

## Army to comply with Hawaii tobacco law

U.S. ARMY GARRISON-HAWAII  
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army in Hawaii has enacted a policy effective Jan. 1 that complies with the new Hawaii state smoking law.

The new state law raises the minimum age to purchase, possess or consume a tobacco product from 18 to 21 years of age. The law also makes it illegal to sell or furnish a tobacco product in any shape or form to anyone under 21.

"I enacted this policy, after coordination with our sister services, because I'm concerned about the health of the force, but I also want to support Governor Ige and the state of Hawaii," said Maj. Gen. Charles A. Flynn, commander, 25th Infantry Division and U.S. Army Hawaii. "Enacting this policy keeps Army installations in line with the Hawaii law and is just another way to show that we support the state's priorities of the economy, the environment, and now, good health."

The new Army policy applies to all individuals on Army installations in Hawaii, and includes the following prohibitions:

- Persons under 21 years of age may not purchase any tobacco product or electronic smoking device.
- No person may sell or transfer any tobacco product or elec-

tronic smoking device to a person under 21 years of age.

•Persons under 21 years of age may not possess and/or consume tobacco products in public.

"Readiness and the health of our Soldiers and family members is vitally important to me and to the Army," Flynn said. "Smoking cessation is encouraged at the highest levels."

Flynn added that Army regulations state that using tobacco products harms readiness by impairing physical fitness and by increasing illness, absenteeism, premature death and health care costs.

"Readiness is enhanced by promoting the standard of a tobacco-free environment that supports abstinence from and discourages the use of any tobacco product," Flynn said.

### Violations, sales and cessation

Individuals who do not comply may be cited by state and local law enforcement for violations of Hawaii's smoking law and the Army's smoking policy.

Several personnel who posted comments to the U.S. Army Garrison-Hawaii Facebook page said the policy letter clears up the question of whether punishments would be a violation of the Uniform Code of Military Justice. Some expressed their disapproval, but others said they hoped the new policy would help people who want to quit.

"The military (and I think the state of Hawaii) has programs to help people quit," wrote Traci Orzeck, a poster who also identified herself as a veteran.

The new policy also applies to all Defense Commissaries and Exchanges. Retailers will not sell or furnish tobacco products, including electronic smoking devices and smokeless tobacco, to persons under the age of 21.

"This new policy, along with similar policies on other military installation in Hawaii, ensures that the new law will be applied evenly, from Waikiki and the North Shore to Joint Base Pearl Harbor-Hickam, Schofield Barracks and Kaneohe," said Col. William Smoot, staff judge advocate, 25th ID and USARHAW.

Tobacco cessation is a priority of the Army, critical to the health, fitness, well-being and readiness of Army personnel. Tobacco cessation classes are available for Defense ID cardholders at Army medical facilities.

"I realize that this may be a burden on some 18-20 year olds, Soldiers who are old enough to vote, drive and fight," Flynn said. "However, this is not a question of trust, but one of health. TAMC (Tripler Army Medical Center) and SBHC (the U.S. Army Health Clinic, SB) offer smoking cessation classes, and this is a great way to emphasize healthy living."



Tobacco cessation is critical to the health, fitness, well-being and readiness of Army personnel.



### Facebook

Review comments about the smoking policy, posted Dec. 30, 2015, at <https://www.facebook.com/usaghawaii>.

### More Online

Information on tobacco cessation resources can be found at these sites:

- <https://www.ucanquit2.org/>.
- [www.tricare.mil/tobacco cessation](http://www.tricare.mil/tobacco cessation).
- [http://phc.amedd.army.mil/topics/healthy\\_living/tfl/Pages/default.aspx](http://phc.amedd.army.mil/topics/healthy_living/tfl/Pages/default.aspx).
- [http://www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)

## Waterborne warriors home in time for holidays

SGT. 1ST CLASS NICOLE HOWELL

8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Thirty 545th Transportation Company, 8th Theater Sustainment Command waterborne Soldiers arrived home just in time for the holidays after completing a six-month deployment to Camp Patriot, Kuwait, Dec. 23.

Led by Chief Warrant Officer 3 Clinton Smith, the 163rd Trans. Detachment's commander, and Sgt. 1st Class Timothy Carman, the detachment's first sergeant, the premier warriors formed up here before family, friends and fellow service members.

"During the deployment, the Soldiers of the 163rd Trans. Det. showed how diversified and resilient they were by conducting and completing all tasks assigned to them," said Col. Phillip Mead, the 8th TSC deputy commanding officer.

"Many of these tasks, such as becoming licensed on other vessels, were outside of their scope as crew members of a logistic support vessel," he said.

The Soldiers left Hawaii in late June to join other watercraft troops supporting Central Command's transportation operations throughout the Persian Gulf by taking control of LSV-6, the "SP4 James A. Loux," and the mission of getting this vessel to the shipyard for maintenance.

During this multimillion dollar process, they were charged with overseeing the validity of the contract and that every piece of equipment not

structurally part of the ship was being handled according to the contract. These actions were accomplished by ensuring all international and

domestic codes were being adhered to, which also ensured the vessel was completed on time and on budget.

Another significant mission accomplished during their deployment was the licensing of the detachment on a smaller vessel, the landing craft-utility.

"Each crew member conducted hands-on performance measures and was found competent at their respective skill level within 28 days," said Mead.

"This was a record-breaking achievement, because it normally takes 90 days to license one Soldier, but within 28 days a whole detachment was licensed," he said.

Not all individuals of the 163rd are required to hold a marine license.

Most of the support personnel were able to assist other watercraft units in the CENTCOM area of responsibility when their Soldiers could not sail. When not assisting other units, these members participated in additional Soldier readiness training to maintain their tactical proficiency.

"Due to their versatility and determination for success, they were able to help fill the gap when needed to help other units provide the world class logistical support to the warfighter," said Mead. "Welcome home."



Photo by Sgt. Jon Heinrich, 8th Theater Sustainment Command Public Affairs

Chief Warrant Officer 3 Clinton Smith, commander, 163rd Trans. Det., reunites with his family and friends at Missing Man Field, JBPHH, Dec. 23, after completing a six-month deployment to Camp Patriot, Kuwait.

## Western Regional Medical officially merges w/RHC-P

SHARON D. AYALA  
Army News Service

JOINT BASE LEWIS MCCORD, Wash. — After more than a year of planning and coordinating, the Western Regional Medical Command is scheduled to finalize its merger with the Regional Health Command-Pacific, today.

Under the realignment, the WRMC Headquarters will be renamed RHC-Pacific (Joint Base Lewis-McChord) and will remain at JBLM. The command will be led by the two-star commanding general of RHC-Pacific (Hawaii), with a deputy commanding general overseeing the

JBLM staff.

This merger is part of the U.S. Army Medical Department's reorganization that began last year. The plan included transforming the AMEDD's five regional medical commands to four multidisciplinary regional health commands that incorporate dental and public health capabilities.

The AMEDD reorganization is designed to posture Army Medicine to best support the Army's current and future operations.

Col. Christopher Gruber, WRMC's acting commander, said that the entire WRMC and RHC-Pacific teams are extremely excited regarding the

synergy that the combined staffs in Hawaii and JBLM bring to the table.

"The RHC-Pacific team will continue to provide the same level of superior support to Madigan Army Medical Center at JBLM, Bassett Army Community Hospital in Alaska, and California Medical Detachment in California," he said.

"Following the merger, our orientation for the staff here at JBLM will expand to provide support to the medical facilities in Korea, Japan and Hawaii, as well as enhance readiness for our warfighting forces arrayed throughout the Pacific Command's area of responsibility."

Over the past few years, RHC-Pacific has become the most critical theater enabling command in the Asia-Pacific region.

Currently, the command oversees more than a dozen medical facilities and provides world-class care to more than 600,000 beneficiaries in Hawaii, Korea and Japan.

A naming of the colors/welcome ceremony for the new deputy commanding general is tentatively scheduled to take place Jan. 29, 10 a.m., at JBLM's French Theater.

(Editor's note: Ayala works at Western Regional Medical Command.)



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**Police Call**

# DES emphasises traffic safety near schools

**COL. DUANE R. MILLER**

Director, Emergency Services  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command



Miller

As we begin the second half of the school year, the Directorate of Emergency Services asks the community to continue to place emphasis on the safety of children as they go to and from school.

During the first half of the school year, DES has seen the following safety violations that should be corrected this upcoming semester:

**Parking:** Daily, during drop-off times, we see numerous individuals parking illegally near the schools.

On Ayers Road, Schofield Barracks, near Hale Kula Elementary, parking has been a bigger problem due to a large construction project. Illegally parked vehicles may block walkways or sidewalks, forcing pedestrians onto roadways that put children in more danger.

**Crosswalks:** Please use the marked crosswalks. They are there to ensure the safety of pedestrians. Do not be impatient at crosswalks, wait for traffic to see you

before stepping into the roads.

**Unattended children:** Children must be at least 10 years old to walk to and from school without supervision. Young children may not be attentive while crossing roads. Parents need to ensure their children have the proper supervision to safely make it to and from school.

**Impatient/inattentive driving:** This is a problem especially during drop-off times that correspond with the end of physical training in the mornings, causing heavy traffic on post. Be aware that children and parents are walking to school during these time periods, and pay close attention when you are near a school zone.

## POLICE BEAT ROLL-UP

The following incidents happened Dec. 17-31.

### Aliamanu Military Reservation

- 1 - Larceny of property
- 1 - Abuse of a family or household member
- 1 - Suspended or revoked license
- 1 - Domestic disturbance without assault

### Fort DeRussy/Hale Koa

- 1 - Theft in the 2nd degree
- 1 - Criminal property damage in the 3rd degree

### Fort Shafter

- 1 - Inattention to driving results in vehicle damage
- 1 - Duty upon striking

### Hawaii Armed Services Police (HASP)

- 1 - Resisting arrest

- 1 - Disorderly conduct
- 4 - Operating vehicle under the influence of intoxicant
- 1 - Driving while license is suspended or revoked
- 1 - Abuse of family or household member
- 1 - Promoting a detrimental drug in the 3rd degree
- 1 - Use of air gun and deadly weapon

### Schofield Barracks

- 2 - Unattended child
- 7 - Duty upon striking unattended vehicle
- 2 - Operating a vehicle under the influence of an intoxicant
- 13 - Domestic disturbance without assault
- 3 - Failure to obey/on post driving privileges

- 4 - Suicidal ideations/gesture
- 3 - Traffic accident with bodily injury
- 4 - Wrongful damaging to property
- 1 - Sexual assault
- 2 - Child endangerment/neglect
- 3 - Assault
- 2 - Shoplifting
- 2 - Larceny of property
- 1 - Disregarding a posted stop sign
- 2 - No driver's license
- 1 - Driving while license suspended or revoked

### Tripler Army Medical Center

- 1 - Domestic disturbance without assault
- 1 - Suicidal ideations/gesture

## FOOTSTEPS in FAITH

# We all can choose to live much happier lives

**CHAPLAIN (COL.) WILLIAM GODWIN-STREMLER**  
U.S. Army Garrison-Hawaii



Godwin

"People are just about as happy as they make up their minds to be," said President Abraham Lincoln.

It was a very wise statement, although our great president wasn't all that happy himself. Lincoln didn't make up his mind to be happier, but you can.

On "The Tonight Show," an 89-year old man was the guest. He was spry and lively. His conversations were funny and always positive.

Johnny Carson asked him how it was that he could be so happy.

"Well, it is just as plain as the nose on your face," the man explained. "When you wake up every morning, you have two choices: You can choose to have a miserable day and mope around feeling mad and sad and sorry for yourself, or you can choose to have a happy day filled with possibilities.

"I've never been stupid enough to choose to be unhappy," he said.

An accountant was so miserable that he was on the verge of becoming suicidal, so he sat down and wrote out all the troubles he'd experienced and worried about through the past year. He included everything

that had caused him fear and everything that he believed would go wrong.

As an accountant, he worked it into a spreadsheet that calculated and compared everything according to what had happened and what he only thought would happen. Looking at the results he jumped to his feet and shouted,

"I've been a fool!"

What he discovered was that 98 percent of every future problem that had caused him to be miserable didn't actually happen. And when he looked at the 2 percent that did go wrong, he found it was manageable.

Negative thinking was ruining his life, not his troubles. He then chose to focus on what was right in his life and found happiness ever after.

Another accountant took on the same project, but faced a different problem. He discovered that he could not remember what he was concerned about more than six months ago.

His current worries were many, but he couldn't re-

member what he had worried about in the past. The further it was in the past, the less he could remember.

He applied a mathematical analysis and could actually determine the rate at which his troubles disappeared over time.

Thus, he could predict and chart that his current troubles would also fade and disappear in the not too distant future.

So, he chose not to borrow from future misery and lives a happier life today.

If we looked at everyone's life based only on what the media covers - all the bad stuff - we would be miserable people indeed. However, if we look at the same lives and chose to see what is right and good, then we could see multiple reasons for happiness.

Focusing on the good is a simple, yet difficult choice, but it is a choice.

About 2000 years ago, a very wise man wrote this verse:

*"Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if any praise, think on these things."* (Philippians 4:8)

**Q: Why does the "Hawaii Army Weekly" publish courts-martial findings?**

**A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.**

## E4 to O5 receive firm convictions

### 25th Infantry Division Courts

•A specialist in Headquarters Support Company, 209th Aviation Spt. Battalion, 25th Combat Avn. Brigade, was found guilty of one specification of disrespecting a commissioned officer, one specification of disobeying a lawful command, nine specifications of assault, one specification of assaulting a law enforcement officer, one specification of indecent exposure and one specification of assault upon a commissioned officer. He was sentenced to 129 days confinement.

### 8th Theater Sustainment Command Courts

•A sergeant first class from 305th Mobile Public Affairs, 9th Mission Support Command, was charged with one specification of having sexual intercourse without consent.

The accused was found guilty of the charge and specification of having sexual intercourse without consent.

The sergeant first class was sentenced to reduction to E-4 and forfeiture of \$1,000 a month for three months.

•A lieutenant colonel from Headquarters and Headquarters Battalion, U.S. Army-Pacific, was charged with one specification of committing sexual intercourse without consent and two specifications of assault.

The accused was found guilty of one assault specification and not guilty of sexual assault and one assault charge.

The lieutenant colonel was sentenced to confinement for two months and forfeiture of \$3,000 a month for two months.

**Federal Convictions.** In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

## DOD announces review of services' decorations

**DEPARTMENT OF DEFENSE**  
News Release

Yesterday, the Secretary of Defense directed the military departments to review Distinguished Service Cross, Navy Cross, Air Force Cross, and Silver Star Medal recommendations from the recent conflicts in Iraq and Afghanistan to ensure service members awarded these medals were appropriately recognized for their valorous actions.

The pre-eminent goal of the department's Military Decorations and Awards program is to appropriately recognize our service members for their combat heroism.

Although there is no indication that members were



inappropriately recognized, the secretary determined that unusual Medal of Honor awards trends reported by the recent Military Decorations and Awards Review justified a review. The first seven Medal of Honor awards for actions in Iraq and Afghanistan were posthumous; however, after the department clarified the "risk of life" portion of the Medal of Honor award criteria in 2010, all 10 recipients have been living.

Additionally, trends showed an increased willingness of commanders to upgrade recommendations submitted from subordinate commands as the war progressed. Accordingly, the secretary directed the review as a cautionary measure on behalf of the service members who have performed heroically in combat.

The reviews will be separately led by each of the military department secretaries. The results of the reviews are due to the secretary of defense on Sept. 30, 2017.

# Voices of Ohana

January is National Blood Donor Month (See p. B-5 for more.)

**"What does donating blood mean to you, and are you aware of the Tripler Blood Donor Center?"**

By Tripler Army Medical Center



"Donating blood means giving life. I hadn't heard of TAMC's Blood Donor Center. I am a fairly new employee."

Misty Bartolotti  
Nuclear Medicine  
Technologist  
TAMC



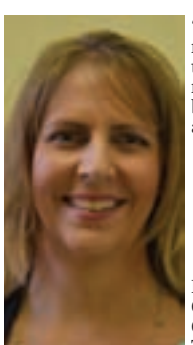
"Donating blood means helping active duty Soldiers, dependents and deployed troops. Yes, I work at TAMC's Blood Donor Center, and we love seeing people come in to donate."

Staff Sgt.  
Christian Eusebio  
Blood Donor Center  
TAMC



"Donating blood means saving lives and helping Tripler patients. Yes, I am a universal donor, so I try to give blood as much as possible."

Liz Leigh  
Receptionist  
Specialties  
Clinic  
TAMC



"Donating blood means giving back to others. Yes, I refer patients and beneficiaries there all the time."

Patti Myers  
Chief  
Customer Relations  
TAMC



"Donating blood means saving my battle buddy's life. I hadn't heard of TAMC's Blood Donor Center, but now that I know about it, I will donate there when I can."

Staff Sgt.  
Continental Pulou  
Public Affairs  
TAMC

# Appropriations Act enables 1.3 percent pay raise

GARY SHEFTICK  
Army News Service

FORT MEADE, Md. — Both Soldiers and federal employees will receive a 1.3 percent pay raise beginning this month, funded by a consolidated Appropriations Act passed by Congress and signed by the president, Dec. 18.

Just after signing the \$1.1 trillion Appropriations Act for fiscal year 2016, President Barack Obama issued an executive order to implement a 1 percent across-the-board pay raise for federal employees. This, in addition to an average .3 percent locality pay increase, will provide most Army employees with about a 1.3 percent boost to paychecks.

A separate monthly military pay increase of 1.3 percent takes effect Jan. 1 for service members.

The civilian pay raise takes effect the first day of the first pay period beginning on or after Jan. 1, according to the executive order. This means for most Army and DOD employees, who have a two-week pay period ending Jan. 9, the new pay rate kicks in Jan. 10.

## Appropriations

The consolidated Appropriations Act, signed Dec. 18, will fund the government through Sept. 30. It's the final product of a two-part budget process that included the signing of the FY16 National Defense Authorization Act (NDAA), Nov. 25.

The NDAA authorized funding of specific programs, but new programs and acquisitions could not actually be initiated until the Appropriations Act was signed. The FY16-consolidated Appropriations Act actually provides that money.

The FY16 appropriations bill provides just more than \$41 billion for Army personnel expenditures. That's about \$70.5 million less than what was provided by the FY15 Appropriations

Act, signed into law Dec. 16, 2014.

Under the NDAA, the Army's active duty end-strength was reduced from 490,000 in FY15 to 475,000 this year. The Army National Guard's authorized end-strength dropped by 8,200 Soldiers to 350,200. The Army Reserve's authorized end-strength went from 202,000 last year to 198,000 this year.

Funding for Army Reserve personnel is up about \$200 million from last year's appropriations, though. This year almost \$4.5 billion was appropriated.

Almost \$7.9 billion was appropriated for Army National Guard personnel, up from about \$300 million from last year.

About \$23.4 billion was budgeted for operations and maintenance, or O&M. That's about \$400 million more than what was given to the Army last year for O&M.

## Overseas Contingency Operations

Funding for Overseas Contingency Operations (OCO) is drastically down, though, for FY16.

The OCO operations and maintenance appropriation for the Army this year is almost \$15 billion. Last year, however, it was \$18.1 billion, a decrease of more than \$3.1 billion.

The OCO personnel appropriation for the Army is about \$1.8 billion for this year. That's about \$1.4 billion less than what was appropriated last year. Or to put it another way, last year's funding was almost double.

The Counterterrorism Partnership Fund for this year is \$1.1 billion, about \$200 million less than last year.

The Iraq Train and Equip Fund for this year is \$715 million, less than half of what was appropriated to train the Iraqis in 2015.

The Afghanistan Security Forces Fund is \$3.65 billion this year. Last year it was \$4.1 billion.



Sgt. Christopher Hammond, 2nd Brigade Combat Team Public Affairs

**Soldiers from 1-27th Inf. Regt. conduct a load-out and fly away validation exercise, July 21, 2015, using a C-17 Globemaster as part of the 25th ID Contingency Response Force Mission. The CRF mission is designed to rapidly deploy Soldiers within the Pacific's area of responsibility.**

## Research

On the plus side, though, about \$7.6 billion was given to fund Army research and development, or R&D, test and evaluation this year out of regular appropriations. That's almost \$890 million more than what was appropriated last year for R&D.

## Procurement

Just under \$5.9 billion was allocated to fund Army aircraft procurement.

That's up about \$650 million from last year. Some of the funding will be used to replace A/MH-6 Enhanced Little Bird aircraft for special operations, and some will be used to upgrade UH-60 Black Hawk helicopters for the Na-

tional Guard, according to the NDAA.

About \$1.6 billion was appropriated for the Army to procure missiles. That's up about \$392 million from last year.

About \$1.95 billion was given for the procurement of weapons and tracked vehicles. That's up about \$230 million from last year, and the OCO provision provides for another \$486.6 million for weapons and tracked vehicles overseas.

Just more than \$5.7 billion was appropriated to the Army for other tactical vehicles, spare parts, electronics and other procurements.

That's up about \$971 million from last year, and the OCO section provides almost \$1.2 billion more for overseas contingency procurements through Sept. 30, 2018.

# 2016 BAH rates see nominal changes based on input

DEPARTMENT OF DEFENSE  
News Release

The Department of Defense released the 2016 Basic Allowance for Housing rates, Dec. 15.

BAH rates increased an average of 3.4 percent when the new rates took effect, Jan. 1.

An estimated \$21 billion will be paid to approximately one million service members. On average, BAH rates will increase approximately \$54 per month.

Continuing to slow the growth in compensation costs, the 2016 BAH program expands the member cost-sharing element (out-of-pocket expense). Based on the authority provided in the FY 2016 National Defense Authorization Act, the cost-sharing element was increased to 2 percent.

The cost-sharing amounts incorporated in the 2016 BAH rates vary by grade and dependency

status and range from \$24 to \$57 monthly. This means for 2016, a typical member will need to absorb 2 percent of the national average housing cost by pay grade.

This rate computation change slows the growth of certain military pay and benefits in a fair, responsible and sustainable way. Even with these nominal changes, the overall military pay and benefits package remains robust and healthy.

Housing cost data are collected annually for over 300 military housing areas in the U.S., including Alaska and Hawaii. An important part of the BAH process is the cooperation from the services and local military housing offices in the data collection effort.

Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual

housing units.

Median current market rent and average utilities (including electricity, heat and water/sewer) comprise the total housing cost for each military housing area and are included in the BAH computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. BAH rates are then calculated for each pay grade, both with and without dependents.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs, including the out-of-pocket cost sharing adjustment noted above, an individual member who maintains uninterrupted BAH eligibility in a given location will not see his rate decrease. This ensures that members who have made long-term commitments in the form of a

lease or contract are not penalized if the area's housing costs decrease.

The DOD is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced and ready force now and in the future.

## Basic Allowance for Housing

For more information on, including the 2016 BAH rates and 2016 BAH rate component breakdown, visit

[www.defensetravel.dod.mil/site/bah.cfm](http://www.defensetravel.dod.mil/site/bah.cfm).

Service members can calculate their BAH payment by using the calculator at [www.defensetravel.dod.mil/site/bahCalc.cfm](http://www.defensetravel.dod.mil/site/bahCalc.cfm).



# Proposed UCMJ reforms first to Congress in 30 years

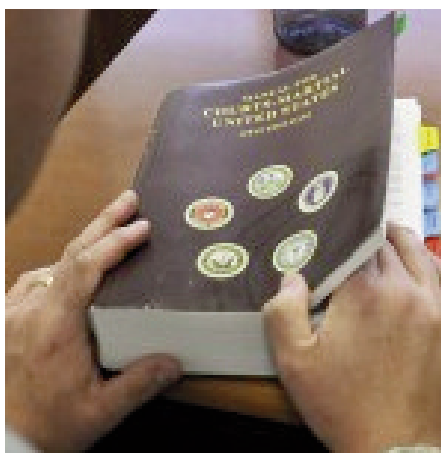
DEFENSE MEDIA ACTIVITY  
News Release

WASHINGTON — Following a two-year review of the Uniform Code of Military Justice, the Defense Department forwarded to Congress a legislative proposal outlining a number of reforms, Dec. 28.

In October 2013, then-Defense Secretary Chuck Hagel, in response to a request from the senior uniformed leadership, directed the review of the UCMJ and its implementation in the Manual for Courts-Martial, the release said.

Hagel also directed the review to consider the recommendations of a separate, congressionally established panel that examined the systems used to investigate, prosecute and adjudicate adult sexual assault and related offenses in the military. Each of the military services detailed military personnel to serve as members of the Military Justice Review Group.

Andrew S. Effron, former chief judge of the United States Court of Appeals for the Armed Forces, serves as director of the MJRG.



Courtesy Photo

"The services assigned a highly talented group of individuals to the MJRG," Effron said. "Their comprehensive recommendations will contribute to the positive evolution of the military justice system."

The department's proposal is the first comprehensive military justice reform package submitted to Congress by the DOD in more than 30 years.

The proposed legislation includes 37 statutory additions and substantive amendments to 68 current provisions of the UCMJ.

Among the major reforms, some of the proposed legislation will provide the following:

•**Strengthen the structure** of the military justice system by establishing selection criteria for military judges and mandating tour lengths.

•**Enhance fairness and efficiency** in pretrial and trial procedures by facilitating victim input on disposition decisions and providing for public access

to court documents and pleadings.

•**Modernize military sentencing** by replacing the current sentencing standard with a system of judicial discretion guided by parameters and criteria.

•**Streamline the post-trial process** by eliminating redundant paperwork and requiring an entry of judgment by the military judge similar to federal civilian practice to mark the end of a court-martial.

•**Reform military appellate practice** by providing service members with the opportunity to obtain judicial review in all cases.

•**Update the punitive articles** by proposing new offenses, including Articles 93a, 121a, 123 and Article 132, and aligning the definition of "sexual act" in Article 120 with federal civilian criminal law.

(Editor's note: Read the full story with greater details regarding the major reforms at [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).)

# Army Audit Agency honored as a 'Best Place to Work'

USAAA is recognized for a 6th straight year, and is ranked 3rd out of 320 organizations in the USA

U.S. ARMY AUDIT AGENCY  
News Release

For an unprecedented sixth straight year, the U.S. Army Audit Agency (USAAA) has again placed among the top five subcomponent federal agencies in the Partnership for Public Service's annual rankings of the Best Places to Work in the Federal Government.

USAAA placed third of 320 federal subcomponent organizations the partnership ranked based upon overall employee satisfaction and commitment, as well as workplace issues, such as teamwork and work-life balance. The 2015 rankings reflect the views of more than 433,000 civil servants throughout the federal government and offer a comprehensive assessment of how federal employees view their jobs and workplace.

USAAA began participating in the rankings in 2010, and each year it has placed among the top five. No other subcomponent federal organization has matched that number of consecutive top rankings.

"(USAAA) believes in performing high-impact work, providing strong and engaged leadership, investing in training and developing world-class employees, and paying as much attention to our workforce as we do our clients," said Auditor General Randall Exley. "In turn, our workforce honors their oath of office every day through their efforts to serve the finest military in the world, and especially the Army Soldiers, civilians and families who continuously sacrifice to ensure our freedoms.

"I couldn't be more proud," Exley continued, noting he was honored to accept the award and that the win was the result of years of hard work by every member of the agency and a wide range of initiatives undertaken to improve productivity and morale.

USAAA has approximately 530 civilian employees in 21 offices - 18 in the continental United States and three in Hawaii, the Republic of Korea and Germany.

Agency auditors also voluntarily deploy for contingency operations to serve their Army clients. USAAA's mission is to serve the Army's evolving needs by helping senior leaders assess and mitigate risk, and by providing solutions through independent internal auditing services.



Courtesy photo

The 2015 Best Places to Work in the Federal Government Award Presentation — From left, Lisa Bryan, auditor; Karl F. Schneider, deputy assistant secretary of the Army (Manpower & Reserve Affairs); Randall Exley, auditor general; Joseph Bentz, principal deputy auditor general; and Dennis DeVore, auditor, pose for a keepsake photo.

## Points of Contact

For more information regarding the Partnership for Public Service's Best Places to Work in the Federal Government rankings, visit <http://bestplacetowork.org/BPTW/>.

For more details about USAAA, visit [www.army.mil/aaa](http://www.army.mil/aaa).

# Military Spouse Residency Relief Act provides benefits

CAPT. JEANELLE PATEL  
Schofield Barracks Tax Center

Tax season is fast approaching, and figuring how and where to file your state taxes can be a challenge for service members and their families.

Fortunately, there is help at the Schofield Barracks Tax Center, which opens Feb. 1 and will help you file your federal and state tax returns for free.

We can also help you decide if certain tax benefits, such as MSRRA, apply to you.

**What is MSRRA?** The Military Spouse Residency Relief Act states that a spouse doesn't lose or acquire a domicile (legal residence) for purposes of taxation if the spouse is absent from that state only to accompany a Soldier on active duty orders if their residences are the same.

**What isn't MSRRA?** MSRRA does not allow a spouse to pick or choose a domicile in any state. Prior to claiming domicile in a particular state for tax purposes, a spouse must have actually lived there and established and maintained residency contacts. Again, MSRRA only applies if the domicile of the Soldier and the spouse are the same.

Likewise, MSRRA does not allow a spouse to assume the Soldier's domicile upon marriage. The spouse will need individual residency contacts in order to take advantage of MSRRA.

MSRRA also doesn't allow a spouse to recapture a previously abandoned domicile without physically returning to the state and re-establishing the appropriate contacts.

Finally, MSRRA does not relieve you of filing state tax returns. You are still responsible for



Active duty Soldiers, immediate family members and retirees can file their taxes for free at the Schofield Barracks Tax Center.

The center can help tax filers understand the tax code, including the Military Spouse Residency Relief Act.

ing a state return with the state in which you are claiming domicile.

**How is residency established?** Domicile is established by being physically present in the state and forming an intent to remain for the indefinite future.

Intent to remain is established by the following contacts: where you vote, own property, hold professional licenses, register vehicles, hold a driver's license, accept tax breaks for a declaration of homestead or where you have indicated your last will and testament should be probated.

A determination of domicile will be fact specific, but the more contacts you can establish, the stronger your case.

**How do I get the taxes I have already paid to Hawaii back?** The Schofield Barracks Tax Center can help you file a mandatory paper return to the Hawaii Department of Taxation. You can expect a longer delay in receiving any refunds due than would typically be associated with an electronically filed return.



file photo

## Schofield Barracks Tax Center

The tax center will be open, Monday-Saturday, Feb. 1-April 15, with some evening hours. Call 655-1040 or visit [www.facebook.com/SchofieldBarracksTaxCenter/](http://www.facebook.com/SchofieldBarracksTaxCenter/).



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm) for up-to-date advisories.

## Today

**Convoy Advisory** — Yesterday, the 2nd Brigade Combat Team, 25th Infantry Division, began a series of convoys on Kamehameha Highway from Schofield Barracks to the Kahuku Training Area.

The Army coordinated this effort with HDOT. Vehicles of varying sizes will depart in separate intervals as a safe-driving precaution. Convoys will continue 5-8 a.m. and 4-6 p.m. until Jan. 17.

**Thunder** — Artillery training that began Wednesday continues intermittently until Jan. 29. Atmospheric conditions may magnify noise and vibrations.

**The Auto Limits** — The public may now apply for a limited purpose instruction permit, a limited purpose provisional driver's license or a limited purpose driver's license. A limited purpose credential does not require documentary proof of legal presence and/or proof of a social security number. The term "legal presence" is defined as a person who is either a U.S. citizen or is legally authorized to be in the U.S.

The limited purpose instruction permit, limited purpose provisional driver's li-

cence and limited purpose driver's license are issued as a license to operate a motor vehicle on public highways.

Limited purpose credentials are not real ID compliant and, therefore, not exclusively accepted to board aircraft or enter federal facilities, not accepted for official federal purposes and don't establish eligibility for employment, voter registration or public benefits.

When applying for a limited purpose instruction permit, limited purpose provisional driver's license or limited purpose driver's license, the applicant must provide the required documents verifying their legal name, date of birth and principal residence within the state of Hawaii.

To view frequently asked questions and a list of acceptable documents to verify legal name, date of birth and Hawaii residency, visit <http://hidot.hawaii.gov/highways/files/2015/12/mvso-Limited-Purpose-DL-Pamphlet-Frequently-Asked-Questions-12-02-15.pdf>.

## 25 / Monday

**Exercise** — The 25th Infantry Division will be conducting a large-scale exercise called Lightning Forge on various parts of Oahu, Jan. 25-Feb. 9. Watch this space for updated announcements regarding exercise-related training noise and convoys.

## Ongoing

**Modified Flow** — There are intermittent road closures

near Fort Shafter's Bldg. 127 (at Kubo Street) for the installation of a new water main line. Construction will be weekdays (excluding holidays), 7 a.m.-5:30 p.m., until Feb. 19. Construction will occupy Kubo near the intersection of Richardson Street.

**Lyman/Flagler** — Roadwork continues at the Schofield intersection of Lyman and Flagler in order to widen Lyman Road, add a dedicated left turn lane and add traffic and pedestrian signals.

Construction is phased, so road widening is being performed during this first phase to provide an additional lane.

The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic. Work takes place weekdays, 7 a.m.-4 p.m., until March 13.

**Cadet Sheridan** — Phase I of III that began Jan. 6 will have the southbound traffic on Schofield's Cadet Sheridan Road routed around the construction area, weekdays, 9:30 a.m.-4:30 p.m., using the center median as a lane. Upcoming phases will be noted in News Briefs. Work will be performed until Feb. 29.

**Phase III Flow** — Traffic is restricted access on Schofield's Trimble Road until Jan. 15, for the third phase of a project for utility installation and sidewalk upgrade. Traffic control will coordinate traffic.



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

## Today

**Blast Volunteers** — The Experienced Breacher Study is looking for volunteers 18-60 years old with at least four years of operational experience in military or law enforcement, with minimal exposure to blasts, to participate in three days with six hours of research. Volunteers are invited to Bethesda, Md., with travel (including a companion) and lodging provided, plus monetary compensation for time.

Visit <http://go.usa.gov/crQeW> for the referral contact and more info.

**Hale Ikena** — Due to renovation, there will be no lunch buffet or ala carte menu available at Fort Shafter's Hale Ikena until Jan. 28. Look for a grand reopening of the buffet, Jan. 29. Catered functions are still available, as is the popular Sunday brunch.

**Death March** — Early bird sign-up ends, today, for the Bataan Memorial Death March, an annual 13.1 mile or 26.2 mile event held in honor of the heroic service members who defended the Philippine Islands during World War II. Since its inception, the memorial march has grown

from about 100 to some 6,500 marchers from across the U.S. and foreign countries. Participants come from around the world to complete what is considered the hardest marathon distance event in the country due to the terrain and altitude.

This event, taking place March 20 at White Sands Missile Range, N.M., is being promoted early so participants may train for the distance and conditions. Visit [www.BataanMarch.com](http://www.BataanMarch.com).

**SF-50 Access** — The eOPF Helpdesk can only handle so many requests per day; therefore, requestors will experience delays in response. However, you can get a jump on delays by logging into eOPF now and ensuring your access is current.

Attempt to login to eOPF, type the appropriate URL into your browser:

•For Appropriated Fund employees: <https://eopf1.nbc.gov/army/>.

•For NAF employees: <https://eopf1.nbc.gov/army-naf/>.

Taking a moment, now, to perform these steps will enable your access to eOPF when the pay adjustment SF-50s are loaded.

**Catch-up** — Federal employees who participate in the Thrift Savings Plan and will turn age 50 during the year are eligible to make TSP catch-up contributions - supplemental tax-deferred contributions that employees age 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum

amount they can contribute through regular contributions.

To be eligible to make catch-up contributions, you must meet these requirements:

•**Age 50 or older** anytime during the calendar year in which the catch-up contributions are being made (even if you become age 50 on Dec. 31 of this year);

•**Currently employed** and in Pay Status;

•**Making regular contributions** to a civilian or uniformed services TSP account (or both), and/or an equivalent employer plan (such as a 401(k), 403(b) or 408 plan) that will equal the maximum allowed by the IRS.

You are not eligible to make catch-up contributions (or regular contributions) within six months of making a financial hardship withdrawal from the TSP, nor while in a "non-pay" status.

Visit [www.tsp.gov/](http://www.tsp.gov/).

## 14 / Thursday

**MLK** — Please join the 94th Army Air and Missile Defense Command as it observes Dr. Martin Luther King Jr. Day, 1:30-2:30 p.m., at Richardson Theater, Fort Shafter. The guest speaker will be Command Sgt. Major Bryant C. Lambert of U.S. Army-Pacific.

## 20 / Wednesday

**SATO Hours** — The travel offices will change their start time once per month. Fort Shafter's SATO office hours will be 9 a.m.-4 p.m. every third Wednesday, while Schofield Barracks' office hours will be 9 a.m.-4 p.m. every fourth Wednesday.

# Battlefield robots are the future of modern warfare

Story and photo by  
**STAFF SGT. TRAMEL GARRETT**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Picture a hot summer day in Afghanistan and a company of 25th Infantry Division Soldiers preparing to move to a new area of operation.

Instead of using their legs and backs, these Soldiers are fortunate enough to have a small robot to help them on the battlefield. It could provide intelligence, surveillance and reconnaissance without putting Soldiers in harm's way.

Technology like this can be the future of the battlefield, and 25th ID Soldiers are testing this theory.

"This training event has been an exercise to address the basis of issue for Soldier multiuse equipment transport robots in the Pacific region," said Joseph Alexander, Tank Automotive Research, Development and Engineer Center representative.

Working with the Tropic Lightning Soldiers firsthand is how Army research labs could extend the reach and capability of a platoon or company.

"Robotics have a very important place in the future of modern warfare. We want to keep the Soldiers out of harm's way, especially when it comes to mundane activities, and a machine with intelligence or operated with a man in the loop may keep them safe," Alexander said.

According to a U.S. Army Research, Develop-



**A robot being tested by Tropic Lightning Soldiers and RDECOM representatives at East Range tows a simulated casualty on a Skedco across uneven terrain, freeing up troops to stay in a fire-fight instead of carrying a wounded comrade to safety.**

ment and Engineering Command (RDECOM) article, Army science and technology advisers initiated this project to field robots capable of

assessing chemical, biological, radiological, nuclear or explosives threats from a safe distance. Additionally, the robots caught the eye of a

group of combat medics with their ability to evacuate a casualty out of harm's way during a simulation.

"When you're carrying a casualty with a Skedco (plastic sled), two guys are out of the fight. Having a robot, we will have an effective fire team in the fight," said Sgt. Michael Murphy, 1st Battalion, 27th Inf. Regiment. "This would be extremely helpful on the battlefield. The No. 1 thing would be fire superiority and not sustaining any additional casualties."

Freedom of maneuver is also a goal of the technology. The idea involves equipment taken out of a rucksack and mounted on a robot with the ability to move through a jungle environment.

"We have to give Soldier and Army leadership a level of comfort when using autonomous technology. This is the simple form of this technology. We are hoping to gradually increase that capability as Soldiers become more comfortable when using robots," said Drew Downing, RDECOM science adviser to U.S. Army-Pacific.

Working hand-in-hand with Soldiers and using tactics, techniques and procedures is the formula used to understand how Soldiers will use the technology in the future.

"Soldiers are very creative or innovative, and they will find ways to use it, but we help them find that out in a controlled environment," Downing said.

## MP bike patrol serves community, patrols, mentors on two wheels

Story and photo by  
**1ST LT. DANIEL LUCERO**  
39th Military Police Detachment  
728th MP Battalion, 8th MP Brigade  
8th Theater Sustainment Command

FORT SHAFTER — Exemplifying the official motto of the Military Police Corps, "Of the troops, for the troops," are the bike patrol officers from the 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

In addition to providing crime prevention patrols and traffic enforcement, bike patrol also serves the military members, families and communities of U.S. Army Garrison-Hawaii with close community relations and second-to-none public service.

In order to have the most current training, eight Soldiers from the 39th MP Det. recently trained and certified on the new International Police Mountain Bike Association (IPMBA) program to sharpen their skill-sets and enhance their professional capabilities as

bike patrol officers.

The new IPMBA training replaces the older Law Enforcement Bicycle Association (LEBA) training and focuses on versatile patrols and maneuverability in order to execute and operate in more complex and diverse environments.

The training is a 40-hour course that teaches and tests skills, such as quick braking, dodging obstacles, maneuvering up or down stairs, balancing on obstacles, taking down fleeing criminals, bicycle maintenance and repair, and a final written exam.

The course is taught by Department of the Army Civilian Police (DACP) Officer Daniel Hernandez and DACP Officer Gerard Beckly, who received their IPMBA train-the-trainer certification and have developed a training regimen that will continue to certify Soldiers and provide more qualified bike patrol officers to the USAG-HI community.

Whether patrolling streets, parks or even difficult off-road terrain, the new IPMBA

training increases bike patrol's already impressive skill-sets to allow a greater reach and the ability to extend community policing and crime prevention in more difficult and complex environments.

Bike patrol serves the community in a myriad of other ways. For example, at the end of August, bike patrol facilitated the back to school week by providing crossing guards, traffic control and speed enforcement ensuring a safe back to school return.

Also, during hurricane season, the bike patrol presented a hurricane preparedness brief to the community, discussed shelter locations around the island, recommended emergency supplies to have at home and explained the importance of having a plan.

During Halloween, bike patrol increased its presence on the Aliamanu Military Reservation and Schofield Barracks, which controlled traffic and provided a safe night for children who participated in trick-or-treating festivities.

In addition to the many community outreach programs available, bike patrol Soldiers from the 39th MP Det. also partner with AMR's Youth Center to provide a 10-week mentorship program for boys ages 12-17. The program is conducted weekly every Tuesday and provides positive mentorship and guidance to help prepare youth and teens in making responsible decisions into adulthood.

Whether conducting crime prevention patrols, traffic enforcement or community outreach, it is easy to see why bike patrol is an integral part of the MP Corps. With the new tactics, techniques and procedures gained from the IPMBA course, the bike patrol will continue to build upon its reputation of service and excellence.

As a positive and proactive force in the community, bike patrol serves as an outstanding example of the diverse and important functions the MPs provide within the community. Like the motto says, truly "Of the troops, for the troops."

(Note: Lucero is the Fort Shafter deputy station commander.)



**Bike patrol members of the 39th MP Det. pose for a remembrance photo. They recently trained and certified on the new IPMBA program to sharpen their skills set and enhance their professional capabilities as bike patrol officers.**

## Chaplaincy holds 'Aloha Breakfast' for about 400

**STAFF SGT. MATTHEW G. RYAN**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Over the holiday season, the chaplaincy held its annual Aloha Breakfast for Soldiers who couldn't be with their families.

"This is the fourth year that I know the Aloha Breakfast has been ongoing, and this is the first year in which it was held at the Wheeler Army Airfield Chapel and the Main Post Chapel on Schofield Barracks," said Chaplain (Maj.) David Schlichter, 2nd Brigade Combat Team, 25th Infantry Division. "Last year, we had around 250 Soldiers come to the Aloha Breakfast, and this year we expected over 400 Soldiers between the two locations."

The holidays are a time of the year when many Soldiers feel stressed-out because they're away from families for the first time. The breakfast increases their morale, Schlichter said.

"It helps everyone feel like they are part of the team," said Schlichter.

Volunteers helped with the tables, food and cleanup. Maj. Gen. Charles Flynn, commander, 25th ID, and other senior leaders, served the breakfast to the troops.

"You could see that the Soldiers enjoyed the breakfast and company, (which was) filled with conversation, and to see command teams showing support for their troops," said Spc. Lynard Williams chaplain's assistant, 325th Aviation Regiment, 25th Combat Avn. Bde.

It is the first time Williams volunteered to help on Christmas.

"This was a great event for other single Soldiers to come together and not be alone during the holidays," said Williams. "I volunteered as a server and helped with the cleanup after it was all over."

The 2015 Aloha Breakfast was a great success due to all the volunteers who helped the hundreds of Soldiers who came to enjoy a Christmas breakfast, and Williams said he looks forward to next year's breakfast.

Volunteers took leftover food to feed the homeless, showing support for the local communities and ensuring that nothing went to waste.



## • New Year, • New You!

Yaka White, an Army spouse, uses hand weights to exercise at the Schofield Barracks Health and Fitness Center, Wednesday. White is planning to attend the center's 2nd Annual Fitness Resolution scheduled for Jan. 23 from 9 to 11:30 a.m.

# Discover 2016 fitness options at upcoming FMWR fair

Story & photos by  
**CHRISTINE CABALO**  
Staff Writer

SCHOFIELD BARRACKS — Warm up to getting in shape with help from the 2nd Annual Fitness Resolution.

The free event offers several ways to step into fitness in 2016 and will begin at 9 a.m., Jan. 23, at the Health and Fitness Center, here.

"There are so many people who have a fitness New Year's resolution," said Megan Miller, manager of the Schofield Barracks Health and Fitness Center. "We wanted to do something to help during the beginning of the year."

### Find a "fit"

The center is showcasing several of its group classes for free. Instructors will teach for 15-minutes, and participants can preview several activities, including kickboxing, cycling, Zumba and R.I.P.P.E.D. classes.

"This is set up like an aerobathon," she said. "We've got good aerobic exercises to keep you moving as long as you want to stay."

"We've scheduled just enough time to get water in between classes, and you can still try out some of these classes if you come to the event later," she added.

The center daily runs three to four group exercise classes, in addition to offering personal training. Miller said the center's trainers are scheduled to be at the event, assisting attendees in



Several people work out on the elliptical machines and other modern gym equipment found at the Schofield Barracks Health and Fitness Center. The center is hosting the 2nd Annual Fitness Resolution fair featuring giveaways and expert help for keeping fit in 2016.

measuring body mass index.

Yaka White, an Army spouse who works out regularly at the center, said she's eager to take on the variety of classes.

"I'm looking forward to sweating and doing as much as possible," she said. "I love to do anything active as much as I can."

Representatives from several local Army resources will be at the fair to provide tips on staying healthy through the year. Army nutritionists and medical staff from the Schofield Barracks Wellness Center will be on hand to talk about their free services available to attendees.

Physical therapists are offering free advice on getting the most out of exercising, including how to choose the right running shoes and proper stretching. The therapists will be able to help attendees with strengthening exercises and show them how to reduce sports injuries.

### Outdoor opportunities

For those looking to take their fitness outdoors, staff with the Directorate of Family and Morale, Welfare and Recreation have solutions at the fair.

The Outdoor Recreation Center will assist attendees interested in renting equipment for canoeing, mountain biking and other contracted activities through Island Divers Hawaii.

Miller said the library is among the returning FMWR departments appearing at the fair, armed with books and videos to help stay on the fitness track.

"They will have fitness- and health-related DVDs people can put a hold on," Miller said. "People can then go to the library to borrow (the item) as soon as the event is over."

Miller said the event is also a good opportunity for Choose to Lose Program participants, who have signed up to lose weight and win prizes with the Schofield Barracks Commissary. Choose to Lose participants will earn five bucks for the competition and find out what special classes the center is offering exclusively to those in the program.

The center also hosts fitness runs throughout the year, and Miller said the upcoming fitness event provides a way for attendees to learn more about their services.

Although the center's next scheduled large-scale run is in March, Miller said people should come out to see what's available without having to pay big bucks elsewhere.

"Even if you are nervous about it, come out (to the fair)," she said. "This is a good time to sample classes without any cost. You can get a glimpse of what we offer."

### Fitness Resolution

The 2nd Annual Fitness Resolution will be held Jan. 23 at the Schofield Barracks Health and Fitness Center from 9 to 11:30 a.m. The center is in Bldg. 582, and several stations will be offering solutions for getting fit in 2016.

For additional help with health and fitness, check out these points of contact:

- Family and Morale, Welfare and Recreation, 655-8789.
- Outdoor Recreation Center, SB, 655-0143.
- Wellness Center, SB, 655-1866.



Staff Sgt. Carl Hardy, 25th Infantry Division, lifts weights using a lat pulldown machine. Both individual machines and group classes are available at the Schofield Barracks Health and Fitness Center.

# TAMC Nutrition Clinic offers healthy lifestyle strategies

### EMILY YEH

Tripler Army Medical Center Public Affairs

HONOLULU — Another new year is about to begin and resolutions are being made.

Is going on a diet, losing weight and being healthier at the top of your list again or for the first time?

Capt. William Conkright, chief, Nutrition Outpatient Clinic, Tripler Army Medical Center, offers some advice and tips on how to make improving your health a successful journey.

### By example

Conkright is a model of what he teaches beneficiaries who seek his assistance.

Conkright is an exercise enthusiast who sets realistic expectations to maintain a healthy

lifestyle; he incorporates a healthy balance of fitness and nutrition.

His commitment to his health and well-being has paid off. He often receives a perfect score on the Army physical fitness test (APFT) and represented TAMC at the 31st annual Army Ten-Miler race in Washington, D.C., completing the race in under an hour.

### Triad fundamentals

What Conkright does to keep fit and maintain his health is no secret. His habits follow closely with the components of the Army's Performance Triad: sleep, activity and nutrition.

"I make sure I have a consistent well-balanced lifestyle, not just a healthy diet. I eat plenty of vegetables, alongside proportional amounts of protein and carbohydrates to fuel

and recover from activity. I exercise smartly, sleep at least seven to eight hours each day and manage my stress," said Conkright.

He admits that he is not perfect, but instead, "I stick to a healthy, consistent eating habit about 80 percent of the time. I allow myself 'outside the norm' behavior about 20 percent of the time, such as on special occasions like birthdays," he said.

Changes in diet require consistency and setting specific goals to maximize benefits and to help manage expectations. Those changes should be made with one or two, small, specific, sustainable changes, then succeeding at those changes and then making another one or two small specific changes.

For example, don't say "I want to lose weight." Instead say, "I want to lose 25 pounds

in six months, losing two pounds per week." Make adjustments, so the goals remain relevant and attainable, which should produce positive results.

### Begin with diet

"Diet affects a wide range of health-related measures. Most people don't realize that their diet can affect everything from joint pain, to sinus, to skin clarity, to mental clarity and so much more," said Conkright. "It's also one of the most powerful prevention measures against most common diseases. There is a reason many of our chronic diseases are known as a 'disease of western civilization,' and it has a lot to do with diet."



**Briefs**

**Resume Workshop** — Write a targeted resume to successfully apply for a private sector job, today, 10 a.m.-noon, SB ACS, Bldg. 2091. Learn about the two resume styles and choose the best one for you; summarize your accomplishments. Feel free to bring your laptop or tablet. For more information or to register, call 655-4227.

**Youth Sports Registration** — The registration period is now open through Jan. 29 for the following April-June sports: T-ball, coach pitch, baseball, softball, spring flag football, volleyball and wrestling.

For registration questions, call AMR/FS/Camp Smith at 833-5393, or for SB/WAAF/HMR, call 655-5314.

For sports questions, call AMR/FS/Camp Smith at 836-1923, or for SB/WAAF/HMR, call 655-6465.

**Tropics** — The SB Tropics Recreation Center has reopened after an extensive renovation. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages. Holiday hours follow:

- Sundays, 11 a.m.- 7 p.m.
- Mondays and Tuesdays, closed.
- Wednesdays-Thursdays, 11 a.m.- 8 p.m.
- Fridays-Saturdays, 11 a.m.- 10 p.m.

**Valentine's Day** — Learn how to paint and glaze ceramic heart-shaped boxes as your own gift for your special someone. All supplies are included, and you can complete this project in two hours. Cost is \$18-\$25.

This program is underway through Feb. 6 at the SB Arts & Crafts Center:

- Wednesdays-Thursdays, 10 a.m.-4 p.m.
- Fridays-Saturdays, 9 a.m.-4 p.m.
- Sundays-Tuesdays and holidays, closed.

**10 / Sunday**

**Quilting/ Sewing Workshops and Pottery Wheel Throwing** — Arts and Crafts host classes, 11 a.m.-3 p.m., every Sunday in the SB Arts & Crafts building. Cost is \$25 for 1st class; additional classes are \$6. Call 655-4202.

**11 / Monday**

**St. Paddy's Day Run Registration** — Open registration period begins today for the 6-mile St. Paddy's

**COMING TO HONOLULU**

**NEW Shanghai CIRCUS**  
 "FANTASTIC" - CBS News



Artwork and photo courtesy of New Shanghai Circus

**HONOLULU** — The Blaisdell Concert Hall will host four breathtaking performances of the New Shanghai Circus, on Saturday and Sunday, Jan. 16 & 17, at 4:30 & 7:30 p.m., each day. Astonishing athletes will defy gravity and execute breathtaking feats as they stretch the limits of human ability in this spellbinding show.

**Born out of a tradition dating back 2,500 years, the New Shanghai Circus combines artistry with athleticism, performing amazing feats with grace and ease. From contortionists to plate spinners to the traditional dragon dancers, these rigorously trained and superbly talented performers thrill and delight adults and youngsters alike.**

**Tickets are at the box office or call 855-514-5628.**

Day Run, 9 a.m.-10 a.m., March 12, at SB Leaders Field. This run is open to all DOD ID cardholders and their dependents. No pets allowed, but costumes are encouraged.

For \$20, participants will receive registration and a T-shirt; without a T-shirt, \$12.

All registered participants are eligible for prizes; registration is nonrefundable.

Children who are not in a stroller, must register. Register at any USAG-HI PFC. Call 655-8007.

**College Football National Championship Game** — Hangar Entertainment Center, located on WAAF, will be televising the title game, beginning at 11 a.m. The Hanger is a four-lane bowling complex with state-of-the-art audio and video systems, as well as multiple HDTVs, a pool table and more. It's a landing spot for food and entertainment at 1735 Wright Ave. Call 656-1745.

**14 / Thursday**

**Community Readiness Expo** — New to Hawaii? The U.S. Army-Hawaii Community Readiness Expo

is held, 9 a.m.-noon, at the SB Nehealani. Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call ACS at 655-4227.

**16 / Saturday**

**Adventure Hike** — Take a walk with Outdoor Recreation along some of the most scenic sites on Oahu, 8:30 a.m.-12:30 p.m. Hikes are offered for varying degrees of skill. Cost is \$20 per person.

Outdoor Rec. will provide the transportation, equipment and instruction.

All you need to bring is water, snacks and sunscreen. Sign up at Outdoor Rec. no later than noon, Jan. 15. Call 655-9046.

**22 / Friday**

**SB Right Arm Night** — Kick back with your "right arm" for drink specials and a pupu buffet beginning at 5 p.m. Spouses and DOD civilians welcome. Play games and contests for prizes. Call 655-4466 for more information.

This event is for all ranks to promote camaraderie across the garrison

and spend time in an environment that is not work.

**23 / Saturday**

**Fitness Resolution** — SB Health and Fitness Center hosts this annual day of fitness, 9-11:30 a.m., featuring health assessments, group fitness classes, fitness vendors, giveaways and more. This is for DOD ID cardholders, ages 13 and older. Call 655-8789.

**SB Parent's Night Out** — CYS Services offers this event to families, who are registered with CYSS, in the military community, 6-11 p.m., Bowen Center (Bldg. 1279) and SB School Age Center (Bldg. 1280). Reservations will be accepted on a first-come, first-served basis at the Parent Central Services (PCS) Office.

Children ages 6 weeks through 5th grade are welcome. To register, visit one of the CYS Services PCS offices.

Nonrefundable fees are as follows: military members, E-5 and below, \$20, for one child; E-6 and above, \$25, for one child; \$5 each additional child.

Children are encouraged to have their dinner prior to arriving at the CYSS facility.

**Community Calendar**

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

**Disney in Concert** — Watch scenes from your favorite Disney movies including "Frozen," "The Lion King," "Aladdin" and more, Friday, at 7:30 p.m., and Saturday, at 2 p.m., with four vocalists and the Hawai'i Symphony Orchestra performing live at the Blaisdell Concert Hall. Visit <http://hawaiisymphonyorchestra.org/boxoffice/>.

**9 / Saturday**

**Kolekole Walking-Hiking Trail** — The trail is closed, Dec. 9-10, due to live-fire training.

**14 / Thursday**

**MLK Observance** — Join the 94th Army Air and Missile Defense Command as it celebrates the memory and values set forth by Dr. Martin Luther King Jr., 1:30-2:30 p.m., FS Richardson Theatre. Guest speaker will be Command Sgt. Maj. Bryant C. Lambert, USARPAC senior enlisted adviser.

**16 / Saturday**

**Hula Festival** — The Polynesian Cultural Center hosts the 25th annual Moanikeala Hula Festival, beginning at noon, which celebrates Hawaiian culture, art and tradition.

Enjoy performances of the kahiko (ancient) and auana (modern) styles of hula in the Hawaiian Village at the PCC. Hula halau (hula schools) from across the islands, as well as around the world, will express their appreciation and respect for the Hawaiian tradition during the annual exhibition open to the public.

Admission is free for keiki under the age of 5, \$6 for keiki ages 5-11 and \$10 for ages 12 and older. Visit [www.Polynesia.com](http://www.Polynesia.com) or call 293-3333.

**Sunset Mele**

— Celebrate the New Year with an evening of family fun at the Hawaii Convention Center's free, monthly entertainment series, 5-8:30 p.m., Jan. 16.

This month's edition features live entertainment by Kai Adarna Duo, along with delicious culinary creations and one-of-a-kind hand-made crafts at the Sunset Mele Market Place.

There will also be a special screening of "Jurassic World" beginning at 6:30 p.m. in HCC's Kalakaua Ballroom. Call 943-3025 or visit [Facebook.com/HawaiiConventionCenter](http://Facebook.com/HawaiiConventionCenter).

**18 / Monday**

**MLK Day Parade** — This Waikiki parade is sponsored by the Martin Luther King Coalition and begins at 9 a.m. at Ala Moana Park. The event is expected to have 2,000 marchers, 100 vehicles, 20 floats, 6 bands and will

move along Kalakaua Avenue to Monsarrat Avenue and end at the Waikiki Shell parking lot in Queen Kapiolani Park. Call 384-4038.

**24 / Sunday**

**Chicago, The Band** — The legendary band rocks the Blaisdell Arena, 7:30 p.m., with tickets available at the NBC box office or call 855-514-5628.

**26 / Tuesday**

**Facebook Town Hall** — Garrison Commander Col. Richard Fromm hosts the quarterly online 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 provide comments about services and programs.

**27 / Wednesday**

**Community Information Exchange** — Soldiers, spouses and civilians are invited to attend the next CIE, 9-10:30 a.m., at the SB Nehealani. Learn what's happening in U.S. Army-Hawaii and ask questions of subject matter experts.

**28 / Thursday**

**UB40 in Concert** — Rising to prominence in the '80s, reggae ambassadors UB40 perform Thursday

and Friday evenings, 7:30 p.m., at the Blaisdell Arena, as the first British reggae band to achieve mainstream pop crossover success.

Tickets from \$80-\$702 at the NBC box office or call 855-514-5628.

**30 / Saturday**

**Night In Chinatown Street Festival** — Chinatown Merchants Association sponsors this event that is expected to have 15,000+ participants. Traffic will be diverted starting at 5:30 a.m. for setup. Visit [www.chinatownhi.com](http://www.chinatownhi.com).

**Ongoing**

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

**Honolulu City Arts and Culture** — Learn about current and upcoming free events sponsored by the mayor's office at [www.honolulu.gov/moca/moca-calendar.html](http://www.honolulu.gov/moca/moca-calendar.html).

**Kuhio Beach Hula Show** — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass. Call 843-8002.

**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

**worship Services**

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://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](http://aafes.com) under realtime movie listing.

**Schofield Barracks'**

**Sgt. Smith Theater**

remains closed for

**Directorate of**

**Public Works**

maintenance work.

**An end of January 2016**

reopening

date for movie

viewing

is tentatively

scheduled.

**Call Schofield Exchange at**

**237-4502/4572.**

No shows on Mondays, Tuesdays or Wednesdays.





U.S. Army Garrison-Hawaii Public Affairs file photo

**SCHOFIELD BARRACKS — The Schofield Commissary offers customer support and a wide variety of Hawaii-based products, in addition to worldwide new year specials.**

# Just flip the calendar for a new year of savings

**SALLIE CAUTHERS**

Defense Commissary Agency

FORT LEE, Va. — Commissary shoppers who want to save more money in 2016 can do so by taking advantage of special in-store promotions and coupons, according to the Defense Commissary Agency's director of sales.

"Your commissary is always here to help you save even more on all your favorite name-brand products," said Tracie Russ, DeCA's director of sales. "Our website, [www.commissaries.com](http://www.commissaries.com), also has recipes, cooking tips and ideas to help you be healthier and save money in the process."

## January specials

With January being the premier month for both college football bowl games and the NFL playoffs, the commissary is the best place to load up for winter football parties, Russ added.

Throughout January, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with stateside commissaries to offer discounts beyond everyday savings. Overseas stores may have substituted events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- **Kellogg's**, from Jan. 3 to 31, save \$3 with the purchase of any three Kellogg's caddy packs, Nutri-Grain Bars or Rice Krispies Treats. The purchase must be made in one

transaction. This coupon was preloaded to all Commissary Rewards Cards on Jan. 3; the patron does not need to clip the coupon. This coupon can be used multiple times.

- **Quaker** is running a \$3 Commissary Rewards Card digital coupon from Jan. 1 to 31 with the purchase of any five mix and match products from participating brands. The patron does not have to clip this coupon; it was preloaded starting Jan. 1. This coupon can be used multiple times from Jan. 1 to 31.

- **Tyson Chicken** for the Big Game! From Jan. 16 to Feb. 15, Tyson Chicken is offering significant discounts in stateside stores on leg quarters, thighs, drumsticks, boneless breast tenders and bone-in split breasts. In addition, it will also offer \$2-off instant redeemable coupons on all of its special sale items.

- **The Special Olympics**. Procter & Gamble is offering its Special Olympics promotion worldwide from Jan. 11 to 24. P&G will hand out, in the stores, Brandsaver coupon packets worth over \$77. P&G will also donate a portion of its promotional sales to local Special Olympics chapters. Shoppers will see Special Olympics displays in their local commissary promoting specially marked P&G products.

- **Kraft Foods Group**. "Score Big with Kraft" from Dec. 28 to Jan. 24. Kraft Heinz is offering tear pad coupons and giving away \$50 gift certificates stateside and \$25 gift cards overseas. Participating brands include Kraft Natural Cheese, Jell-O puddings/gelatins, Breakstones and Knudsen sour cream.

# The time has come to go

"Is it time?" I thought to myself as I sipped my coffee and stared at our lifeless Christmas tree.

I could flip the switch to electrify the tiny lights, top off the stagnant water and blur my eyes to the curling branches for one more week. Or, I could take the whole damned thing down.

Positioning myself closer to the tree, I considered my options. I cocked my head sideways and sighed, remembering her lovely pine smell on that first night not long after Thanksgiving break.

This tree had been with us for a month of celebrating, shopping, eating, baking and gift giving. Shouldn't I keep her for one more week?

In my sentimental haze, I reached out to touch the lovely blown glass ornament my husband had given me years ago, and as my hand brushed against the branch, I set off a veritable avalanche of dead pine needles.

"That's it," I thought. "She's gotta go."

One by one, I removed and wrapped our tree decorations, packing them away in the storage closet under the stairs. Using a turkey baster, I sucked the scummy water out of the tree stand and detached the naked tree, lugging her dead carcass across our family room, out the back door and across the yard, finally heaving her into the gutter in front of our mailbox.

Fueled by a colossal sense of relief, I marched back into the house, going room by room to purge all evidence of Christmas. I shook the candy wrappers out of the stockings, packed away the Nativity, derailed the train, bubble-wrapped the ceramic Christmas trees, stored the Santa mugs and silenced the jingle bells.

I filled garbage bags with dying poinsettias, stale cookies, burnt candles, wrinkled wrapping paper, used doilies, broken candy canes, half a cheese ball, a whole fruitcake, a carton of egg nog and a stripped turkey carcass.

Invigorated, I stormed out onto the porch and unwound the garland from the columns, plucked the light-up candy canes from the walkway, tugged until the twinkle lights gave way from the railings and tore the wreath from the door, hurling it like a Frisbee into the gutter with the discarded tree.

Then, I set my eyes on the enormous blow-up snow globe, faithfully regurgitating the tiny Styrofoam balls in a continuous flurry over the inflatable snowman and his penguin sidekick.

Yanking the outdoor extension cord from the outlet, I heard an electronic sizzle, and



then turned with sadistic satisfaction to watch the orb slowly suffocate and die on my lawn. I was infuriated to see that the blow up monstrosity failed to give up its last puff of breath, leaving one stubborn bubble trapped in its folds of Visqueen. With vengeance, I bounded across the yard and onto the bubble, stomping its last sign of verve.

I exhausted the remainder of my cathartic frenzy by firing up the Shop Vac. With crazed eyes, I sucked up thousands of pine needles, glitter, crumbs, cookie sprinkles, red and green M&Ms, snips of ribbon, scraps of tissue paper and one or two gumdrops fringed with dog hair.

I dumped the canister in the trash, and along with several boxes and bags, wheeled the whole shebang out to the curb next to the tree cadaver. Grabbing the mail from the mailbox, I headed back inside.

I sat at the kitchen table in my freshly expunged house, pleased to have wiped my slate clean and ready for a fresh start to the New Year.

But then, I opened the credit card bill. As I leafed through a month of reckless spending memorialized on paper, I took a slurp from my coffee cup and a drop dribbled from the rim, plopping onto my protruding stomach.

Moving the bill to one side, I stared down at my surprisingly large gut, dented in the middle where my belly button lay just under my shirt. A month of overeating had turned my middle-aged mom tummy into an embarrassing mound of flesh.

I realized the real battle to purge myself of the excesses of the holiday had only just begun.



Photo by Lisa Smith Molinari

**For the author, the hardest part of 2016 is saying good bye to 2015, including her Christmas tree.**



# Nutrition: Learning to manage benefits along with your expectations is urged

CONTINUED FROM B-1

There are a million ways to approach health and fitness. An individual needs to figure out what works best for them, but Conkright stresses that you shouldn't fixate solely on numbers, like calorie counting. Instead, make sure the calories you are counting are from nutrient dense foods, which assist the body in processing the calories consumed. Otherwise, you may deprive yourself of vital nutrients.

If you are not sure where to start, Tripler's Nutrition Outpatient Clinic can help you do the figuring. Dietitians in the clinic offer bene-

ficiaries the tools to help them develop an individualized plan and even incorporate fitness objectives into the plan.

**TAMC Nutrition Outpatient Clinic**

If you are ready to make a lasting change, to feel better, reduce your pain, have more energy, increase your self-image or self-confidence, or just want to get rid of an unexplained, nagging pain, make an appointment with the clinic at 433-4950.



Capt. William Conkright (back row-center), chief, Tripler Nutrition Outpatient Clinic, alongside other Hawaii-based Soldiers, represents the Army in Hawaii at the 31st annual Army Ten-Miler in Washington, in October.

Photo courtesy of Tripler Nutrition Outpatient Clinic

**POSTER CONTEST**

**DON'T BE A BYSTANDER**

**TAKE A STAND!**

**YOUTH**

Artwork submitted by Noah Goerl, 2nd grade, as part of the Take A Stand poster contest competition.

**Sexual Harassment Assault Response & Prevention**  
Hawaii SHARP 24 / 7  
Hotline (808) 655-9474

**Suicide Prevention**  
Hawaii Hotline  
24-hr Crisis Line: (808) 832-3100  
Neighbor Islands: (800) 753-6879

**Adolescent Support and Counseling Service**  
(808) 655-9944



Photo By Christine Cabalo, Oahu Publications

**SCHOFIELD BARRACKS** — Jerilyn Deguair of Mililani and an Exchange senior associate arranges computer displays at Power Zone section of the Exchange, here, Thursday. This year the exchange was named a 2016 Top 100 Military Friendly Employer by the publisher of "Military Spouse" and "G.I. Jobs" magazines.

## Hooah! AAFES named a Top 100 2016 military friendly employer

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — The Army & Air Force Exchange Service has been named a 2016 Top 100 Military Friendly Employer by Victory Media, publisher of "G.I. Jobs" and "Military Spouse" magazines.

The 13th annual list ranks companies based on their long-term commitment to hiring veterans, retention programs for veterans, and policies on National Guard and Reserve service.

"The Exchange embraces the experience and perspective that veterans bring to the table," said Exchange Executive Vice President and Chief Human Resources Officer Leigh Roop. "The Exchange exemplifies family serving family, and our associates who served and sacrificed for our country truly know our customers better than anyone."

"We are honored to be recognized as a Military Friendly Employer and remain committed to recruiting and hiring from this qualified pool of candidates," he said.

The Exchange hired 1,208 veterans worldwide in 2015, and 10 percent of the Exchange's 35,500 associates are veterans.

To recruit veterans, the Exchange partners with the Em-

ployer Support of the Guard and Reserve, the Wounded Warrior Project, Operation Warfighter Program, White House Joining Forces and Feds Hire Vets.

The Exchange, which was ranked No. 40, up from No. 71 in 2015, was featured along with other companies earning the Military Friendly Employer designation in "G.I. Jobs" magazine's December edition.

# Experts research non-drug sleep solutions

DAVID VERGUN

Army News Service

FALLS CHURCH, Va. — One in 20 active duty Soldiers are on sleep medications, according to the Army Office of the Surgeon General, or OTSG, “Health of the Force” report released last month.

“These Soldiers are less likely to be medically ready to deploy,” the report cautions.

Lt. Col. Jacob Collen, a sleep-medicine physician, who also specializes in pulmonary issues on Joint Base San Antonio, Texas, said physicians usually prescribe Ambien to Soldiers suffering from insomnia. He and others spoke at the OTSG-sponsored Performance Triad Sleep Summit, Dec. 9.

Ambien, a commonly prescribed brand of zolpidem, is a sedative, and it’s also known as a hypnotic, said Lt. Col. Ingrid Lim, sleep lead for Performance Triad, OTSG.

While it does work in getting Soldiers to fall asleep, zolpidem “may impair your thinking or reactions,” she said. It’s something “you don’t want to overprescribe.”

## Cognitive therapy

Collen said that since there are only 24 sleep specialists in the Army, serving some 1 million troops, the attending physician may not realize that besides Ambien, there are nonprescriptive treatments that are effective for sleep issues. Currently, the most effective treatment is cognitive behavioral therapy for insomnia, or CBTi, he said.

In addition, BBTi, or brief behavioral therapy for insomnia, is not only effective with sleeping problems, but can also be used with patients who have medical and psychiatric conditions, and it can be delivered in a primary care setting, Lim said.

CBTi treatments last several weeks and BBTi less, she said. Both involve encouraging change to thought patterns and behaviors that are the underlying causes contributing to poor sleep.

While CBTi and BBTi are evidence based and clinically proven to be effective, there are, unfortunately, “watered-down versions” of those therapies that are out there, Collen said. These pseudo-versions cherry-pick from the manual rather than using the full approach.

“We want Soldiers to get the rigorous, evidence-based version,” he said. “It would be better to have no treatment at all than to get the wrong one.”

“There are a lot of dissatisfied people who’ve taken the watered-down version,” he continued. “When they find it doesn’t work, they tell others about their experience and they quit going to the MTF,” or medical treatment facility.

The solution, Collen said, is to provide more physicians, not just the 24 sleep specialists training in CBTi and BBTi. Mobile training teams



Courtesy Photo

## Resent research underscores that inadequate sleep impairs essential Soldiering abilities.

could be used to educate health care providers, including integrated behavioral health experts.

### Sleep apnea

Lim said that, besides insomnia, the second sleep-related issue Soldiers have is obstructive sleep apnea.

Sleep apnea occurs when breathing stops and then starts in cycles. She said the treatment for that is a Continuous Positive Airway Pressure, or a CPAP device, which pumps oxygen into the nasal passage to restore normal breathing.

### Inadequate sleep

Lim said the third sleep-related issue Soldiers have is inadequate sleep, meaning less than seven or eight hours. The Health of the Force report notes that one-third of Soldiers get five hours or less of sleep per night and 62 percent of Soldiers get less than seven.

The report lists possible effects of inadequate sleep:

- Increased musculoskeletal injuries.
- Risk of behavioral health disorders.
- Greater susceptibility to illnesses.
- Likelihood of developing symptoms of anxiety, depression and post-traumatic stress.

And finally, the report notes that “individuals who routinely get five to six hours of sleep perform much like a person with a blood alcohol content of 0.08.”

### Proactive measures

Lim said that, besides getting medical help, there are steps Soldiers can take themselves.

Researchers who study sleep, activity and nutrition, the three prongs of what the Army calls the Performance Triad, have found that all three interact with each other, meaning that a weak-

ness in one negatively impacts the others, she said.

Limiting junk food and not taking caffeinated beverages before going to sleep are two examples of how to positively impact sleep, she said. If Soldiers are not eating right or exercising, sleep quality suffers, so they might want to change what they’re doing, she added.

Lim then offered another suggestion: ArmyFit.

There are a lot of good health and fitness apps out there, but a good starting place is ArmyFit, a free resource offered by the Army that can be accessed after taking the Global Assessment Tool 2.0, she said. Army civilians and their families can also access it.

The website directs Soldiers to helpful resources within the physical, spiritual, emotional, family and social resilience categories, as well as the Performance Triad, said Capt. Kristin Saboe, who oversees the site’s content.

### Cautionary notes

The Health of the Force report posted some dire warnings concerning poor sleep.

“In training and on the battlefield, inadequate sleep impairs essential abilities, such as reaction times, the ability to detect and engage the enemy and squad tactic coordination.”

The report goes on to note that “despite mission degradation resulting from sleepiness, a culture of suboptimal sleep and a perception that lack of sleep is ‘the Army way’ prevails in the force.”

Finally, Lim said, “Sleep needs to be a Soldier’s resource like ammo. Are you going to go across the line without adequate fuel for your vehicle, ammo and food? Why are we going to cross the (line of departure) without sleep?”

TAMC TIP

## Make blood donations



January is Blood Donation Month.

According to the American Red Cross, in the U.S., there are approximately 9.2 million blood donors each year, which only accounts for 10 percent of the estimated 38 percent eligible donors.

The one pint of blood you give during donation can save up to three lives.

Although all blood types are always needed, type O blood is the most commonly requested blood type.

Type O-negative blood is often used in emergencies before the patient’s blood type is known and with newborns who need blood.

### A safe and quick process

There are four simple steps a donor has to follow:

- 1) Register,
- 2) Provide a medical history with a mini-physical (free check of temperature, blood pressure, pulse and hemoglobin),
- 3) Donate, and
- 4) Enjoy refreshments.

To donate blood, to learn more about donating or for information on how you can help, contact the Tripler Army Medical Center Blood Donation Center at 433-6148, or stop by the center located on the 2nd Floor, Oceanside.



Courtesy photo