special duty or war duties," Kee said.

"Then, they have a trust relationship with a scammer who seems to be military affiliated. The message we try to give is to really check with registration of anyone you invest with."

Kee said her department's website offers a wide range of financial information for people who need help.

Ty Nohara, commissioner, Hawaii Securities Commission, said good investor education protects against fraud, and their office is available to assist at any time.

"We are here to support our military community by providing investor education materials and resources," Nohara said. "If you think you are a victim of investment fraud or are aware of a possible scam, please don't hesitate to call our office at 1-877-447-2267 to report it."

Financial Readiness Program classes are also available all year-round at Schofield Barracks. Avery and Sherrod said the program's staff regularly assist by creating budgets and helping anyone stay on track for their financial goals.

"Sometimes, it's hard to tell you're over-extended until you get a phone call from a creditor or a check gets bounced," Avery said. "Be more proactive; our classes are free. They can come in for one-on-one credit, budget and investing help."



Take the Pledge

All during Military Saves Week service members and civilians are encouraged to take the Saver Pledge to help build their wealth. Those who take the pledge can sign up for free financial advice and updates for the Military Saves program.

Staff with Army Community Service will also be on hand for these sign-up times and locations:

Schofield Barracks Army Community Service, Bldg. 2091

•Feb 22, 8:30-11:30 a.m. and 1-4 p.m.

•Feb 23 and Feb 24, 8 a.m.-4 p.m.

•Feb 26, 8 a.m.-3 p.m.

Nehelani Conference Center, Schofield Barracks

•Feb 25, 8:30 a.m.-3 p.m. & noon-3 p.m.

Check out the sign up online at <http://militarysaves.org/for-savers/savings-tools-and-resources/take-the-pledge>.

For additional information, call ACS at 655-4227 or review www.himwr.com



U.S. Army Garrison-Hawaii Public Affairs photo

SCHOFIELD BARRACKS — Ayanna Whitsides (second from right), a Financial Readiness Program volunteer, and Roshetta Carson, an Army Emergency Relief Program specialist (right), provide Spc. Jose Cruz Gomez and his wife, Luz Garcia, with financial resource materials as their son, Josiel Cruz, looks on at a recent Community Readiness Expo.

Military Saves Events

Want to learn more about how to finance your future? Check out these classes at the Schofield Barracks Army Community Service at 2091 Kolekole Ave., Bldg. 2091.

Feb. 22, 8:30-11:30 a.m., 1-4 p.m.

Million Dollar Soldier Refresher Training

This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and families to understand their personal finances and learn tools for financial success.

Feb. 23, 1-2 p.m.

Social Security Presentation

Learn about how social security works and how to manage those funds.

Feb. 24, 1-2 p.m.

Extreme Couponing

Extreme Couponing is an introductory course in which you will learn coupon etiquette, terminology, organization, how to apply ad matchups and much more. Please bring a notepad and pen for note taking.

Maria Olipas, a coupon instructor, was born and raised in Hawaii and has been couponing since she was 18 years old. She now teaches free coupon classes and shares her knowledge.

Her goal is to help families learn how to stretch their dollars living here in paradise.

Feb. 25, noon-3 p.m.

Financial Fitness Fair

Make savings automatic with help at the fair. Check your credit score for free and gain other financial tips at the Nehelani. Meet with representatives from the Better Business Bureau of Hawaii and other partner organizations.

The fair will also feature special presentations from the Hawaii Department of Commerce and Consumer Affairs about protecting yourself against predatory tactics.

Feb. 26, 8 a.m.-3 p.m.

Financial Consultations

Establish good credit and take charge of your financial future with a choice of two classes.

Noon-3:30 p.m.

Identity Theft Protection

Learn tools to safeguard your financial freedom.

Feb. 28, 10-11:30 a.m.

Basic Investing and TSP (Thrift Savings Plan)

The best time to start investing is now! Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds. For details, see www.tsp.gov.

Feb. 29, 10-11:30 a.m.

Coupons and Coffee

Learn how to maximize savings with couponing.

Commissaries will help stretch hard-earned dollars

MIKE PERRON

Defense Commissary Agency

FORT LEE, Va. — When it comes to saving money, commissary shoppers know the deal.

With its average overall savings of 30 percent, the commissary can play a crucial role in helping eligible shoppers to stretch every dollar they spend on groceries and to stick to a budget.

It should not be a surprise then that the Defense Commissary Agency supports Military Saves Week, being held this year Feb. 22-27.

Financial readiness

Military Saves (militarysaves.org) is a component of the nonprofit America Saves and a partner in the Department of Defense's Financial Readiness Campaign. According to its website, the organization "seeks to motivate, support and encourage military families to save money, reduce debt and build wealth."

On the website, service members and their families and civilian employees are encouraged to take the Military Saves pledge; organizations are asked to promote savings year-round and during Military Saves Week.

The website also offers financial planning tools and advice to active duty, guard and reserve service members, their families, DoD civilians and contractors, retirees and veterans.

While commissaries play a central role in saving eligible patrons money, they can also help afford a healthier lifestyle, with a commitment to offering plentiful and economical fresh foods and organic alternatives.

Benefits

Here are some of the benefits of shopping at the commissary that can help preserve your budget:

•Commissaries offer better-for-you food choices, including organics and a growing

number of "specialty" items, such as gluten-free alternatives, low sodium, sugar-free and reduced-calorie products.

•Nearly 500 Commissary Value Brand items in 55 categories offer savings of about 23 percent when compared to the store brand and private label items found in commercial retail

More Online

Commissaries also promote healthy cooking at home by hosting cooking demonstrations and promoting simple healthy meal recipes even the busiest family can accommodate, both in-store and on the website at www.commissaries.com.

A partner in the Department of Defense's Financial Readiness Campaign, visit militarysaves.org.



stores. In some instances, savings could reach as much as 50 percent.

•Commissaries strongly support use of coupons for additional savings, and the Commissary Rewards Card banks electronic coupons for automatic savings at checkout.

Card users recently topped 964,000, with more than 8 million digital coupons redeemed, savings patrons over \$8.8 million. (For more information, visit the Rewards Card page at www.commissaries.com/rewards/index.cfm.)

"Military Saves is a great source for financial planning tools, ideas and encouragement, not only during Military Saves Week, but year-round," said Tracie Russ, DeCA's director of sales. "Military members and their families can follow them on Facebook, Twitter, through their website and their newsletter. And be sure to include shopping at your commissary when planning your budget. With savings around 30 percent, it's worth the trip!"



Briefs

NEW TROPICS



Photos by Christine Cabalo, Oahu Publications

SCHOFIELD BARRACKS — (1) A traditional maille lei is untied during the ceremony to reopen Tropics Recreation Center, Feb. 11. Pictured in the photo from left to right are Spc. Kelsey Miller, president of Hawaii Better Opportunities for Single Soldiers; Melania Silva, facility manager for the Tropics; and Sgt. Maj. Louis Felicioni, command sergeant major of U.S. Army Garrison-Hawaii. (2) Kalona, from A Rainbow in Paradise, chants and connects a mail lei to open the ceremony to reopen the facility. (3) After the ceremony, patrons enjoy table games and (4) view the facility. They were treated to a buffet, a traditional lion dance and music from Disturbing the Peace, the brass band of the 25th Infantry Division Band. Visit www.HiMWR.com.

Employment Orientation — Learn about the Hawaii job market and take advantage of the free tools and resources available, 10-11:30 a.m., SB ACS, Bldg. 2091. Start networking and receive information on private sector, federal and state hiring opportunities. Call 655-4227.

Tropics — The new SB Tropics Recreation Center is now open after an extensive renovation. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages. Hours follow:

- Thursdays, 4-10 p.m.
- Fridays-Saturdays, 4 p.m.-midnight.
- Sundays, 11 a.m.-7 p.m.
- Mondays, Tuesdays and Wednesdays closed.

20 / Saturday

Parent's Night Out — Need a break? Leave your children in a safe environment and register them for Parent's Night Out, 6-11 p.m., at SB Bowen Child Development Center and SB School Age Center.

For more details or to register, visit a CYSS Parent Central Service Office at SB, Bldg. 1283, 241 Hewitt St., or call 655-5314. Or, visit AMR, Bldg. 1782, Bougainvillea Loop, or call 833-5393.

21 / Sunday

Sunday Brunch — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and parties are welcome.

Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

22 / Monday

AFTB Instructor Training Course — AFTB is looking for energetic volunteers who love to help out the community by teaching military spouses about military life, personal development and leadership skills. The weeklong course runs 9 a.m.-1:30 p.m., Feb. 22-26, except on Wednesday, 9 a.m.-12:30 p.m., SB ACS, Bldg. 2091. Call 655-4227.

Mongolian BBQ — Join SB

Kolekole Bar and Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and have it grilled your way at only 65-cents per ounce. Call 655-0660.

23 / Tuesday

Pottery and Quilting/ Sewing Workshops — Join SB Arts & Crafts every Tuesday at 5-8 p.m. and create beautiful works of art at 919 Humphreys, Bldg. 572. Call 655-4202.

Infant Massage Class — This ACS five-week course on infant massage meets Tuesdays, 6:30-7 p.m. Learn about the power of touch in bonding with your baby, the benefits of massage in circulation, digestion and emotional well-being.

Class is at SB ACS, Bldg. 2091. To register call 655-4227.

Taco Tuesday — SB Kolekole Bar and Grill every Tuesday night features a three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

24 / Wednesday

Community Information Exchange — Learn more about various projects and upcoming events, 9-10 a.m., at the SB Nehelani, for the next 30/60/90 days on USAG-HI. Ask subject matter experts your questions about services and programs.

Resume Lab — Employment Readiness staff will be on hand, 9 a.m.-noon, SB ACS, Bldg. 2091, to assist you with your current resume. Walk in anytime with preference given to those who have attended an Employment Readiness Resume

workshop. Bring your laptop/net-book/personal electronic device. WiFi and a limited number of desktop computers will be available. Call 655-4227.

Keiki Night — Every Wednesday Night is Keiki Night at SB Kolekole Bar and Grill. Kids under 10 eat for only \$2.99 from the keiki menu. Call 655-0660.

25 / Thursday

Community Readiness Expo — New to Hawaii? The USARHAW Community Readiness Expo is held 9 a.m.-noon, at the SB Nehelani. Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call ACS at 655-4227.

Community Calendar

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

African-American/Black History Month North — 25th ID and Team U.S. Army Hawaii Equal Opportunity sponsor this observance at 1 p.m., SB Sgt. Smith Theater. The guest speaker is Col. Charles D. Mills, commander, 5th Battlefield Coordination Detachment.

College Baseball — The University of Hawaii's baseball team opens its home season with four games with the University of New Mexico, beginning with a Friday, 6:35 p.m., game at Les Murakami Stadium. For game times and ticket information, visit www.hawaiiathletics.com.

20 / Saturday

Kolekole — The walking-hiking trail is closed this weekend, Feb. 20-21, due to live-fire exercises.

23 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held

Wednesdays at 5:30 p.m.

24 / Wednesday

African-American/Black History Month South — TAMC hosts this observance at noon, Kyser Auditorium.

26 / Friday

Native Hawaiian Concert Series — Leilehua Golf Course hosts the monthly series, 6 p.m., on the final Friday of February. This month, Mike Kaawa and Analu Aina perform.

Come to "The Grill" at Leilehua Golf Course for this free event, open to the public. Food and drinks are available for purchase. (Military ID is not required.) Call 656-0114.

27 / Saturday

Pacific Roller Derby — 2016's opening match features a "Star Wars" theme and begins at 4 p.m., at the Hideaway Club on the U.S. Coast Guard Air Station, located at 1 Coral Sea Road, Kapolei. Cost is \$10 admission; children under 12 are admitted free. Non-military fans are required to RSVP for installation access at https://docs.google.com/forms/d/1_ybRdH15mbu8-gLDRjKH6WxgIvD-wf38tT9Z0f70/viewform?c=0&w=1.

Hillsong United Concert — Australian-based worship group wraps up its Empires Tour, 7 p.m., at the Neal Blaisdell Arena. Visit Hillsong

United.com. Arena main box office number is 768-5252

March

3 / Thursday

Santana in Concert — Ten-time Grammy award-winning guitarist returns to Hawaii, 8 p.m., at the Blaidell Arena after standing-room-only shows in 2013. For the NBC box office info line, call 768-5252 or go online at www.ticketmaster.com

6 / Sunday

Women's 10k Run — Hawai'i Pacific Health invites women of all ages to participate in the 39th annual Hawai'i Pacific Health Women's 10k, 7 a.m., March 6, at Kapiolani Park. Registration is underway for the scenic, 6.2-mile race that takes participants around Diamond Head and through Kahala, returning to Kapi'olani Park for the after-race festivities. Cost is \$35 for students and military. Register online at www.hawaiiipacifichealth.org/womens10k.

10 / Thursday

Healthy Eating Commissary Tour — Registered dietitian nutritionists host the tour, 1:30 p.m., March 10, at the SB Commissary to identify healthy food choices, product comparisons and shopping tips. Choose to Lose participants earn three "Choose to Lose Bucks" for participating. Call 433-4950 to attend.

11 / Friday

Easter Bunny Photo Op — The Schofield Exchange will host the Easter Bunny for daily photo opportunities, 10 a.m.-7 p.m., through March 26. Call 422-8708 or visit www.poahawaii.com.

12 / Saturday

Easter Seals — Easter Seals Hawaii hosts its inaugural Bunny Breakfast and Egg Hunt, 9-11:30 a.m., Central Union Church, lawn fronting Parish Hall, at 1660 S. Beretania St. Breakfast includes pancakes followed by an egg hunt and photo booth opportunities. Tickets are \$8 for keiki 2-12 years old and \$12 for adults. Advanced registration is required at www.eastersealshawaii.org.

Volunteers for Honolulu Festival — Meet new friends from Japan, Australia, Tahiti and around the world. Get hands-on learning experiences and enjoy an extravaganza full of dance performances and traditional art demonstrations by volunteering at the 22nd annual Honolulu Festival, March 12-13.

The festival features fun and educational activities, free cultural and arts performances, as well as the ever-popular Waikiki Grand Parade and spectacular Nagaoka Fireworks show over Waikiki Beach. Register online at www.honolulu festival.com/en/contact/volunteer.

Worship Services

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
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

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

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Schofield Barracks'

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A February

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

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
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



DoD continues Armed Services YMCA agreement



Photo by Christine Cabalo, Oahu Publications

WHEELER ARMY AIRFIELD — Sandra Huezo plays with her son Mateo using tubes filled with different objects to produce sounds at the Wheeler Armed Services YMCA, Thursday. The Department of Defense recently negotiated an extension to run ASYMCA services at their worldwide locations for an additional year.

DEFENSE MEDIA ACTIVITY
DOD News

WASHINGTON — The Defense Department recently announced a one-year extension to the Armed Services YMCA Military Outreach Initiative, DoD officials announced Feb. 5.

The contract with the Armed Services YMCA was set to expire in March 2016 and will now continue until March 16, 2017.

“We are thrilled our service members and military families will continue to have this important resource for another year,” said Rosemary Williams, deputy assistant secretary of defense for military community and family policy.

“The Department of Defense is steadfast in its commitment to support all military service members and their families, in particular to those who serve in geographically

dispersed assignments,” she added.

The partnership between DoD and the Armed Services YMCA offers no-cost memberships and respite child care services to eligible service members and their families during times of deployment and to those geographically dispersed, officials said.

The Defense Department’s contract with the Armed Services YMCA for the Military Outreach Initiative will continue to offer access to no-cost fitness and child care, Williams said. These services will remain uninterrupted for eligible members and families until the new contract end date, she noted.

“This initiative is especially valuable for those living in areas distant from a military installation, allowing them to access services in their own communities,” Williams said.

Local ASYMCA

An Armed Services YMCA is located on Wheeler Army Airfield at the following address:
1262 Santos Dumont Ave.
Wheeler Army Airfield
For more details, call 624-5645.



Photo by Joseph Bonfiglio, U.S. Army Corps of Engineers-Honolulu District

Two Punahou JROTC cadets concentrate on cleaning up the beach berm behind historic Battery Randolph in September 2015. Currently, students who now help their communities can earn scholarships from the Army and Air Force Exchange Service.

‘You Made the Grade’ rewards military keiki

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — For military students, making multiple moves with their active duty parents is just a part of the lifestyle.

In fact, military children typically move six to nine times by the time they’ve completed 12th grade, according to the Military Child Education Coalition.

Students in 1st through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts from the Hawaii Exchange.

Exchange appreciation

The Army & Air Force Exchange Service appreciates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its “You Made the Grade” program, now in its 16th year.

“Military students face greater challenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations,” said General Manager Robert Rice. “These students deserve to be rewarded for their hard work, and for 16 years, the You Made the Grade program has been a favorite among military families.”

Coupon booklet

The You Made the Grade booklet includes coupons for free food, such as a burrito supreme or taco supreme from Taco Bell, a small chicken Philly sandwich at Charley’s, a chicken po’boy at Popeye’s, and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free fountain drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog



Artwork Courtesy of the Exchange

or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Scholars can enter to win Exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice a year, with drawings typically held in June and December.

The most recent sweepstakes winners were students from Wright-Patterson Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Md.

Students, including those who are homeschooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at the Schofield Exchange or Hickam Exchange customer service area.

Eligible students can pick up one booklet for each qualifying report card.

Exchange’s ‘Caring’ contest offers \$5K in scholarships

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — Military students who excel at serving their communities can earn cash for college by telling their stories in an essay contest sponsored by the Army & Air Force Exchange Service and Unilever.

Through the worldwide “Rewards of Caring” scholarship contest, four winners will each be awarded a \$5,000 scholarship.

To enter, authorized students in grades six through 12 with a 2.5 or higher grade-point average can submit an essay in English of 500 words or less explaining their involvement in community service projects and why their community is important to them.

“The Exchange is excited to reward young scholars who are making a difference in their

community,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. “Giving back can start at any age, and the winners of this scholarship contest will serve as role models for all of us.”

Contest Entry

From Feb. 5 through March 3, students should submit essays to the following:

AAFES Rewards of Caring Scholarship Contest

P.O. Box 7837
Melville, NY 11775-7837

No purchase is necessary. Rewards of Caring scholarship contest winners will be notified on or about May 1.

'Cacti' share training, waves with pro surfing stars

1ST LT. ZACHARY FARKAS

2nd Battalion, 35th Infantry Regiment
3rd Brigade Combat Team
25th Infantry Division

NORTH SHORE — Professional surfers Kelly Slater, John John Florence and Sunny Garcia hosted Soldiers from the "Cacti," 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, at Ehukai Beach Park, here, Feb. 6.

This event was the second part of a community engagement program set up by 2-35th Inf. Regt.

The surfers decided to bring Cacti Soldiers to their workplace of Ehukai Beach Park, home of the fabled Bonzai Pipeline.

Surfing legends

Eleven-time world champion Slater, along with Garcia and Florence, met several dozen Cacti Soldiers and family members for the informal surfing clinic. Both groups made introductions on the beach, and then paddled out into the waves.

After an hour and a half surfing session, surfers and Soldiers watched the sunset and exchanged surf and war stories.

Sgt. Justin Crews, assigned to Headquarters and Headquarters Company, found that his time with the surfers was amazing. He enjoyed learning Hawaiian culture.

"Watching Kelly Slater drop in on some clean fast waves was exciting," Crews said. "The whole experience over all was a blast and an honor for the other service members and myself that they would take time out of their schedule to show us how real professionals do it."

The relationship between Cacti Soldiers

and professional surfers began in December during Cacti's Operation Liz Granger, a battalion air assault and situational training exercise (STX) at Bellows Training Area.

All four surfers grew up on the North Shore of Oahu, and they have been geographically close to Schofield Barracks and the surrounding training areas, but have had limited interaction with Soldiers on Oahu.

Surfer training

To bridge the gap between the surfing and military communities, the Florence brothers, Rothman and Williams were invited to participate in Operation Liz Granger.

When the surfers arrived at Bellows Training Area, they were greeted by the "Gundogs," Delta Co., and given a familiarization of mounted automatic weapons systems. Afterwards, the surfers received an operations order brief. The mission was to execute a mounted movement to contact, followed by an attack of an urban objective with the Soldiers.

The Soldiers and the surfers were successful in their mission, but during the urban attack, surfer Rothman was assessed as a notional casualty. As part of the role-playing exercise, a medic immediately treated Rothman.

The Florence brothers and Williams then assisted the platoon sergeant in calling up a medical evacuation request. The field litter ambulance on station transported Rothman, escorted by the Gundogs, to the battalion aid station where he was treated by medics.

Next, the surfers visited the Cacti Scouts'



Soldiers assigned to 2-35th Inf. Regt., 3rd BCT, 25th ID, take a group picture with pro surfing stars before paddling out at Ehukai Sand Bar on Feb. 6.

observation post on a hilltop overlooking the Bellows Training Area. The scouts gave the surfers an overview of their equipment and their mission requirements.

The surfers then visited Soldiers from the rest of the Cacti battalion for lunch and photo opportunities. Afterward, John Florence shared his thoughts about the training.

"I was really stoked to be able to come check this out. Everything they do for us, and the training is awesome," Florence said.

The surfers have an open invitation to future Cacti training exercises, and Cacti members hope to continue their relationship with Oahu's surfing community.



Lt. Col. Ryan P. O'Connor, commander, 2-35th Inf. Regt., 3rd BCT, 25th ID, presents Kelly Slater, 11 time WSL World Champion, a commanders coin and "Cacti" shirt.

POSTER CONTEST

DON'T BE A BYSTANDER

**TAKE A
STAND!**

YOUTH



Contest entry artwork provided by Lannie Estrada, 4th grade.

We Recycle

Did you know that when you recycle, the Garrison earns money?

In 2015, the Army Recycling Program was able to donate \$100,000 for the Fourth of July event!

Keep recycling!



Showing hearts love means staying heart healthy

EMILY YEHL

Tripler Army Medical Center Public Affairs

HONOLULU — Valentine's Day may be over, but that doesn't mean you should ignore your heart.

The Centers for Disease Control and Prevention (CDC) reports that in the United States, 1 in 4 deaths are attributed to heart disease and over 600,000 people die of heart disease annually.

"Heart health, or the absence of heart disease, comes from living a healthy lifestyle, managing stress, getting enough sleep, exercising, not smoking and eating a healthy diet," said Capt. William Conkright, chief, Tripler Nutrition Outpatient Clinic.

Identify causes

Preventable diseases, such as high blood pressure, which can lead to heart attacks, are

factors that contribute to an unhealthy heart. There are less obvious health effects as well.

Your heart health contributes to your performance and mental awareness. As your heart works to pump blood through your body, that blood carries nutrients and oxygen, so your heart and other organs can function optimally.

Recommendations

Recommendations from experts like Conkright include exercising at least 30 minutes a day, most days of the week, at a moderate or higher level of exertion.

"People should focus on moving frequently outside of their normal exercise time," suggested Conkright. "Studies have shown that prolonged sitting is equivalent to smoking for health. Every hour spent sitting is approximately the same as smoking one cigarette," added Conkright.

Exercise is only one piece of the puzzle though. A heart healthy lifestyle also includes eating minimally processed foods, limiting added sugars and sodium, including plenty of fiber and limiting certain types of fats.

The majority of sodium in foods doesn't come from the added salt from a salt shaker. Over 70 percent of sodium in an average American diet comes from highly processed foods, used as a preservative or flavor enhancer.

"So the first place to look to reduce sodium intake shouldn't necessarily be your salt shaker, but rather processed meats, cheeses, condiments (e.g., soy sauce, mustard), packaged or most canned products and most frozen meals," said Conkright.

What are some other changes that can help you become more heart healthy? An obvious answer is to stop smoking and stop all tobacco use. Managing stress, increasing activity and movement outside of a regular exercise routine

is also an important component.

Options to consider

Try a plant-based diet. Changing your eating habits to a plant-based diet doesn't mean you have to be vegetarian or vegan, but instead, including at least 50 to 75 percent or more of plant-based foods to your regular diet.

"Heart disease is one of the biggest killers in the United States. It's also, to a large extent, mostly controllable through diet and lifestyle changes," noted Conkright. "While medications can be extremely helpful in improving what your lab results say, many of the medications tend to come with side effects.

"More times than not, people can drastically improve their risk for heart disease by modifying these controllable factors," added Conkright, "and the best part is that it doesn't come with the negative side effects."



Photo courtesy by Tripler Army Medical Center

TRIPLER ARMY MEDICAL CENTER — Spc. Gina Wood, a medic from Tripler Cardiology Clinic, checks Kasey Kawamoto's blood pressure, here. Kawamoto is dedicated to a healthy lifestyle: eating right, exercising and maintaining her health by going for regular checkups, which includes checking her blood pressure regularly.

Contact TAMC

More information on heart health can be found online at the American Heart Association (AHA) or online at the CDC.

To make an appointment for a personal consultation on your heart health, beneficiaries can contact Tripler's Nutrition Outpatient Clinic at 433-4950.

More Online

For more information on heart disease prevention, visit www.cdc.gov/heartdisease/facts.htm or www.heart.org/heartorg.



TAMC TIP

National Cancer Prevention Month



February is National Cancer Prevention Month.

The fight against cancer is not beyond us. Each year, globally, about 14 million people learn they have cancer, and 8 million people

die from the disease.

Research suggests that one-third of cancer deaths can be prevented. You can reduce your cancer risk with healthy choices like avoiding tobacco, limiting alcohol use, protecting your skin from the sun and avoiding indoor tanning, eating a diet rich in fruits and vegetables, keeping a healthy weight and being physically active.

The number of new cancer cases can be reduced, and many cancer deaths can be prevented. Research shows that screening for cervical and colorectal cancers, as recommended, helps prevent these diseases by finding precancerous lesions, so they can be treated before they become cancerous.

Screening for cervical, colorectal and breast cancers also helps find these diseases at an early stage, when treatment works best. Colorectal cancer is one of the most common cancers in the United States. If you are 50 years old or older, get screened. Breast cancer is the most common cancer among American women. Getting mammograms regularly can lower your risk.

For more information about cancer, visit www.cdc.gov/cancer.