

PRMC awards 2015 Best Warrior Competition

Competitors

- The eight competitors follow:
- Pfc. Dillon Biggs and Sgt. Cory Glasgow, U.S. Army Health Clinic-Schofield Barracks.
 - Pfc. Keith Harding and Staff Sgt. Thomas Khotmanivog, Medical Department Activity-Korea.
 - Sgt. Cory Bell and Spc. Alexandria Lorenze, Tripler Army Medical Center.
 - Sgt. Frank Tapia and Spc. Derek Winegar, Medical Department Activity-Japan.

SPC. LAUREN COLE
Army News Service

SCHOFIELD BARRACKS — Friday, the Pacific Regional Medical Command honored a medical noncommissioned officer and a junior enlisted for their participation in the 2015 Best Warrior Competition, here, March 16-19.

Pfc. Dillon Biggs and Sgt. Cory Glasgow, both from U.S. Army Health Clinic-Schofield Barracks, were presented the PRMC Best Warrior award and will continue on to Medical Command's BWC in San Antonio, Texas. This is the second year that

USAHC-SB has won both the PRMC junior enlisted and noncommissioned officers' BWC.

The four-day competition tested eight Soldiers' Army aptitude, warfare simulation, physical fitness, oral boards and Army Warrior Task and battle drills relevant to today's operating environment.

The competition required a tremendous amount of endurance, challenging them to work through tough terrain, harsh weather conditions and a high volume of stress to distinguish them as the best.

"This competition has given me a really good opportunity to advance my career in the Army," said Lorenzo. "It's a really challenging competition, but it's also really rewarding whether you win or lose."

By maintaining the best score through events,

such as a physical fitness test, an oral board, a written test, dominating an obstacle course, day and night land navigation, Army Warriors Task training, and maintaining good sights during a stress shooting event, one noncommissioned officer and one junior enlisted Soldier stood out above the rest.

"The biggest challenge through this whole competition was the competitors. They gave me a real run for the money," said Glasgow. "I did my best every day. It means a lot to be representing the health clinic again and go to MEDCOM. This has been a humbling experience, and I could not have done it without my NCOs and leadership."

Biggs stated, "Winning this completion is really motivating. Everyone knows that this is not the end of the road as far as me and Sgt. Glasgow competing. Next up is MEDCOM."

"It was really motivating to be competing alongside such great Soldiers and NCOs during this competition," Biggs added. "And I can't wait to represent Schofield Barracks Health Clinic at MEDCOM."

Photos by Sgt. Christopher Mitchell

Above, participants of the 2015 PRMC Best Warrior Competition complete a 12-mile foot march on the way to the obstacle course, March 17.

At top, Sgt. Cory Bell finishes the last of a series of hurdles, one of the eight obstacle course challenges participants had to overcome before completing the competition. The final course required endurance and a solid knowledge of Army Warrior Tasks.



Staff Sgt. Brandon McIntosh

Gov. David Y. Ige (2nd from left) receives a briefing on Army operations in Hawaii and throughout the Pacific from USARPAC commander Gen. Vincent K. Brooks (2nd from right). Along with the overview, Ige toured the Army training areas on Oahu aboard a Black Hawk.

Governor visits USARPAC, training areas

U.S. ARMY-PACIFIC
News Release

FORT SHAFTER — Hawaii Governor David Y. Ige made his first official visit to the U.S. Army-Pacific, here, Monday, where he received briefings and an aerial tour of Army training areas and installations on Oahu.

The intent of the visit was to provide the governor a general understanding of the USARPAC mission and organization, and to maintain a working relationship with Hawaii's chief executive.

Ige was greeted by Gen. Vincent K. Brooks, USARPAC commander, and staff, where he re-

ceived a brief history of the Army in the Pacific and a tour of USARPAC headquarters, followed by an office call with Brooks.

Later, a roundtable discussion was held with the senior unit commanders. During the roundtable, the USARPAC mission, vision, organizational structure and the Army's continued role in Hawaii and the Pacific were discussed with Ige.

After the roundtable, Maj. Gen. Charles A. Flynn, commander, 25th Infantry Division, accompanied Ige to a waiting UH-60 Black Hawk for an aerial tour of Army installations and training areas on Oahu.

"I was impressed with the thorough briefing and air tour," said Ige. "The visit reinforced my admiration for the men and women who dedicate their lives to the Army and to protecting our state and nation."

U.S. Army-Pacific's area of operations covers half the globe and consists of 36 nations and six of the world's 10 largest armies. America's Theater Army in the Pacific postures and prepares the force for unified land operations, responds to threats, sustains and protects the force, and builds military relationships that develop partner defense capacity contributing to a stable and secure region.

CAB complex moves to 2nd work phase

DINO W. BUCHANAN
U.S. Army Corps of Engineers
Honolulu District Public Affairs

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii, the U.S. Army Corps of Engineers and contractor Nan-Samsung participated in a Hawaiian groundbreaking and site blessing, March 18, on the south side of the Wheeler airstrip, officially starting the second phase of the 25th Infantry Division Combat Aviation Brigade Complex.

The reverend Sherman Thompson led the Hawaiian blessing of the site for more than 60 CAB phase two workers and staff, and representatives from USACE-Honolulu District, the Directorate of Public Works and the 25th CAB.

The \$69.7 million project is the second of 16 additional phases required to complete the entire \$1.6 billion CAB complex.

This project constructs two six-story standard design barracks that will accommodate CAB Soldiers in two-bedroom units.

The project is highly dependent upon the CAB phase 1 site infrastructure project for all roads and utilities and infrastructure.

Coordination is ongoing with phase 1 contractor David Boland to synchronize construction for the two phases, as the two bar-

See CAB A-5



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Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen A. Iwamoto, 656-3150
reporter@hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
Website:
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Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MAJ Shea Asis, 655-6343
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Police Call

Use of JRB has been immensely successful

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

Good order and discipline are the bedrock of our U.S. Army-Hawaii community and the entire Army.

Often, we are challenged to enforce these values while balancing the growth and well-being of our population, particularly our youth.

This week I want to describe one of the tools that we use as a community to influence our youth population when they have committed certain crimes. The Juvenile Review Board is an administrative process used to impose sanctions on juveniles involved in dangerous, disruptive, disorderly or criminal conduct within the USARHAW community.

The use of the JRB has been immensely successful. One percent of our youths that go before the board end up being repeat offenders.

Repeatedly, there is a 180-degree change in behavior after the board. Their grades normally improve, and the youth become more helpful at home. In addition, participants of less than 18 years of

age who have attended the board are better able to identify and solve issues they are confronted with at school.

The JRB is provided as an option in response to infractions, and the sponsor determines whether to attend. Due to the severity of some crimes, not all youths are provided the opportunity to go before the JRB.

At the JRB, the youth, their sponsor and the sponsor's commander, first sergeant or command representative are present. Representatives of US-ARHAW leadership review the infraction(s) committed, hear the circumstances associated with the offense and discuss the incident with all parties present.

The majority of offenses heard relate to assaults, shoplifting and running away. The corrective actions the JRB can impose have a broad range, including, but not limited to, no action taken, writing one-to-multiple essays, community service, imposition of a curfew and



Miller

DES
For more information on the services and personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.

referral to counseling. The sponsor and unit are responsible for ensuring the youth complies with the corrective action. Failure to do so or repeat infractions can result in debarment from all Army installations for the youth.

The use of the JRB has had a tremendous effect for the good of our community. The youths who go before the board get the message they have responsibilities and must act accordingly.

I am immensely proud of the way our USARHAW community works in tandem with juvenile offenders in order to become stronger citizens and contributing members of our community. I encourage anyone who has the occasion to go before the JRB to embrace it, and together we will continue to strengthen this community built upon good order

POLICE BEAT ROLL-UP
March 4-17, the following occurred on USARHAW installations.
Aliamanu Military Reservation 1 — duty upon striking (traffic accident; hit and run)
Helemano Military Reservation 1 — assault
Fort Shafter 1 — traffic accident with damage to private property
Schofield Barracks 1 — domestic disturbance 1 — assault 1 — traffic accident with damage to private property 1 — wrongful property damage 2 — unattended children

and discipline. The Directorate of Emergency Services is here to serve, and we are proud to do so.

FOOTSTEPS in FAITH

It's important for us to think before speaking thoughtlessly

CHAPLAIN (MAJ.) JEFF MITCHELL
8th Military Police Brigade
8th Theater Sustainment Command

The things we say thoughtlessly, angrily, maliciously or carelessly act as smoldering matches that have the potential of burning down and destroying relationships, peace, morale and unity.

There is an old saying: "Loose lips sink ships."

It is a saying that circulated during World War II that simply pointed out the importance of holding on to information that did not need to be shared. Share the wrong thing, and lives might be lost.

One of the lessons I am learning in life is this: Most of the time, the less said, the better. We need to carefully guard the words we say, because once you speak them, they can never be retrieved.

A wise principle to live by is to think before you speak. We need to make sure that we get our mind in gear before we speak, because the truth is we can speak too much.



Mitchell

Additionally, someone who talks too much has one of two things usually true about him: He is either compulsive or guilty; either he is out of control or he's trying to cover something up.

"When words are many, sin is not absent, but he who holds his tongue is wise."
— Proverbs 10:19

Most of the time, the less said, the better. We need to carefully guard the words we say because once you speak them, they can never be retrieved.

Guarding what you say also means keeping a confidence. If you want to have a good name, you have to keep a confidence. If you want to be a real friend, you've got to keep a confidence. Moreover, if you want to honor God with your words, you have to keep a confidence.

Nothing will ruin your reputation faster than spreading something that someone told you in confidence.

We have to guard our words. Some things simply do not need to be shared. More often than not, the less said, the better.



File photo

A wise principle to live by is to think before we speak: Once spoken, words cannot be retrieved.

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.

Sgt., Spc. get bad conduct discharges

25TH INFANTRY DIVISION
•A sergeant from Headquarters and Headquarters Detachment, U.S. Army Garrison-Hawaii, was found guilty of one specification of assault consummated by a battery on a child under 16 years old and one specification of child endangerment. She was sentenced to be discharged from the service with a bad conduct discharge, to be confined for three months, and to forfeit all pay and allowances.

•A specialist from Troop A, 2nd Battalion, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, was found guilty of one specification of larceny of military property in an amount over \$500. He was sentenced to be discharged from the service with a bad conduct discharge, to be confined for eight months, to forfeit all pay and allowances, and to be reduced to the grade of private (E-1).

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.



Voices of Ohana

In support of National Nutrition Month

How do you support a healthy diet?

By 18th Medical Command (Deployment Support)



"I walk on my desk treadmill during work hours, then walk 3 miles after work, eat healthy and watch my portions."

Sgt. Maj. Sohui Chong
Logistics,
18th MEDCOM (DS)



"I do things like the upcoming Beast Run 10K and plan to participate on the unit's soccer team."

Spc. Christine Gervet
Human resources specialist,
18th MEDCOM (DS)



"Running on my own three times a week and strength training at least three times a week. I also watch what I eat and go hiking."

Spc. Lauren Gibson
Enlisted aide,
18th MEDCOM (DS)



"I exercise for an hour, come to work using my bicycle, eat healthy salads and avoid McDonald's."

Sgt. Juliet Gordon
U.S. Army Reserve unit administrator,
18th MEDCOM (DS)



"I have a fancy tracker to monitor how sedentary I really am, and my wife is my biggest advocate."

Chief Warrant Officer 2 Mark Smith
Information systems chief,
18th MEDCOM (DS)

FOAL EAGLE



Photos by Sgt. Christopher R. Baker, 55th Signal Company

Left, Soldiers from the 25th Infantry Division conduct field artillery operations near the DMZ in the Republic of South Korea, March 15.

Below, Soldiers from 2nd Battalion, 25th Aviation Regiment and 2nd Battalion, 11th Field Artillery Regiment of 25th ID conduct sling load operations, moving 177mm howitzers between bases by Chinook helicopters for the joint exercise Foal Eagle near the DMZ, South Korea, March 18.



HRC drills trainers to implement new NCOER report

DAVID RUDERMAN
U.S. Army Human Resources Command
Public Affairs

FORT KNOX, Kentucky — Army Human Resources Command will train a cadre of Soldiers, April 13-24, and dispatch them across the Army to spearhead the implementation of a new Non-commissioned Officer Evaluation Report system scheduled for roll-out this autumn.

“We’re on the cusp of implementing a new NCOER for the U.S. Army,” said HRC Commander Maj. Gen. Richard Mustion.

It will be the first overhaul of the rating system in more than two decades, he said.

The changes to the evaluation system will enable leaders to more clearly assess and identify the Army’s best talent by eliminating inflation in the rating process and encouraging self-improvement, Mustion said.

The goals behind the changes are to meet the chief of staff of the Army’s strategic priority to develop adaptive Army leaders for a complex

world.

HRC will implement the NCOER by ensuring mastery of its use across the Army and conduct pilot testing to refine the new system before its launch. Key objectives are teaching Soldiers to understand the three new NCOER forms and to master additions to the entry evaluation system (EES) that will capture the changes.

“The first phase of training will occur on Fort Knox, where the HRC Evaluations Branch will train and certify 44 personnel who will serve as mobile training teams (MTT),” said Sgt. Maj. Stephen McDermid, HRC



Courtesy photo

These are draft versions of three proposed grade-plate evaluation forms that will be incorporated in the new NCOER that USAHRC will implement across all Army components this fall.

senior rater narrative in the evaluation process. They will undergo instruction and practice on maintaining and forecasting senior rater profiles

Evaluations Branch.

The MTTs will be drawn from the active Army, National Guard and Reserve.

The lesson plan will begin with an overview of the new NCOER and evaluation policy updates, he said. MTTs will become experts on the structure and use of the three unique grade plate forms and assessment techniques that incorporate the

and operating within EES to create support forms and NCOERs.

McDermid said 75 percent of each trainee’s assessment will be based on hands-on use of the process and its tools. Instruction will include four practical exercises and a final assessment based on a written exam, hands-on performance and the delivery of a 45-minute briefing to demonstrate solid understanding of the NCOER and the ability to educate Soldiers in the field.

“They’ll have to be proficient with initiating, completing and submitting the form to HRC for processing,” he said.

Once certified, the MTTs will travel to Fort Jackson, South Carolina, where they will train more than 650 train-the-trainer Soldiers from across the Army between late April and the end of May. Once trained and certified, these Soldiers will return to their units and begin training the entire force, both Soldiers and civilians.

(Editor’s note: Read the rest of this story at www.HawaiiArmyWeekly.com.)

Over 27,000 burial sites to open at Arlington next year

DAVID VERGUN
Army News Service

WASHINGTON — In 2016, Arlington National Cemetery will open “an additional 27,282 burial opportunities,” Patrick K. Hallinan told lawmakers.

Hallinan, executive director, Army National Military Cemeteries, testified with others before the House Committee on Appropriations’ subcommittee on military construction, Veterans Affairs and related agencies, March 18.

The so-called Millennium Project is expanding the cemetery to the north, on 27 acres along the border with Joint Base Myer-Henderson Hall, according to Greg Hegge, Norfolk District project manager, U.S. Army Corps of Engineers.

Norfolk District is doing the construction work, Hallinan said, telling lawmakers that the project is within budget and on schedule. The budget for the Millennium Project is \$81.8 million.

The name Millennium Project came about because in the late 1990s, Congress directed a land transfer from JBMHH and the National Park



Hallinan

Service, paired with existing ANC property. Work didn’t actually start until January 2014, however, according to Hallinan.

Southern expansion

Besides expanding northward, ANC is looking south as well, Hallinan said.

In July 2014, Norfolk District hired an architect and engineering firm to begin formal planning and design efforts “for our intended southern expansion,” he said. This expansion will occur in the area formerly occupied by the Navy Annex, which is just up the hill from the United States Air Force Memorial.

The Navy Annex is now fully demolished, and the Army is negotiating the details of a transfer of land with Arlington County “that will provide us the maximum contiguous burial space in this area,” he said.

“This project will appropriately honor and respect our nation’s veterans and ideally extend our first interment capacity out to the 2050s,” he said, referring to the southern expansion, where construction could begin in 2018.

However, funding for this southward expansion, which would be about \$300 million, has not yet been identified, he added.

The expansions northward and southward aren’t the only projects.

Planning and design efforts “are well under-way” for the establishment of an ossuary called the Tomb of Remembrance, he said.

“This critical project will allow us to provide the nation with a dignified place to provide final disposition of cremated remains, which may be comingled or unidentified.”

ANC expects to award the contract in July and complete the project by early next year, he added.

Other improvements

ANC workers are making progress repairing or replacing much of the cemetery’s outdated utility infrastructure, Hallinan said, referring to waterlines, roads and storm-water drainage.

In October 2014, ANC began renovations of its Welcome Center to modernize the visitor’s restrooms and to expand office spaces to improve the work environment for employees, he said.

In addition, “we are focused on continuously improving the experience of each family who arrives to inter their loved one,” he said. “Redesigning and improving the manner in which we gather and escort our funeral processions are critical goals” for this year.

For example, a new funeral procession queuing area will make funeral organization and line-up “much more intuitive and easier to negotiate,” for visitors, he said.

Funding

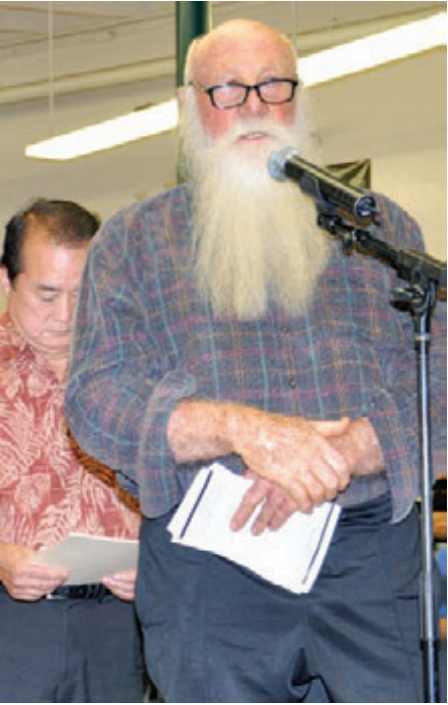
The president’s fiscal year 2016 Army budget “increased Arlington’s Budget Control Act funding level from \$45.8 million to \$70.8 million, and this level of funding is adequate to maintain and sustain Arlington’s operating budget into the foreseeable future, not including anticipated capital costs,” Hallinan said.

However, a future furlough or funding emergency could jeopardize ANC’s “ability to remain open and operational,” he said.

Hallinan said a good solution for ANC would be to return the cemetery’s budget to “no-year funding” to ensure flexibility and predictability in the budget. Before FY13, ANC had no-year funding.

No-year funding refers to appropriations that are available for obligation without fiscal year limitations, i.e., the money is made available until it is spent and isn’t time-constrained.

American Battle Monuments Commission funding is of the no-year funding type, he added.



Lacey Justinger

U.S. Army Garrison-Hawaii Public Affairs

WAHIWA — Community members stand in line to provide “testimony” regarding the Army’s proposed reductions of Soldiers and their family members at Schofield Barracks and Fort Shafter at the Listening Session at Leilehua High School, Jan. 28.

Sequestration may impact communities

DAVID VERGUN
Army News Service

WASHINGTON — “The Army is in the process of conducting approximately 30 community listening sessions at all Army installations with military and civilian populations of 5,000 or more,” Lt. Gen. David D. Halverson told lawmakers, March 17.

Halverson, commander of the Army’s Installation Management Command, provided oral and written testimony to the Senate Appropriation’s Military Construction and Veterans Affairs Subcommittee regarding fiscal year 2016 military construction and family housing budgets.

The community listening sessions “give communities an opportunity to contribute feedback that will be taken into consideration by Army leaders before decisions are made on force structure reductions for specific installations,” he said.

The active end-strength reductions are the result of sequestration, putting the Army on a glide path of 570,000 active duty Soldiers in 2010 to 450,000 by 2018, he said. Those troop reductions “will affect every installation in the Army,” as well as the nearby communities.

Halverson then described an inverse relation-

ship where troop reductions correlate to an increase in excess capacity, making a strong case for a future round of base realignment and closure.

“Our parametric analysis shows that the Army facility capacity is 18 percent greater than required for the (current) 490,000 active force. As end strength declines further, more capacity is created,” he said, meaning excess facilities.

Budget uncertainties due to sequestration are hurting local communities, he said.

“Current funding requires installations to scale back or cancel service contracts that employ people in local communities and require installations to work with commanders to use special duty assignments to support installation services and programs,” he explained.

Examples of those services and programs, he said, are installation security, transportation, vehicle and range maintenance and ammo handling.

“Without a reduction in the number of installations, the Army will be forced to sacrifice quality of life programs at the expense of maintaining excess capacity,” he said.

The cumulative effect will also harm adjoining communities.



Halverson

BRAC benefits

“There is life after BRAC for defense communities,” Halverson said, arguing for another round.

BRAC-impacted communities have received planning grants and technical assistance from the Defense Department’s Office of Economic Assistance, or OEA, as well as BRAC property disposal authorities. These benefits would likely have not been possible outside of the BRAC process.

Halverson then provided three examples of how BRAC properties have been put to new uses.

CommVault, a data protection and information software company, moved its global headquarters last year to Fort Monmouth, New Jersey.

(Editor’s note: Read the rest of this story about the impacts of BRAC and the reuse of former Army properties at www.HawaiiArmyWeekly.com.)

Hawaii Sessions

U.S. Army Garrison-Hawaii held community listening sessions at the Hale Koa at Fort DeRussy and at Leilehua High School in Wahiawa, Jan. 27-28. Thousands attended each session and gave pro and con remarks about the Army presence in Hawaii.

SMA Dailey discusses Army career, family, leadership at town hall

SGT. TARYN HAGERMAN
Army News Service

FORT BRAGG, North Carolina — In a blur of town hall meetings, tours and conferences, it seems as though the Sergeant Major of the Army never gets a moment alone.

However, he actually insists that taking time for family is one of the healthiest things Soldiers can do for themselves.

“I think it’s important for Soldiers to have outlets,” said Sgt. Maj. of the Army Daniel A. Dailey. “You have to establish a balance and take time for yourself, and for me, that was physical activity and creating things.”

At his home in Pennsylvania, Dailey enjoys constructing furniture and other items out of wood, although his wife would argue that his motivation is based on frugality more than creativity, Dailey said.

Earlier in his Army career, Dailey met his future wife, who would, ironically, be waiting for him when he came home for a visit after his first duty assignment in Schweinfurt, Germany.



Staff Sgt. Charles Crail

Sgt. Maj. of the Army Daniel A. Dailey answers questions from Soldiers and Family members on Fort Bragg, North Carolina, during his first visit there as the Army’s senior sergeant major.

“We’re actually from the same small town, but she was never my high school sweetheart,” Dailey said. “She’s actually my best friend’s older sister.”

Dailey had planned for a day of fishing with his best friend, and as he tells it, he made the greatest catch of his life.

“We were dating three days later, and we were married three months later,” recalled Dailey.

His dedication to his marriage created a lasting love of 21 years, including seven years apart due to military service and the sacrifices of continual deployments.

Dailey continues to make family a priority, especially his relationship with 19-year-old son Dakota.

Family tradition in the footsteps of his grandfathers, father and oldest brother is part of what landed Dailey in the Army family.

At 17, before most teenagers move out of their childhood homes, Dailey had enlisted as an infantryman.

Dailey said his childhood was average and he

was too. He played sports, but he was not the star; he did well in school, but he was not the valedictorian.

Although his only goal was to be a Soldier, Dailey soon set his sights on becoming the best. A few of his accomplishments included completing his bachelor’s degree with a 4.0 grade point average; earning a Ranger tab, Expert Infantryman’s Badge, and Combat Infantryman’s Badge; and membership into the distinguished Audie Murphy Club.

“I always wanted to be (airborne),” he said. “I always have and I wish I could be, but the simple reason is that the Army has never sent me to an airborne organization.”

Dailey carries the lessons from young non-commissioned officers with him to this day and takes a lot of pride in helping Soldiers.

“This is the best Army in the world,” Dailey said. “And if it’s ever not the best, then I’m going to do something about it. Because nobody messes with my team, and nobody messes with my Soldiers.”

40th annual culinary training results announced

KEITH DESBOIS
Army News Service

FORT LEE, Virginia — While the 40th Military Culinary Arts Competitive Training Event may be over, the experiences of almost 300 service members will have a lasting impact on culinary programs across the military.

With 588 judged entries, this event is a primary training opportunity for military chefs.

The activities at Fort Lee showcase the talents of military chefs from around the globe in all branches of the U.S. military. The annual event includes live competitions and displays throughout the entire show to include public viewing dates at the Fort Lee Field House.

“Overall, this competitive training event offers a unique opportunity to see a different side of military chefs,” said Chief Warrant Officer 3 Charles H. Talley Jr., chief, Advanced Food Service Training Division, Joint Culinary Center of Excellence.

This year, there were 28 teams competing from all branches of service - 13 teams vied for Culinary Team of the Year, 21 competitors participated in the Armed Forces Junior Chef of the Year, and 24 competitors battled for the coveted title of Armed Forces Military Chef of the Year.

This year saw the return of the international and master’s categories. Four countries (United States, France, United Kingdom and Germany) participated in the international challenge and four service members vied for the title



(Courtesy photo

The Joint Culinary Team Hawaii won Installation of the Year and 15 gold medals in the U.S. Army 40th Annual Military Culinary Arts Competitive Training Event. The team was made up of Soldiers, Sailors, Airmen and Marines and competed against 13 other installations.

in the master’s event.

Along with testing their skills in one of the many categories, 29 service members also tried for a spot on the U.S. Army Culinary Arts Team.

More than 62 gold medals, 179 silver medals and 191 bronze medals were presented in front of an audience of hundreds.

(Note: Desbois works at Combined Arms Support Command Public Affairs.)

JCCoE and USACAT

The Joint Culinary Center of Excellence is part of the U.S. Army Quartermaster School, Combined Arms Support Command. The QM School trains and educates service members, civilians and members of other services and nations in quarter-

Hawaii Awardees

Awards were received throughout the military. Here are Hawaii’s awardees:

- Armed Forces Junior Chef of the Year: Spc. Symone Harden, Hawaii.
- U.S. Student Team Skills Competition: Hawaii.
- Field Cooking Competition Runner up: Joint Team Hawaii.
- Nutritional Hot Food Challenge: Master Sgt. Adriana Ybarra and Sgt. Daniel Parks, Joint Team Hawaii.
- Best Exhibit in Show (Cat. B, Cold Appetizers): Sgt. Daniel Parks, Joint Team Hawaii.
- Best Exhibit in Show (Cat. C, Patisserie/Confectionery): Petty Officer 2nd Class Aaron Quiambao, Joint Team Hawaii.
- Judges Special Award (Cold Food Table) Team Hawaii.

master skills and functions.

The U.S. Army Culinary Arts Team is the military’s national culinary team and offers members the opportunity to compete in international-level events like the Culinary Olympics in Europe, while sharpening and broadening their skills.

Water packaging trailer purifies field H2O

Bottled water is a burden on the battlefield — WiaB will supply a company

Story and photos by
STAFF SGT. KYLE RICHARDSON
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS — U.S. Army-Pacific Soldiers recently participated in a weeklong field-testing and train-the-trainer exercise using the Aspen 2000 water purification system combined with a water packaging trailer known as “Water in a Box.”

Currently, there are only two such systems in use in the Army: one with USARPAC and the other with U.S. Army-South.

Although the system is still in the concept phase, water treatment Soldiers with the 40th Composite Supply Company, 45th Sustainment Brigade, 8th Theater Sust. Command, will learn how to operate the system and then provide feedback to help improve the system and design.

“The 40th CSC are our technical experts; they are the unit that can best field this equipment,” said Col. David Preston, USARPAC sustainment division chief. “They know water, they have the best training on water production and purification, and they can provide adequate feedback.”

As resident experts in water purification and distribution, the 40th CSC water treatment Soldiers will train Soldiers in the 3rd Brigade Combat Team, 25th Infantry Division, on the Water in a Box system. The 3rd BCT will then use the system during Pacific Pathways.



Col. David Preston, USARPAC sustainment division chief, tries purified water from the Water in a Box system during a weeklong field-testing and train-the-trainer exercise on Schofield Barracks, Feb. 9-18. The WiaB can produce several days of water for a company-sized element.

“We have identified an issue with water distribution and production throughout the Army. Bottled water on the battlefield takes a lot of assets to transport and store. ... This system creates a new capability,” added Preston.

Eric Nelson, a civilian contractor with U.S. Army Rapid Equipping Force, said approximately 50 percent of logistics involving the Army’s resupply missions revolve around water.

“We’re attempting to bring water to the front-line Soldiers,” said Nelson. “This system is designed to go to the forward edge of a combat environment from a platoon-sized to a company-sized (combat operation post). It can purify any water source, and it doesn’t matter the purity of the water or the contamination of the water.”

Pvt. Elton Barnes, a water treatment specialist with 40th CSC, said he felt honored that he was a part of something that could potentially save lives. Even with only six months in the Army, he saw the potential in the new system.

“Although there are several larger systems operated by water treatment specialists, Water in a Box allows forward deployed units to become more self-sufficient. It reduces the need

for us to deliver water or store it,” said Barnes.

In any environment, water is a necessity – for drinking, cooking, personal hygiene and operations.

Sgt. 1st Class Stephen Love, USARPAC fuel and water treatment supervisor, said that over all branches of military in the Indo-Asia Pacific region, the Army is the primary lead on water purification and distribution.

“USARPAC is always looking for innovative technology to advance our mission capabilities, and this concept system is right on time,” said Love. “We can test this system on its practicality and durability. The Pacific region has almost every environment imaginable. The Water in a Box system could potentially solve future problems and limit wasting resources.”

With the input from the 40th CSC and the Tropic Lightning Soldiers, Water in a Box could receive valuable changes, making it more efficient. The input gained from the testing could help the system come closer to a final design.

If there was ever a question about the water’s quality or taste, Barnes put it to the test.

“The water tastes good,” he said. “It tastes just like regular water.”

CAB: Phase 2 of project begins

CONTINUED FROM A-1

racks will be situated within the CAB phase 1 project site.

A design-build contract for the CAB phase 2 project was awarded to Nan-Samsung on May 13, 2014, for \$69,749,203. The construction completion date is January 2017. Design was done by Group 70 International, Mitsunaga and Associates, Geolabs, Martin & Chock, InSynergy Engineering, Walters Kimura Motoda, and Facility Dynamics Engineering.

The Honolulu District is committed to high-quality projects that improve the quality of life for service members.



Representatives from USACE-HD, USAG-HI DPW, 25th CAB and contractor Nan-Samsung ceremonially break ground for Phase 2 of the 25th CAB complex.

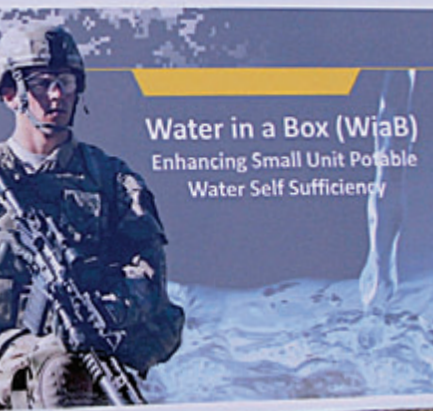
Phase 2 Construction

Primary facilities will include these:

- Central plant.
—With antiterrorism measures.
- An energy monitoring control systems connection.
—With sustainability/energy measures.

Supporting facilities will include these:

- Site development, utilities and connections.
- Lighting, paving, parking, walks, curbs and gutters.
- Storm drainage, information systems, landscaping and signage.
—Air conditioning will be provided by the central plant.



USAHC-SB employee shares historical perspectives

Keopuhiwa served in Women’s Army Corps

1ST LT. TIARA PADRON
Army News Service

In 1967, nearly 50 years ago, U.S. Army Health Clinic-Schofield Barracks (USAHC-SB) employee Cheryl Keopuhiwa raised her right hand and was sworn into the Women’s Army Corps.

Keopuhiwa works as the chief of Managed Care at USAHC-SB, where she helps align beneficiaries with primary care providers and supports all TRICARE needs.

Just out of high school, Keopuhiwa made the decision to embark upon a journey that very few women in the world had endeavored, a job in the military.

In the United States, March is Women’s History Month.

On March 13, the USAHC-SB featured Keopuhiwa as the guest speaker during a Women’s History Month luncheon. Keopuhiwa told her story for almost 45 minutes to a captivated room.

At first, Keopuhiwa was reluctant to share her story. She expressed that she didn’t see anything remarkable or noteworthy of her few years served in the Women’s Army Corps.

After Keopuhiwa told her story to a room full of Soldiers and civilians, she commented on how rewarding it was for her to speak to them.

“I didn’t think anything significant of my time served in the Women’s Army Corps,” said Keop-



Photos courtesy of U.S. Army Pacific Regional Health Command

Cheryl Keopuhiwa served in the Women’s Army Corps nearly 50 years ago. The photo shows her at age 18. She shared her story at a Women’s History Month observance on March 13. Keopuhiwa is the chief of Managed Care at the USAHC-SB.

uhiwa. “When I was asked to speak, I was a little shocked. I began searching the Internet for photos and was surprised to see photos of myself from so long ago. I didn’t realize, until today, that I did help pave the way for women to serve freely in the Army.”

She told stories of being the commander’s

driver at Fort McClellan, Alabama, and even shared a general’s note. As she briefed, a picture slideshow behind her displayed black and white photos of her time in the Army.

The commander of the clinic, Col. Pete Eberhardt, awarded Keopuhiwa with a certificate of appreciation for sharing her story.



Cheryl Keopuhiwa graduated Basic Training in 1967. Today she continues serving the nation as a DA civilian employed at the USAHC-SB. She shared her story at the clinic’s Women’s History Month observance on March 13.

“It is remarkable to hear your stories and to see that you chose to continue serving the military as a Department of the Army civilian,” said Eberhardt.

(Note: Padron is the clinic adjutant at USAHC-SB.)



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

Today

Exercise-Exercise-Exercise

— U.S. Army Health Clinic-Schofield Barracks conducts an antiterrorism/force protection exercise during the afternoon. Clinic staff may be seen evacuating the area, and Military Police vehicles and teams may be seen moving in and around the clinic.

Residents may see and hear alerts and announcements from the clinic mass notification system during the exercise. Call 433-5529 if you have questions.

ACA — On the five-year anniversary of the signing of the Affordable Care Act, the Dept. of Health and Human Services is announcing that, as a result of marketplace coverage and Medicaid expansion, hospital uncompensated care costs were reduced by an estimated \$7.4 billion in 2014, compared to what they would have been in the absence of the coverage expansion. Based on this analysis, Medicaid expansion states account for an estimated \$5 billion of that reduction.

An additional report detailing the ways Medicaid expansion is benefiting states both directly and indirectly by generating additional federal revenue, increasing jobs and earnings, increasing Gross State Product (GSP), increasing state and local revenues (via additional provider taxes and fees and increased prescription drug rebates), and reducing uncompensated care and hospital costs, is also available at <http://aspe.hhs.gov/health/reports/2015/Medicaid>

Expansion/[ib_MedicaidExpansion.cfm](#).

TSP and the Debt Limit

— As of Monday, the U.S. Treasury was unable to fully invest the Government Securities Investment (G) Fund due to the statutory ceiling on the federal debt. However, G Fund investors remain fully protected, and G Fund earnings are fully guaranteed by the federal government.

This statutory guarantee has effectively protected G Fund investors many times over the past 25 years. G Fund account balances will continue to accrue earnings and will be updated each business day, and loans and withdrawals will be unaffected.

To learn more, visit www.tsp.gov/investmentfunds/fundsheets/fundPerformance_G.shtml#debtLimit.

VA News — The Department of Veterans Affairs is updating the way it determines eligibility for VA health care, a change that will result in more veterans having access to the health care benefits they’ve earned and deserve.

The VA eliminated the use of net worth as a determining factor for both health care programs and

copayment responsibilities. This change makes VA health care benefits more accessible to lower-income veterans and reorienters. Visit www.va.gov/healthbenefits or call VA toll-free at 1-877-222-VETS (8387).

In order to expand eligibility for the Veterans Choice Program, the VA announced Tuesday that it will change the calculation used to determine the distance between a veteran’s residence and the nearest VA medical facility from a straight line distance to driving distance. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2687.

Also, the VA is accepting applications for the 2015 National Veterans Summer Sports Clinic, to be held Sept.13-18 in San Diego. The annual event is expected to attract veterans from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and polytrauma, to spinal cord injury or loss of limb. The deadline to apply is May 1. Visit www.summersportsclinic.va.gov.

SATO — CWT/SATO Travel, Schofield Barracks, is assisting walk-ins for emergency travel or travel within five business days. Ticket exchanges will be by ap-

pointment only (going somewhere other than authorized on your travel orders).

You may email your appointment request to schofield@cwt-satotravel.com or call 1-800-349-8231.

31 / Tuesday

Aloha AKO — All AKO email access ends today. Users won’t be able to log into their @us.army.mil accounts. Messages sent to AKO email addresses will be forwarded to the corresponding Enterprise email address through June, and starting July 1, all email sent to an AKO address will be returned to the sender as undeliverable.

Visit https://esdcrm.csd.disa.mil/app/answers/detail/a_id/88.

For problems with AKO mail, call 1-866-335-2769.

April

20 / Monday

Winging It — Wheeler’s Wings of Lightning dining facility reopens this day; until then, food is being served out of Hangar 111. Hours of operation remain the same.

Visit www.garrison.hawaii.army.mil/logistics/services.htm for DFAC updates.



Traffic Report lists roadwork, construction, water or power outages, and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless specified, all area codes are 808.

Today

Stream & Bridge — There was an extension of the full road closure of Stream Road on Fort Shafter. The primary detour for the Stream Road Closure will be Mokumoa Street. Intermit- tent, one-hour, full-bridge closures will occur 9 a.m.-5:30 p.m., today, and on April 3.

April

3 / Friday

Electrical Outage — All of Fort Shafter Flats will see a scheduled outage, 8 a.m.-4 p.m.

Airdrome Road — A one-lane closure on Wheeler Army Airfield’s Airdrome Road, from Hangar 1020 to the sewage treatment plant, continues weekdays, 8 a.m.-3:30 p.m..

18 / Saturday

Schofield Outage — Two full power outages are scheduled to take place today at 8-10 a.m and 4-6 p.m.

More than a half century of service receives honors

Story and photo by
STAFF SGT. CHRIS MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Chief Warrant Officer 4 Patrick M. Quenga, Master Sgt. Troy Ashley and Sgt. 1st Class Jorge Bermudez were honored during a Celebration of Service ceremony held in their honor, March 20, at historic Palm Circle, here.

The U.S. Army-Pacific’s Celebration of Service ceremony recognizes Soldiers for their distinguished service to USARPAC and the United States as they prepare to transition into new careers.

This was the fourth USARPAC Celebration of Service with the intent of honoring retiring service members quarterly.

USARPAC’s assistant chief of staff of operations, Brig. Gen. Robert J. Ulses, officiated the ceremony and spoke to the audience about how Quenga, Ashley and Bermudez’s careers have impacted USARPAC.

“As is the case for every one of our honorees, their service extends beyond



Chief Warrant Officer 4 Patrick M. Quenga (second from right), Master Sgt. Troy Ashley (center) and Sgt. 1st Class Jorge Bermudez (second from left) were honored during a Celebration of Service ceremony, March 20, held in their honor at historic Palm Circle, Fort Shafter. The three retirees accumulated more than a half century of total service among themselves.

what we witness,” said Ulses. “Their reach is broader than what we can see. Their impact is greater than what we may know.”

Ulses went on to personally thank each of the honorees for the service they have rendered and the sacrifices they and their families have made.

“The challenges you have endured and the impacts that you have made on the lives of Soldiers, civilians and families throughout your 66 years of service will not be forgotten,” Ulses said.

Before the honorees individually received their retirement awards, Ulses took one last moment to collectively thank the honorees and let them know that their services and sacrifices were greatly appreciated.

“Your devotion has made us a better Army, and your dedication has made us a better USARPAC,” Ulses said. “Your presence will be felt for years to come. Your legacy does not end with your retirement. It lives on in all the people you have impacted during your service.”

8th MPs uphold tradition, induct leaders into NCO Corps

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

WAIKIKI — While the Army is rich in history and has many traditions, there is only one tradition that acknowledges a Soldier as he takes on the mantle of leadership and becomes a noncommissioned officer, and that is the NCO Induction Ceremony.

Helicopters, tanks and guns placed around a historic 104-year-old building made the backdrop while over 20 NCOs from within the 8th Military Police Brigade, 8th Theater Sustainment Command, continue to uphold the Army tradition and were inducted into the NCO Corps, March 13, in front of the U.S. Army Museum Hawaii, here.

Guest speaker, Command Sgt. Maj. Francis K. Citizen, senior enlisted adviser, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, stressed

the importance of what the ceremony symbolized and encouraged the junior NCOs to take pride in what they had accomplished.

“I see the next generation of our Army’s leaders, fully capable of being the best leaders our nation has to offer,” Citizen said.

Citizen challenged the inductees to take the time every day to get to know their Soldiers and to uphold the professionalism of the Army.

“Motivate your Soldiers to stand strong by upholding the Army ethics and the Army values,” Citizen said. “Reinforce trust and inspire honorable service.”

Citizen also urged the inductees to instill a sense of pride, discipline and accountability into their Soldiers.

“The true mark of our leadership is not what our Soldiers do while we are around; it’s what they do when we are not around,” Citizen said.

No longer a follower, but a leader,

inductee Sgt. Victor Andino, 558th MP Company, 728th MP Bn., 8th MP Bde., said he was happy to be part of something that mirrored his own pride in becoming an NCO.

“I’ve worked hard to get here, and it’s an honor to be here,” Andino said.

Andino echoed Citizen’s advice and said he would hold his Soldiers and himself accountable.

“If you’re doing the right thing, you can’t go wrong,” Andino added.

For 1st Sgt. Kelly S. Pippin, senior enlisted adviser, 552nd MP Co., 728th MP Bn., who participated in the ceremony, the induction was not only about upholding a tradition, it was about inspiring the junior NCOs to be the professional leaders their Soldiers could look up to.

“We might be the backbone, but the Soldiers are the ones that help to accomplish the mission,” Pippin said. “Without having Soldiers, we have no job.”



NCO inductee, Sgt. Richardson Eltis, 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, walks through the arch of two NCO swords during an Induction Ceremony, March 13, in front of the U.S. Army Museum of Hawaii at Fort DeRussy.

PAU HANA

"When work is finished."

OANRP supports planet 3,500 plants at a time

CELESTE HANLEY

O'ahu Army Natural Resources Program

SCHOFIELD BARRACKS — Earth Month is quickly approaching, but for the O'ahu Army Natural Resources Program (OANRP), which manages endangered species on O'ahu, the busiest part of protecting the Earth, here, on island, is nearing the end of the season — specifically, the season for planting.

Putting over 3,500 plants in the ground this year, 2014-15 is one of the biggest outplanting seasons to date for the program. This annual effort throughout the winter months, when increased rainfall gives young plants a better chance at survival in the wild, is part of the program's goal to increase the numbers of endangered plants in the wild.

"The outplanting season is the 'Superbowl' of our year, because everything we do throughout the year always comes down to outplanting," said Kahale Pali, Natural Resource Management coordinator with OANRP. "All the weed control, all of the time spent checking fences to make sure they are keeping out pigs, spraying grass in the hot sun — it all comes down to putting plants into the ground to ensure that we can stabilize these species."

The effort is part of a 20-year legacy, with OANRP growing and planting over 20,000 endangered plants since the program's inception in 1998.

Why are they endangered?

OANRP manages over 30 endangered plants on O'ahu, a large number for such a tiny island.

Over the course of O'ahu's five million-year evolutionary history, the isolated island rarely saw new plants reaching its shores, whether on the wings of birds, rolling in on the waves or blowing here in the wind (the three ways that "native" species made it to Hawai'i without the help of people).

The plants that now call the island home showed up about every 100,000 years, this isolation giving them lots of time to evolve into uniquely "O'ahuan" species.

Outplanting Season Highlights

•*Stenogyne kanehoana*

Now extinct in the wild, *Stenogyne kanehoana* is one of the rarest species that OANRP manages.

With only two plants left in the wild, botanists with OANRP and the Nature Conservancy of Hawai'i were able to collect cuttings before they died. These cuttings grew roots and allowed staff to grow lots of clones, exact genetic replicas, of the wild plants in the OANRP rare plant nursery at Schofield Barracks.

Although never before seen in the wild,

Point of Contact

Write OANRP regarding volunteer interest at outreach@oanrp.com.



Earth Month Activities

Contact OANRP to become involved as a volunteer:

- April 4, Earth Day & Family Fun Fest at Weyland Field, Schofield Barracks;
- April 7, OANRP volunteer trip to Ka'ala;
- April 11, OANRP volunteer trip to Pualii;
- April 22, Earth Day celebration at Kalakaua Community Center, SB;
- April 25, Fort Shafter Earth Day at Fort Shafter Flats; and
- April 30, OANRP volunteer trip to Palikea.

OANRP staff were also able to pollinate these nursery plants and collect fruit for the first time. However, the seed set for *S. kanehoana* so far is relatively low. Out of 20 seeds collected from two viable fruit, only two germinated successfully.

Nonetheless, with repeated cloning of the two "parents" and the newly grown "keiki," staff were able to plant over a hundred plants of *S. kanehoana*, this year, throughout, in a new fenced unit at Lihu'e, a traditional Hawaiian place name for the land found at Schofield Barracks' West Range.

•*Sanicula mariversa*

This year, 185 *S. mariversa* were planted at 'Ohikilolo, one of the last (and most steep) ridges on the leeward side of the Wai'anae mountains, framing the south side of Mākua Military Reservation.

Staff used ropes and carabineers to rappel to *S. mariversa* habitat to collect the fruit to grow the plants and add the newcomers from the nursery into the wild.

(Note: OANRP is part of the Directorate of Public Works, U.S. Army Garrison-Hawaii.)

Volunteer Opportunities

You can get involved. Even though outplanting season is coming to a close, there's plenty to keep OANRP busy throughout the year.

In fact, OANRP has an active volunteer program to help support all of the endangered species it protects. Volunteers help out by doing invasive weed control and restoring habitat with common native plants.

Not only is volunteering a great way to take care of the planet with Earth Month coming up this April, but it's also a fantastic opportunity to see some of the most extraordinary ecosystems on the island of O'ahu, where native Hawaiian plants and animals dwell.

Visit the OANRP exhibits at Earth Month events throughout Army installations this month, or get involved with our volunteer program in the field.

Spring means EARTH MONTH



Oahu Army Natural Resources Program photos

DPW biologist Kapua Kawelo rappels down to *Sanicula mariversa* habitat on 'Ohikilolo ridge above Mākua Military Reservation.



The delicate curved, pink flowers of this native mint, *Stenogyne kanehoana*, were likely pollinated by native Hawaiian honey-creepers at one time.



Cloning: Fact or Science Fiction?

Cloning plants is a vital technique for many of the endangered plant species OANRP manages. It ensures that the genetic representation of individual plants will not be lost through detrimental events in

the wild by maintaining the clones in a controlled setting.

Did you know?

Before outplanting, OANRP builds fences in the mountains to keep non-native pigs and goats out of native

Hawaiian forests.

What is a tuber?

A tuber is a much-thickened underground part of a stem or rhizome (e.g., in the potato) serving as a food reserve and bearing buds from which new plants arise.



While many pollinators like native Hawaiian honeycreepers have gone extinct, some, such as the 'apapane (*Himatione sanguinea*) can still be found in native forest habitat.

Earth Month Activities

U.S. Army Garrison-Hawaii will be hosting numerous events for its fourth annual Earth Month celebration.

What began as a single day has evolved into a monthlong celebration with a wide variety of events for Soldiers and families to enjoy throughout the island of Oahu.

April 4, 9 a.m.-2 p.m. Fun Fest and Earth Day 2014, Weyland Field. This collaboration between the Directorate of Public Works (DPW) Environmental Division and the Family and Morale, Welfare and Recreation features exhibitors, games, environmental learning activities and live entertainment.

•At 8:45 a.m. Military Child Mile Fun Run to kick off the event; no registration required.

•At 9 a.m.-2 p.m. Games, activities, rides, inflatables and pictures with the Easter bunny with egg hunts as follows: ages 2-4 at 11:30 a.m.; ages 5-8 at 12 p.m.; and ages 9-12 at 12:30 p.m.

Enjoy entertainment provided by SKIES. Participate in "upcycling," crafts and coloring activities, artifacts search, sustainability and natural resources educational activities. Dine on seven food truck options. Enter to win the Leisure, Travel and Services' \$500 gift card.

Call 655-0002, or visit himwr.com for more details

April 22, 2-5 p.m. Island Palm Communities and DPW Environmental Division team up on Earth Day at the Kalakaua Community Center, Schofield Barracks, for cool exhibits and fun activities while learning about the environment.

Also, back by overwhelming demand, is the Earth Day Passport Challenge.

April 22, 9 a.m.-5 p.m. Pohakaloa Training Area is hosting an Earth Day event that is open to the public. It will showcase the work of the Natural Resources Office, Cultural/Archeological Resources Office and Fire/Emergency Services. Also, there will be a

static display of military equipment. Call 808-969-2403.

April 25, 11 a.m.-3 p.m. The Fort Shafter Flats parade field will serve as the location for the Earth Day Festival, hosted by the 9th Mission Support Command and 9th Theater Support Groups' Directorate of Public Works' Environmental Division. Call 438-1600, extension 3307, for more details.



EARTH MONTH



Briefs

Today

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food every last Friday of the month from 11 a.m.-1 p.m. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations or more information.

SB Right Arm Night — Kick back with your “Right Arm” beginning at 5 p.m., with drink specials and a pupu buffet at the SB Nehelani. Spouses and DOD civilians welcome. Play in the Texas Hold’em Tournament for prizes. Which unit has the most pride? Bring your “right arm” out to compete for the \$100 MWR Buck Prize. Call 655-4466.

Leilehua Concert Series — Enjoy Hawaiian music beginning at 6 p.m. by Pomaikai Lyman at The Grill at Leilehua Golf Course. Free and open to the public with food and drinks available for purchase. Call 655-1711.

AMR Teen Social — Live teen DJ and prizes all night, 7-9:30 p.m., for youth grades 6-12. Military or school ID required. Tickets are \$4 CYSS members and \$5 non-CYSS members. Call 833-0920.

28 / Saturday

Stand-Up Paddle-Boarding 101 — Learn stand-up paddleboarding with Outdoor Recreation. Cruise the Anahulu River on the North Shore of Oahu from 8:30 a.m.-12:30 p.m., with many opportunities for turtle spotting. ODR will provide transportation, equipment and instruction for \$59/per person. Bring water, snacks and sunscreen. Call 655-9046.

April

1 / Wednesday

Cooking Club for Teens — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions. The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

Baby-Sitting and CPR Classes — Is your 12-18 year old interested in baby-sitting? SKIES Unlimited offers a free baby-sitting and CPR/first aid



Photos courtesy of Mililani High School JROTC

JROTC cadets from schools across the state gather at Schofield Barracks to test their leadership, fitness and military skills at the 44th annual JROTC Cadet Leadership Challenge.

JROTC ‘Challenge’ offers test

CADET CAPT. BRANDEE SCHILLER

Mililani High School JROTC

SCHOFIELD BARRACKS — More than 350 JROTC cadets across the state of Hawai’i eagerly tested their leadership, fitness and military skills, here, at the 44th JROTC Cadet Leadership Challenge (JCLC).

Previously, three to four cadets from each JROTC program were invited to attend the Advanced JROTC Cadet Leadership Challenge (AJ-CLC), a three-day, pre-camp designed to mentally and physically prepare cadets to hold leadership positions during JCLC.

This annual JCLC camp is designed to attract cadets from the Army and Marine Corps JROTCs in an effort to determine who represents their school and JROTC unit the best.

Objectives

The objectives of JCLC are to allow cadets to practice leadership and citizenship skills, provide an opportunity for cadets to participate in adventure training and, lastly, have fun.

As cadets began arriving to the camp on March 16, leaders from AJ-CLC quickly in-processed them into four training groups (TGs). Each group had its own chain of command representing a battalion-level structure, and they made up the JCLC Brigade.

Cadets assigned to each of the four TGs participated in adventure training, such as rappelling down an



JROTC Cadet Hunter Rodriguez of Mililani High School crosses a rope bridge at the East Range Training Complex on Schofield Barracks as part of the 44th annual JROTC Cadet Leadership Challenge. Soldiers from the 100th Battalion Reserve Unit demonstrated how to tie a Swiss seat and cross the rope bridge. before letting cadets cross.

80-foot mountain slope, constructing and crossing a rope bridge, going through a physically demanding obstacle course, and tackling the Leadership Reaction Course (LRC).

The four stations situated throughout Schofield Barracks (Area X, East Range Training Complex, Phoenix Obstacle Course and the LRC) mentally and physically challenged the cadets in an effort to single out strengths and identify weaknesses.

Encouragement from instructors, mentors and Soldiers from the 25th Infantry Division and 100th Infantry Battalion, 442nd Regiment mentally pushed those who struggled.

During the many leadership challenges performed throughout the four-day camp, cadets were required to obey the “Army Values”:

loyalty, duty, respect, selfless-service, honesty, integrity and personal courage, or LDRSHIP.

AJCLC was designed to guide those, in leadership positions, to perfect their commands for the arrival of the main body.

“Being a leader was a challenge, because you constantly had to be accountable of your unit and understand the training plan for the current day, but cadets in the staff and in similar positions helped assist when things got difficult,” said Cadet Major Kainalu Gandia, grade 11, from Kapa’u High School.

Cadets returned home with pride that they successfully displayed to Soldiers on post the successful completion of the ROTC mission: “To motivate young people to become better citizens.”

•April 1 & 8; May 6 & 13, baby-sitting.
•April 15 & 22; May 20 & 27, CPR/first aid.

2 / Thursday

Tropical Thursdays — Join the SB Tropics Recreation Center every Thursday for Texas Hold’em. The fun

starts at 6 p.m.
A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID cardholders 18 and older are welcome.
Don’t have a poker face? Come enjoy the tropical atmosphere and featured menu items. Call 655-5698.



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

Today

Home & New Product Show — Three-day exhibition begins 5 p.m., Friday, at the Blaisdell Exhibition Hall. Features home improvement ideas, hourly prize drawings, a man cave zone and pampering zone. Student and military entry fee of \$3.

28 / Saturday

Neil Sedaka Concert — Legendary pop songwriter/performer takes the Blaisdell Concert Hall stage at 8 p.m. Tickets range from \$25-\$55. Blaisdell Box Office info line is 768-5252.

29 / Sunday

“Ma Rainey’s Black Bottom” — The Actor’s Group completes the August Wilson 10 play cycle portraying African-American life in each decade of the 20th century with this depiction of Chicago in the ‘20s at 7:30 p.m., Thursdays-Saturdays, Sundays at 2 p.m., through March 29.

Tickets for the Brad Powell Theatre production, 650 Iwilei Road, are available online at www.taghawaii.net or call 722-6941.

April

1 / Wednesday

IPC Scholarship Applications — Deadline is April 1 for residents of IPC housing. Log on to www.islandpalmcommunities.com/go/scholarship.

4 / Saturday

Kapolei Easter Egg Hunt — Free event for kids ages 2-10, April 4th, from 9:30 a.m.-12:30 p.m., at Kapolei Commons, on the left at the entrance to Kapolei. Will have 7,500 eggs, free photos with the Easter bunny and Miss Kitty, live entertainment, carnival games with prizes, face painting, and balloon animals.

11 / Saturday

Bishop Museum Free Day — Learn to get healthy and fit at the 7th Annual YMCA Healthy Kids Day, 9 a.m.-2 p.m., at the Bishop Museum. Admission is free for kama’aina and military families with a valid ID and also includes free entry into the Bishop Museum’s exhibits, Watumull Planetarium and its new traveling ex-

hibit “Dinosaurs Unleashed.” The event features food, prize giveaways and more than 30 exhibitors highlighting the importance of physical activity, healthy lifestyle choices and active play through fun, engaging and creative activities. Call 531-YMCA (9622) or visit www.ymcahonolulu.org.

Ongoing

Pacific Aviation Museum — Ford Island museum currently features “National Memories Exhibit” as the first stop on the 2015 U.S. tour. The exhibit, which brings to life the camaraderie that existed between Chinese and U.S. Soldiers as their countries joined forces during World War II, has toured mainland China and Taiwan since 2010.

Butterfly Conservatory — Pearlridge features hundreds of living butterflies, through April 14. Keiki can see the lifecycle of these beautiful creatures from egg to butterfly, firsthand, through a self-guided tour. Admission is \$3 per person; keiki under 8 years of age are free with a paying adult. Open Mondays through Saturdays from 10 a.m.-8 p.m., and Sundays, 10 a.m.-6 p.m. downtown Center Court.

EASTER CELEBRATIONS

The community is invited to the following Easter celebrations.

- March 29, Holy Week**
✦ “Living Last Supper Drama,” 7 p.m., Aliamanu Military Reservation Chapel
- April 2, Maundy Thursday**
✦ Protestant Maundy Thursday Easter week service, Communion Service, 6 p.m., Fort Derussy Chapel
- April 3, Good Friday**
✦ Catholic Stations of the Cross, 12 p.m., Schofield Main Post Chapel Lanai
✦ Catholic Good Friday Service, 2 p.m., MPC, SB
✦ Good Friday Service, 3 April, 5:30 p.m. at AMR
✦ Protestant Good Friday Service, 7 p.m., AMR
- April 3, Passover**
✦ Passover Seder, 6 p.m., Hale Koa
- April 5, Easter Sunday**
✦ Bus leaves at 5:30 a.m. from MPC, SB, to go to USS Missouri
✦ Protestant Easter Sunrise Service, 6:30 a.m., USS Missouri
✦ Easter Sunday Mass, 8:30 a.m. at AMR
✦ Easter Sunday Mass, 10:30 a.m. at MPC, SB

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

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

Buddhist Services

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

Catholic Mass

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

Gospel Worship

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

Islamic Prayers and Study

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

Jewish Shabbat (Sabbath)

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

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

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



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



Kingsman: The Secret Service

(R)
Fri., March 27, 7 p.m.

Strange Music

(PG)
Sat., March 28, 4 p.m.

Hot Tub Time Machine 2

(PG)
Sat., March 28, 7 p.m.



Spongebob Squarepants Movie: Sponge Out of Water

(PG)
Sun., March 29, 2 p.m.

Selma

(PG-13)
Thurs., April 2, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

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

USAHC-SB strides towards innovative caregiving

U.S. ARMY HEALTH CLINIC-SCHOFIELD BARRACKS
News Release

SCHOFIELD BARRACKS — Army Medicine leads the nation in transforming the delivery of health care.

The U.S Army Health Clinic-Schofield Barracks invites you to be a member of this better way forward by actively participating in our Patient-Centered Medical Homes (PCMH).

Using the PCMH model, we are transforming Army Medicine’s Health Care System into a System for Health.

Variety of services

In efforts to provide the most value for your time, we offer a wide variety of coordinated health care services under one roof.

The Schofield Barracks PCMH features clinical pharmacy, nutrition, nurse case management, smoking cessation, embedded behavioral health and on-site OB GYN providers, no referral needed.

With a team-based approach, you get a broader scope of medical care. We recognize easier access to medical care is important to patients.

Army Medicine invests in several tools to increase ease of access. One tool that enhances access to medical care is portability; no matter where you are located, the resources below are available to you.

•**Nurse Advice Line:** The NAL is available



Aiko Brum, U.S. Army Garrison-Hawaii Public Affairs

KALAELOA — The Warrior Ohana Medical Home provides access to quality, primary care right in the heart of Kalaeloa, the former Barbers Point Naval Air Station.

24 hours a day, seven days a week. NAL can advise when and how to seek care for an urgent problem or give instruction on self-care at home.

Patients can schedule next-day appointments with their primary care team. Call the NAL at 1-800-TRICARE (874-2273), Option 1.

•**Relay Health:** It’s a secure email messaging system that gives patients access to communicate directly with their provider and nursing team. It is available 24 hours a day, seven days a week. Patients can request appointments, prescription refills, labs and X-ray results, track referrals and communicate with their PCMH care team.

•**Tricare Online:** Members who register for TOL at their assigned military treatment facility can schedule appointments, check the status of prescription medications, refill prescriptions and view test results.

Most health care systems do not engage patients until they reach out for care. When a patient enrolls in one of the medical homes, they are assigned a team of medical professionals focused on providing personalized comprehensive health care. This includes updating patients on preventive measures designed to keep them from becoming ill. Don’t be surprised if you receive one of our reminders on preventive services as our team focuses on your health.

Making Contact

Schofield PCMH is open to any tri-service dependent who is enrolled in TRI-CARE Prime. To check on or update your enrollment, call United Healthcare at 1-877-988-9378.

Schofield PCMH has both Family Medicine and Pediatric Care Teams; the choice is yours.

One site to look up your latest preventive health measures is at www.uhcuprventivecare.com. Contact your provider via email, phone or with a visit to learn more.

TOL also provides members real-time access to enrollment-related transactions, like updating an address or telephone number and transferring enrollment between a TRICARE region or facility. Visit <https://www.tricareonline.com>.

Whether you are new to the community or are a long-established patient at Schofield, we invite you to attend one of our clinic tours to see the PCMH difference for yourself. Every third Thursday of the month, the USAHC-SB conducts a clinic tour, which begins in the Pharmacy waiting room at 2 p.m. There are no reservations required.

Use of dietary supplements requires caution, education

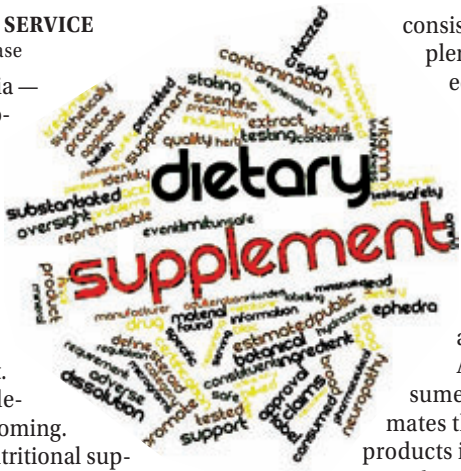
ARMY NEWS SERVICE
News Release

FORT LEE, Virginia — At some point in people’s lives, almost everyone has either had a supplement recommended to them or may have seen an advertisement for some sort of product that peaked their interest.

The dietary supplement industry is booming. “Forbes” reports nutritional supplements alone brought in \$32 billion in revenue for 2012.

Caution advised

While it may be easy to simply follow the suggestions of a friend, trainer or family member, if an individual plans on trying or



consistently using dietary supplements, becoming educated on those products and their potential effects is a wise strategy.

While the Food and Drug Administration has some oversight of dietary supplements, it must first show a product is unsafe prior to taking any restrictive action. Additionally, a 2010 Consumer Reports article estimates that only one third of the products in the Natural Medicines Comprehensive Database have scientific evidence to support safety and effectiveness.

There is no mandate for manufacturers to disclose evidence on safety and effectiveness (of dietary supplements) to the FDA.

With all of the different kinds of dietary supplements, whether it is protein powder, deer antler spray or a weight loss product, doing the homework can help to keep people safe and possibly save some money on products that don’t live up to their hype.

More Online

A number of other great resources include the USDA and FDA website, www.fda.gov, and Operation Supplement Safety, at <http://hprc-online.org/dietary-supplements/opss>.

Other sources include these:

- www.consumerreports.org/cro/2012/05/dangerous-supplements/index.htm;

If people are on any other medications, it will serve them well to check on interactions and possibly check with their primary care manager prior to supplement usage.

(Note: Story by Fort Lee Army Wellness Center staff.)

- www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm; and
- www.forbes.com/sites/davidlariviere/2013/04/18/nutritional-supplements-flexing-their-muscles-as-growth-industry/.

Annual eye exams encouraged

EFFIEMARIE H. MCGOWAN
Army News Service

Age-related macular degeneration (AMD) is an eye disease that affects thousands of people every year.

AMD typically affects patients over the age of 50, but it does not always respect age boundaries. It can affect people who are much younger.

AMD defined

AMD is a disease of the macula, which is the part of the eye that is responsible for central vision. This disease occurs when blood vessels in the back of the inside of the eye start to grow abnormally and become leaky, or their growth disrupts the layers of the retina and allows the accumulation of debris, fluid or blood between the layers, which decreases vision.

Doctors characterize this disease as a wet form or a dry form, and family history, overall health and lifestyle are contributing factors.

Wet AMD is the most visually devastating, but is also the most readily treated. Wet AMD is the abnormal growth of blood vessels from the layers of the eye where the vessels lie toward the inner surface of the retina.

Although there is no cure for AMD at this time, current treatments help people maintain vision longer than without treatment. Treatments consist of injections that decrease or prevent new blood vessel growth in the eye. Medications are getting better at helping patients maintain good vision.

Dry AMD can be visually devastating, as well, but does not tend to move as aggressively or quickly as wet AMD. Dry AMD is the accumulation of debris between the layers of the retina.

Dry AMD can convert to wet AMD at any time. Treatment for dry AMD is usually diet control (eating green and leafy vegetables), vitamin supplementation and lifestyle changes (stop smoking, reduce sun exposure and more). These actions cannot cure dry AMD, but they can slow progression of the disease and help to maintain good vision.



Army photo

Eye health is a critically important part of the eye exam, and doctors can detect many conditions before the patient is aware any problem exists.

to assess a patient’s risk of developing AMD, or if a patient has already been diagnosed with AMD, the test can assess the individual’s risk of progression of the disease.

Macular degeneration can be detected during a comprehensive yearly eye exam. For this reason, a comprehensive yearly eye exam is important for those patients over the age of 40, especially those with any family history of the disease.

Eye health is a critically important part of the eye exam, and doctors can detect many conditions before the patient is aware any problem exists. Early disease detection allows early treatment, which results in better outcomes, so even if you feel you have perfect vision and do not need an eye exam, think again.

(Note: McGowan is a research optometrist at U.S. Army Public Health Command.)

Vision Month

To learn more about Vision Month, visit www.army.mil/standto/archive_2015-03-12/?s_cid=standto.

Eye maintenance

To maintain eye health and to reduce the risk of eye disease, one should eat a healthy diet, stay out of the sun or at least wear wide-brimmed hats and sunglasses, stop smoking and get a regular eye exam.

There is also a genetic test that is available

Army resident housing survey set for April launch

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Island Palm Communities’ residents will receive an email on April 6 from CEL & Associates, the company hired by the Army to conduct a resident satisfaction survey for all privatized residential communities across U.S. Army installations.

Online Support
Residents who do not receive an email from ARMYHousingSurvey@celassociates.com on April 6 or have questions about the survey are encouraged to contact their community center. For details, log on to www.islandpalmcommunities.com/go/survey.



Residents will be asked for candid feedback about their experiences living with IPC, from move-in through residency.

“We’re looking forward to hearing from families about their home, community and experiences with our property and maintenance services team,” said Tom Adams, director of property management at IPC. “The online survey takes about five minutes to complete, and in addition to rating us in a variety of areas, residents will have an opportunity to share ideas and suggestions.”

Participation incentive
Survey results, comments and suggestions will help IPC and Army housing leadership identify areas where the property operations team is realizing success, as well as areas in need of improvement or where there might be a need for a program or service.

As an incentive for residents to re-



spond to the survey, IPC will award one \$500 prize in a random drawing held each week over the five-week survey period that ends on May 8.

Residents who complete and submit their survey automatically will be entered to win.

Additionally, residents who respond to the survey no later than April 17 are eligible to win a Family Fun Pack.

Childhood dreams translate to big city reality

“Do you want that apple now?” I asked my daughter for the third time since boarding the train to New York City.

I brought Anna’s favorite snack in my backpack, hoping that a Granny Smith might keep my temperamental teen satisfied on our trip to visit colleges.

“No, Mom,” Anna huffed. “I told you I’m not hungry.”

As I turned toward the window, my mind wandered to a decade ago, when Anna, our fiercely independent middle child, had disappeared. She was one of those kids who would go off with a box of figurines and lose herself in pretend play for hours.

“Anna?” I bellowed, eager to find her in a corner, lost in a complex drama involving Buzz Lightyear, Polly Pockets and My Little Pony.

Just as my mothering instinct was about to mobilize a grid search of our entire neighborhood, I heard something in the bonus room over our garage.

Sure enough, there she was, sitting in a heap of paper, pencils, yarn, fabric and my sewing basket, dumped upside-down.

“Look-it what I made, Mom,” she coughed out, her voice box sluggish from hours of dormancy.

Anna held up her creation, a full-length garment of white fleece. After making sketches in a Hello Kitty notebook, she settled on a sleek one-shoulder design with an elegant neckline and fitted skirt.

Anna modeled her gown for us, and we looked on in amazement at the sophisticated silhouette and even hand-stitching. Apparently, Anna had seen someone do it



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

on TV and was now determined to be a fashion designer.

Ten years later, we’re on our way to The Big Apple to follow Anna’s dream.

Sitting beside my 17-year-old daughter, I still see her big brown eyes flitting, lost in thought. Intuitively, I know that she is envisioning what it would be like to be a fashion design student in NYC, walking city streets in stylish outfits, sketching on sunlight-dappled park benches and hailing cabs to meet friends for lunch in Soho.

My baggy brown eyes are flitting, too, but I am imagining rat-infested alleys, marauding pick-pocketers, subway stairwells reeking of urine and catcalling ne’re-do-wells. My husband and I would much rather send our daughter to college somewhere in rural Vermont or Wisconsin, where sleepy campus police officers busy themselves writing citations for spitting on the sidewalk.

But, we know, Anna must see for herself. Emerging from the subterranean chaos of Penn Station, we begin our two-day odyssey. The subway stations are a hideous cornucopia of acrid odors and filthy corners piled with discarded cigarette butts.

The housewife in me wants to spray the whole place with bleach and give it a good scrubbing. Anna, on the other hand, is mortified that I am a quintessential tourist, fiddling clumsily with my maps and subway diagram. Despite her embarrassment, we manage to visit all the fashion design schools in Manhattan and Brooklyn in two days, using only a Metro-card, one \$12 cab ride and just under 42,000 Fitbit steps.

After our last tour at Parson’s School of Design, Anna slumps over a chair in the admissions office, sore, tired and overwhelmed with the realities of the big city college experience.

I thought I’d be relieved if Anna was disappointed with urban life, but my parental instinct to protect my daughter from danger is tempered by my need to support her dreams.

“Whaddya say we take a cab and go get chocolate shakes?” I say, tossing the fruit into the trash. “I know a great place on the upper East Side.”

As we walk out into bustling Greenwich Vil-



Courtesy photo

Anna, the author’s fiercely independent middle child, is in New York City. The pair took a trip to the Big Apple to check out colleges.

lage, I realize that, no matter where my daughter’s aspirations take her, she’ll always be the apple of my eye.