



MMA inspires combat conditioning

Chevas Lamoya (center, pointing), Iraq War veteran and former 82nd Airborne Division Soldier, instructs warriors of HHD, 500th MI Bde., during an MMA-inspired workout at the UFC Gym in Waikale, April 1. The Soldiers performed movements and techniques derived from various fighting styles to increase overall physical fitness.

Story and photo by
STAFF SGT. THOMAS G. COLLINS
500th Military Intelligence Brigade Public Affairs

WAIKELE — Junior enlisted Soldiers from 500th Military Intelligence Brigade participated in a mixed martial arts-inspired circuit-training workout at the UFC Gym BJ Penn, here, April 1.

The session, spearheaded by 500th MI Headquarters and Headquarters Detachment 1st Sgt. Gabriel C. Huerta, and conducted by Chevas Lamoya, a coach at the gym, started off with a warm-up, a conditioning circuit and cool down exercises.

“It was a very basic training circuit consisting of four rounds of five stations, with 2 minutes at each station followed by a 1-minute rest cycle,” said Huerta, a 15-year veteran of combative sports. “These exercises are low

impact, but still got you sweating and your heart rate going.”

Working on mobility and endurance, two components of the Army’s physical readiness training program, the circuit provided ideas for the Soldiers to incorporate in their own workouts.

“The intent for coming here to workout was to change up the routine and show the Soldiers different exercises they can do on their own,” said Huerta.

Spc. Paul Sneed, human intelligence specialist, HHD, 500th MI, liked the change of pace.

“It was a nice change of pace than the normal PRT that we do on a regular basis. Also, it was a nice chance for us to do PT with 1st Sgt. Huerta,” said Sneed.

“My primary goal was camaraderie by using a

fun physical activity and pushing them to be competitive in the process,” said Huerta.

Even during a fun event, Soldiers must maintain readiness.

“It’s the Soldier’s responsibility to stay fit and combat ready, and it is our job as leaders to show them how,” Huerta explained.

Combat, much like fighting in mixed martial arts, requires mental resiliency and physical strength that can only be taught by realistic, consistent training.

“What we try to do as coaches is to simulate the movements of an actual fight,” said Lamoya, an Iraq veteran who had served with the 82nd Airborne Division. “I have always been a believer of training hard. The act of pushing through pain and still having to fight plays into the mental aspect. You can’t really simulate the

stress involved any other time unless you are downrange or in an actual fight.”

Being in combat or a fight requires you to be in top physical condition.

“There is so much that goes into fighting – the adrenaline rush, the physical and mental side of it, drains the energy right out of you,” said Lamoya. “If anyone has ever been in a fight, they know it doesn’t take much before you get winded.”

While preparing for the stress of a fight, just like combat, you must use similar movements and techniques. Hard work and training builds resiliency.

“Just having that mental strength to push through your pain threshold and continue the fight is an important advantage to have,” said Lamoya.



Staff Sgt. Carlos Davis, 2nd Stryker Brigade Combat Team Public Affairs

Soldiers from the 2nd SBCT, 25th ID, gather in support of the annual SHARP ruck march, April 1, on Schofield Barracks, to help raise awareness and Take a **STAND! against sexual harassment and sexual assault.**

2nd SBCT raises up SHARP

SGT. 1ST CLASS JACKIE ZERBY
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — The Warrior Brigade kicked off Sexual Assault Awareness and Prevention Month with its annual SHARP Ruck Challenge, here, April 1.

More than 280 Soldiers and leaders from 2nd Stryker Brigade Combat Team, 25th Infantry Division, moved a total weight of 9,800 pounds a total of 1,680 miles across Schofield Barracks in support of the SHARP program.

“Anytime you put a month on something, it’s obviously important,” said 1st Lt. William Scherbarth, platoon leader, 2nd Squadron, 14th Cavalry Regiment. “It’s got to be constant, especially when we’re integrating more females into combat arms.”

For the program to be more effective, more junior leaders need to get involved in it, said Scherbarth.

“It’s important for younger Soldiers, being able to see their leaders come out and do stuff like this,” said Staff Sgt. Sidney Hays, an intel-

**9,800 pounds for
1,680 miles**

ligence analyst assigned to 1st Battalion, 14th Inf. Regt. “By having events like this is a really great way to get Soldiers to get more involved.”

U.S. Army-Hawaii has events coordinated across the island, from the “Take Back the Night” walk on Aliamanu Military Reservation (see News Briefs, p. A-6, for more information); an information expo, April 29, at Schofield’s Nehelani, from 10 a.m.-3 p.m.; to the garrison’s Denim Day, also April 29.

SHARP

Information can be found at the SHARP Resource Center, Bldg. 692, 3585 McCormack Road, Schofield Barracks. Victim advocates are available 24/7 via the SHARP hotline, 655-9474.

Army to update tattoo policy

C. TODD LOPEZ
Army News Service

HUNTSVILLE, Alabama — The Army will update its policy on tattoos during the coming weeks, making it more accommodating to current social norms, the Army’s chief of staff said.

At a press conference during the Association of the United States Army Global Force Symposium and Exposition, here, Army Chief of Staff Gen. Ray Odierno

said the service regularly reviews and makes updates to Army Regulation 670-1.

“As part of the regular process that we go through in reviewing regulations, covering the wear and appearance of the Army uniform, and the appearance of our Soldiers, we will be releasing in the coming weeks, an update to that policy, and the most notable change is going to be the change in the tattoo policy in the Army,” Odierno said.

Soldiers will no longer be limited to a particular size or number of tattoos permitted on the arms or legs, Odierno said, provided those tattoos are not extremist, indecent, sexist or racist.

The policy will, however, continue to prohibit tattoos above the T-shirt neckline, on the head, face, wrists and hands. There will be an exception allowing one ring tattoo on each hand.

Odierno said that changes to the policy came after listening to feedback from Soldiers, and after discussion with senior enlisted leaders.

“We have listened to the Soldiers,” Odierno said. “I’ve talked to our sergeants major and our noncommissioned officers and some of our officers, and frankly, society is changing its view of tattoos, and I think we need to change along with it.”

Sgt. Maj. of the Army Daniel A. Dailey discussed the upcoming change to the Army tattoo

policy in a recent interview. He said that the message from the Soldiers he talks to is clear: Soldiers have tattoos, tattoos are acceptable now and the tattoo policy might affect a decision to re-enlist.

“You can’t go anywhere without hearing about the Army’s tattoo policy,” Dailey said. “It came up when I was at the U.S. Army

Sergeants Major Academy, too, so it’s not just Soldiers, but leaders as well.” The sergeant major said American culture has changed, and that tattoos are more accepted now than they have ever been before. The Army is a reflection of American society, and American society, he said, accepts tattoos.

“I think this is a realization that we are in a different generation,” he said. “Tattoos are more prevalent in young Americans than I

See TATTOO A-7



David Vergun, Army News Service

A Soldier displays his tattoos, grandfathered in under the current Army Regulation 670-1. The number and size of tattoos on the arms and legs will be less restrictive under an updated policy, Army Chief of Staff Gen. Ray Odierno said will soon take effect.



A Japan Ground Self-Defense Force PAO introduces an officer of the Japan Maritime SDF at the first trilateral Asia-Pacific PA conference.

PACOM hosts first trilateral PA conference

Story and photo by
LIANA KIM
311th Signal Command (Theater)
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Public affairs professionals and service members from Japan, Korea and the U.S. Navy, Air Force, Marines and Army recently gathered, here, for a public affairs conference.

“This was our first-ever trilateral Public Affairs engagement, giving us

the opportunity to further our senior leaders’ messages and thoughts with fellow communicators, which can help build and grow our alliances,” said Navy Capt. Chris Sims, U.S. Pacific Command Public Affairs.

Hosted by PACOM, the event was planned at the request of the Korean Ministry of Defense during a visit to Hawaii in February.

Representatives from Japan, Korea and PACOM each provided a detailed

brief of their country’s Public Affairs structure, practices and recent lessons learned.

“The briefs provided us the opportunity to build relationships, which is key to the success of any future Public Affairs environment,” Sims said. “The best thing that came from this was learning from each other – what we do, how and why.”

See PACOM A-4



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COMMANDER’S CORNER

Take five minutes to complete the IPC survey

COL. RICHARD A. FROMM
Commander, U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Soldiers and families living on post within Island Palm Communities were emailed a survey, earlier this month, asking for feedback on their housing experience.

I want to encourage every IPC resident to take just five minutes of their time to respond to it.

Feedback about our families’ experiences – from the leasing and move-in process through residency and move-out – will help us identify the areas we’re doing well in, areas where there’s room

for improvement, and what gaps there might be in what we are able to offer our families.

In discussions surrounding our housing budget and short- and long-term plans to support families and maintain communities, we’ll be able to prioritize our property and maintenance services, community programs



Fromm

and capital improvements with a better understanding of what’s truly important to our families.

I also want to emphasize how important it is to have a majority of our families respond. With more than 7,400 families living with IPC, we want to make sure feedback reflects the community as whole and not just a few members.

All responses to questions, as well as commentary and recommendations, will be reviewed, and an analysis will be conducted to help provide our housing team with some guidance.

The Department of the Army’s Resi-

dential Communities Initiative, or RCI, is directing the customer satisfaction survey across all communities in its U.S. privatized housing portfolio, with help from the nationally recognized real estate consulting firm CEL & Associates, Inc.

Residents can be assured that their responses will remain confidential.

Our families’ feedback is important, and it can help make a difference in our communities.

If you have any questions or concerns, please reach out to your IPC community center or a member of our local Army RCI team.

Police Call

DES advises on installation towing guidelines

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

The Directorate of Emergency Services continues to enforce its guidelines on vehicle towing across all garrison installations, as outlined in the recently published U.S. Army-Hawaii Traffic Code (USARHAW Regulation 190-5).

Please be aware that there are several offenses in the Hawaii Revised Statutes and the Installation Traffic Code that require vehicle impoundment. These include, but are not limited to, operating a vehicle while under the influence of an intoxicant, driving while license suspended or revoked, and reckless driving.

Illegal parking is also designated as

a towable offense, and is defined as any vehicle parked in a manner that creates a public safety hazard, such as being parked in a crosswalk, fire lane or intersection, also any vehicle parked in a “tow-away” zone, any vehicle parked within 15 feet of a fire hydrant and any vehicle that interferes with the orderly flow of traffic or emergency operations.

While every effort to remove the vehicle will be made without resorting to towing, the responsibility for the vehicle rests with the registered owner. Please make every effort to park in a manner that is respectful and safe, and help us to maintain the safe flow of traffic across our installation.

Members of our community should also be aware that a vehicle might be towed during non-criminal circumstances. If a vehicle is disabled following a traffic incident and the operator is either unavailable or physically incapable of moving the vehicle, the vehicle will be



Miller

towed and impounded to ensure public safety.

In accordance with post policy, vehicles deemed abandoned by law enforcement personnel on the installation will also be impounded. Once deemed abandoned, a DD Form 2504 (abandoned vehicle notice) will be placed on the vehicle. At that point, the owner will have three days to remove the vehicle before an impoundment action is initiated and 120 days to claim the vehicle.

Ultimately, it is the registered vehicle owner’s responsibility to ensure that his or her vehicle is parked in a manner in accordance with USARHAW policy. Always make sure to keep your vehicle’s documentation up-to-date, and ensure that you’re adhering to the installation’s traffic code and parking policy.

We appreciate your effort in upholding the excellence and safety of the USARHAW community, and we are proud to serve you!

POLICE BEAT ROLL-UP

March 18-30, the following occurred on USARHAW installations.

●**Aliamanu Military Reservation**
2 – Wrongful property damage

●**Fort Shafter**
1 – Duty upon striking
1 – Wrongful property damage

●**Helemano Military Reservation**
1 – Duty upon striking

●**Mendocna Park**
1 – Assault

●**Schofield Barracks**
10 – Domestic disturbances
6 – Assaults
9 – Duty upon striking
11 – Wrongful property damage
5 – Unattended children

●**Tripler Army Medical Center**
1 – Duty upon striking

●**Wheeler Army Airfield**
1 – Domestic disturbance
1 – Wrongful property damage

5 TSTEPS in FAITH

Eyes must focus on future to move forward

CHAPLAIN (MAJ.) JOHN GRAUER
U.S. Army Garrison-Hawaii

The movie “Edge of Tomorrow” (with Tom Cruise and Emily Blunt) tells the story of Maj. William Cage, a man forced onto the front lines of a major military operation against invading aliens.

Cage is killed within minutes, only to wake up 24 hours earlier – yes, 24 hours earlier – with no choice but to relive and die the same day, over and over.

Like many movies before it that use the theme of time travel (“Star Trek,” “About Time,” etc.), “Edge of Tomorrow” relies on this storyline to ensure the characters William Cage and Rita Vrataski devise a strategy that will enable their army’s forces to defeat the invading forces, who are attempting to take over planet Earth.

Fortunately, for the two protagonists, they have all the time they need to win, because each time Cage is killed, he immediately comes back to life, and, together with Rita, the pair are given another chance to defeat the enemy.

Wouldn’t that be great if you could get a redo in life, or another opportunity to make a wrong right, or to win a battle that was lost? Wouldn’t it be great if we could be giv-

en a second chance or a third chance, to reclaim a relationship that was lost ... because you never took the time.

Time travel has always been a way to do this. This theme is often used as a means to give us the opportunity to go back and change the past, and better yet, to improve the future. Yet, we know we can’t; “it’s a movie.” We can only move forward.

Instead of exploring the crazy complications and contradictions of time travel, perhaps our real focus should be to make the most of our situation and to simply live each day to its fullest, making the most of every moment and appreciating all of life’s little things.

So, given that we cannot travel in time and that it’s just creative science fiction, maybe we’d be better served to imagine life as a place that one lives life to its fullest and makes the most of every day.

There is something valuable and enjoyable about living each day, and these days could become more wonderful if, instead of dreading them, instead of wishing we could skip over them, we could use them to make us better people.

Yes, it’s easy to feel trapped, to feel stuck, to wish you were in another



Grauer



Photo Illustration

Time travel makes for great sci-fi, but it’s only fiction.

Our best option is to change our attitude, to believe that we came to this time and to this day with a purpose, with a goal, with a fight and determination to make it the best possible day.

time, in a different place, have a different job, be in a different relationship – we all have days we wish we could avoid. We all get the feeling that life chooses us, rather than the other way around.

In light of that, our best option is to change our attitude, to believe that we came to this time and to this day with a purpose, with a goal, with a fight and determination to make it the best possible day – to take advantage, to appreciate, to savor the moment. It is about living today.

Perhaps we should live to make the most of any situation. Perhaps we should look at the writings of Isaiah, which give these words of wisdom:

“Forget what happened in the past, and do not dwell on events from long ago. I am going to do something new. It is already happening.”

— Isaiah 43:18-19

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.

Courts-martial results posted

The 25th Infantry Division Staff Judge Advocate publishes the following recent courts-martial results:

●A sergeant in Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, was found guilty of one specification of child endangerment. He was sentenced to be reduced to the grade of E-1, to forfeit \$1,031 pay per month for 12 months, to be confined for one year and to be discharged from the service with a bad conduct discharge.

●A private first class in Co. B, 225th Bde. Support Bn., 2nd Stryker BCT, was found guilty of two specifications of rape. He was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 9 years and to be discharged from the service with a dishonorable discharge.

Voices of Ohana

In support of National Volunteer Week

What organization would you recommend volunteering for and why?

By 500th Military Intelligence Brigade



“Programs that help keep our community clean, like the USS Missouri clean-up opportunity.”
Pvt. Jose S. Arevalo
Signals intelligence analyst, HHD, 715th MI Bn., 500th MI Bde.



“Court-appointed special advocate. As a volunteer, you work directly with children that are going through a scary process.”
Sgt. Rebecca L. Gerrish
HR specialist, HHD, 205th MI Bn., 500th MI Bde.



“The American Red Cross to learn CPR/first aid. These skills could have a profound impact on a life.”
Sgt. Ryan T. Hall
Signals intelligence analyst, HHD, 500th MI Bde.



“A local JROTC program. I was in JROTC at Ironwood, Michigan, and it had a positive impact on my life.”
Spc. Matthew T. Herford
Signals intelligence analyst, HHD, 500th MI Bde.



“The Hawaiian Humane Society, because animals that have been discarded or dropped off need to be taken care of, too.”
Sherri Lee
Civilian Personnel Office, 500th MI Bde.

25th ID welcomes new deputy commander

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

SCHOFIELD BARRACKS — The Tropic Lighting Division welcomed Brig. Gen. Gary M. Brito and his family during a Flying V ceremony held on Weyand Field, here, April 2.

“This ceremony is significant within the division when we change out leaders in the command group,” said Maj. Gen. Charles Flynn, commander, 25th Infantry Div. “This is a time to honor a great officer,” Flynn added. “He has a remarkable reputation as a professional Soldier. He’s a dynamic senior leader of character, and we are honored to have him and Michelle in our

ranks today.”

Brito’s most recent assignment was the director, Force 2025 and Beyond, U.S. Army Capabilities and Integration Center, which is used to shape the future of the Army.

Brito assumes command as the deputy commanding general-Support for the division and is eager for the road ahead.

“I am both honored and privileged to serve in the ranks of a well-trained, seasoned and deployment-ready division,” Brito said. “Michelle and I look forward to being a part of the team supporting many of the missions that the division has and will continue to execute as the premier unit in the Pacific and U.S. Army.”



Brig. Gen. Gary M. Brito (right), 25th ID deputy commanding general-support, receives a welcoming lei from Brig. Gen. Bryan Fenton, 25th ID deputy commanding general-operations.



Photos by Sgt. 1st Class Jaquetta Gooden, 94th AAMDC Public Affairs

Capt. Pete Bier (left of guidon), HHB, 94th AAMDC, relinquishes command. The ceremony for the “Hammer” battery was held in front of the 94th AAMDC and Pacific Air Forces headquarters building on Joint Base Pearl Harbor-Hickam, April 3.

94th HHB changes command

MAJ. TROY S. FREY
Army News Service

JOINT BASE PEARL HARBOR-HICKAM — The Sea Dragons of the 94th Army Air and Missile Defense Command attended a change of command ceremony for the Headquarters and Headquarters Battery, April 3, in front of the 94th AAMDC Headquarters, here.

The ceremony welcomed incoming commander Capt. Jeffrey Scott and signified the end of Capt. Peter V. Bier’s tenure.

Scott has been with the Sea Dragons since July 2011 and was responsible for standing up the Air Defense Artillery fire control officer element for the 94th AAMDC.

“I’m really excited and looking forward to building upon the foundation that Capt. Bier has established as the HHB commander. I’m honored that I was chosen, and I can’t wait to work with everyone here,” said Scott.

“In order to be able to accomplish our enormous and complex task of providing air and missile defense to the Pacific and homeland, we require a strong foundation, and HHB is just that for the command,” said Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC.

Sanchez thanked Bier for his leadership and dedication to the 94th AAMDC.

“The ‘Hammer Battery’ is a better unit because of Capt. Pete Bier,” said Sanchez. “What makes our Army so awesome is there is always someone on the sidelines ready to take the ball and continue to move it up the field. I want to welcome Jeff, Michelle and Rowan Scott to the Hammer Battery.”

Sanchez emphasized the importance of the Headquarters Battery and made sure to express his gratitude to the Soldiers for their continued hard work.

“Keep up the good work, Hammer Battery, and thank you for being the foundation that al-



Capt. Jeffrey Scott, incoming commander, HHB, 94th AAMDC (left) awaits the time-honored tradition of passing the guidon from 1st Sgt. Joseph Collins (right), signifying the change of command. Scott, who stood up the command’s fire control officer element, has been with the Sea Dragons since July 2011.

lows the Sea Dragons team to focus forward,” he said.

Bier will be moving back to his home state of Wisconsin, where he will pursue a master’s of Science in soil management before heading back to his alma mater, the U.S. Military Academy at West Point. He will serve as an instructor to teach the next generation of young military leaders.

“A common saying is that you move on to bigger and better things,” said Bier. “That is not true in my case. I am moving on to other things, but not necessarily better, because I am not sure it gets better than being the HHB, 94th AAMDC commander.”

(Note: Frey works as the public affairs officer at 94th AAMDC.)

Hill 1st female THAAD commander

Story and photo by
SGT. KIMBERLY K. MENZIES
Army News Service

JOINT BASE PEARL HARBOR-HICKAM — Capt. Candace Hill, commander of Battery D, 2nd Air Defense Artillery Regiment, Task Force Talon, 94th Army Air and Missile Defense Command, is the first female officer to command a forward deployed Terminal High Altitude Area Defense (THAAD) battery.

Hill has served in the Army for six years. She became the commander of Btry. D, 2nd ADA in April of 2014 and assumed authority of the homeland defense mission during a ceremony, March 3, 2015, at Andersen Air Force Base, Guam.

“For me, this was another transition in my career,” said Hill. “I was excited to have the opportunity to command a battery in a deployed environment.”

Though Hill’s command is a historic first for THAAD, her priorities are similar to those of the majority of commanders.

Though Hill’s command is a historic first for THAAD, her priorities are similar to those of the majority of commanders.

“I don’t see myself as being different than any other commander,” said Hill. “I just concentrated on getting the battery ready for the deployment rotation.”

Hill’s unit is part of the 11th ADA Brigade, stationed at Fort Bliss, Texas.

“Every commander out of 11th Brigade, seemingly, is selected to lead and is extremely capable,” said 1st Sgt. Cedric Covington, Btry. D. “The expectation for Capt. Hill is no different than that of any other commander. She is an outstanding leader that just happens to be a female. Despite her gender, she sets standards.”

Hill states that her leadership and peers have always been supportive. She believes that the novelty of her command is due to the organizational youth of the THAAD community.

“The air defense community, in my opinion, has always been receptive towards female leadership,” shared Hill. “I think the reason it hadn’t happened before now is because of the time usually required for this position. Typically officers will only receive this commanding position after having already completed their first appointment as a commander. This job requires someone with that level of experience.”

When asked if she had had any concerns after having discovered her historic achievement, Hill explained the reality of self-scrutiny.

“My only concerns were based on my own personal trepidation. I don’t want to mess this up,” said Hill. “I have made being the best commander I can be my main focus, because I am a cornerstone for future Soldiers, and it is important for them to have a firm foundation

to build on later.”

“The Soldiers drive Capt. Hill,” said Covington. “Her motivation is creating an environment where Soldiers and junior leaders can grow and thrive. She has always been committed to the success of the Soldiers within the unit.”

Hill attained this achievement by remaining resolute in the face of adversity.

“In the past, I had been told that I most likely would not be able to command Soldiers due to the physical limitation of an injury,” shared Hill. “I was selected for this opportunity for a reason, and I hope this milestone really highlights to Soldiers that you can achieve anything if you push yourself and work hard.”

Hill advises Soldiers striving for success to seek out mentors and education opportunities.

“Find a great mentor,” said Hill. “Strive for excellence. Never be afraid to ask questions. ... Be the leader you would want to have.”

(Note: Menzies is at 94th AAMDC PAO.)



Capt. Candace Hill (left), commander, and 1st Sgt. Cedric Covington (right), Btry. D, 2nd ADA, Task Force Talon, 94th AAMDC, uncuse their guidon, March 4, during a transfer of authority ceremony at Andersen Air Force Base, Guam. The battery provides tactical ballistic missile defense of Guam against any potential threats.

Believing victims of assault should not be a hurdle

In the second part of two, leaders, co-workers review some troubling questions

LISA CHARLES
SHARP Program Manager, U.S. Army-Hawaii

April is Sexual Assault Awareness and Prevention Month, and this year’s theme is “Eliminate Sexual Assault – Know Your Part, Do Your Part.”

However, many questions still confound victims and may prevent them from coming forward.

•“Why should I believe him/her? This person has been in trouble in the past.”

It’s true that sometimes victims can appear to lack credibility. However, upon stepping back and observing the entire situation from the vantage point of a predator, it may become evident the victim was targeted specifically because they lacked credibility.

A predator’s mindset is often, “Who will they believe, me or a young Soldier who has been in trouble time and again?” To that end, predators tend to target those who they perceive to be vulnerable or lack credibility, while simultaneously maintaining a facade that makes the predator appear to be above reproach, especially to his immediate leaders.

•“This person looks just fine. There’s no way he/she was sexually assaulted.”

Contrary to popular belief, there is no “standard” reaction to, or appearance resulting from, a sexual assault. Victims of sexual assault display a wide spectrum of emotions, from internalizing their pain, smiling and acting as though nothing happened, to a complete shut down and withdrawal from life as they knew it – and possibly suicide.

There are rarely defensive wounds or visible injuries to a victim of sexual assault, but that does not mean a sexual assault didn’t happen or that it was any less egregious. In addition, some sex-



Courtesy photo

Participants of Teal Tuesday form a ribbon to increase sexual assault awareness with teal umbrellas provided by the USAG-HI SHARP program.

ual assault victims behave erratically or engage in self-destructive behavior after a sexual assault, further affecting their credibility, but that also does not mean a sexual assault didn’t happen.

Looks can be deceiving, so instead of allowing a victim to suffer in silence because he or she doesn’t look like a victim, ensure the victim takes the steps to seek help immediately.

•“He/she must be making this up.”

It is important to note that patently false reports of sexual assault are extremely rare. Less than 1 percent of unfounded sexual assault cases are patently false reports. Cases that are unfounded do not inherently mean the victim is lying.

In fact, many unfounded allegations simply do not meet the elements of the offense as defined by law. This could be because the subject made the contact accidentally or because there was no apparent intent for sexual gratification or to humiliate the victim.

Regardless, it does not mean that the victim did

not genuinely feel like he/she was violated, particularly if the victim is sensitive or feels vulnerable because of past trauma.

And regardless of whether an allegation is founded or unfounded, a victim of sexual assault can continue to receive SHARP services until such time as he or she no longer needs them.

The manner in which victims of sexual assault are treated early on will drive their healing process. World Health Organization statistics show that victims of sexual assault are three times more likely to suffer from depression, six times more likely to suffer from post-traumatic stress disorder, 13 times more likely to abuse alcohol, 26 times more likely to abuse drugs and four times more likely to contemplate suicide.

One way to combat these numbers is the US-ARHAW commander’s 4S “Take a **STAND!**” campaign, which addresses sexual assault, suicide, safety and substance abuse. The campaign encourages everyone to be proactive and take a stand against these types of incidents.

not genuinely feel like he/she was violated, particularly if the victim is sensitive or feels vulnerable because of past trauma.

In addition, Soldiers at all levels can drastically reduce those numbers if they simply set aside their own preconceived notions about sexual assault and ensure victims feel believed and, more importantly, facilitate the process of getting help for the victim.

It takes the courage and strength of a warrior to report a sexual assault. It takes a true leader to set aside his or her biases and ensure that victims of sexual assault receive help immediately. Believe.

Hotline

The Army’s Sexual Harassment/Assault Response and Prevention program exists to prevent sexual harassment and sexual assaults before they occur.

To reach the USARHAW SHARP 24-hour hotline, where credentialed personnel can provide immediate assistance, call 655-9474 or visit the US-ARHAW SHARP Resource Center, Bldg. 692, 3585 McCornack Road, Schofield Barracks.

To reach the 24/7 DOD Safe Helpline, call toll free to 877-995-5247.

Army launches ‘not in my squad’ initiative

Army kicks off SAAPM with new initiative at squad level

J.D. LEIPOLD
Army News Service

WASHINGTON — The Army’s senior non-commissioned officer announced a new initiative to rid the ranks of sexual assault and harassment by giving responsibility for zero tolerance to first-line squad leaders.

“‘Not in my squad’ is not a bumper sticker; it’s an anthem, a call to duty,” said Sgt. Maj. of the Army Daniel A. Dailey during a Pentagon courtyard observance, March 31, kicking off Sexual Assault Awareness and Prevention Month.

“‘Not in my squad’ is a promise that each leader must take in order to care for those in his or her charge,” Dailey said. “‘Not in my squad’ is about junior leaders taking ownership of solutions.”

The Army is working a plan to have division-level and corps sergeants major identify their best squad leaders and select a diverse group of 32 squad leaders from across the force who exemplify the Army profession, Dailey said. These squad leaders will discuss and develop recom-

mendations on how junior NCOs can further build and sustain a climate of dignity, respect, trust and inclusion, he said.

Citing statistics outlined in the 2014 Department of Defense report to the president on sexual assault prevention and response, Dailey said the reporting of sexual assault in the Army had increased by 12 percent, a statistic he viewed as a vote of confidence.

“We are headed in the right direction to change the culture of reporting and ultimately preventing sexual assault and harassment,” he said. “We must remain committed to making further advances along our five lines of effort – prevention, investigation, accountability, advocacy and assessment, and we must continue to work on fostering a climate where individuals are not afraid of retaliation or the stigma of reporting a crime.”

Army Chief of Staff Gen. Ray Odierno followed Dailey, telling the audience about a video he had seen during the Sexual Harassment/Assault Response and Prevention (SHARP) summit of senior leaders he’d hosted in February. The video was shot shortly after the Soldier and NCO of the Year had just finished an obstacle course.

“They were tired and were given a pop ques-

tion: ‘How do you think the Army should deal with sexual assault and sexual harassment?’ Their answers got to the core of everything we believe in. They talked about the core of a squad, the importance of each other, relying on each other and the importance of eradicating this from our Army ... and that told me our Soldiers understand what’s right,” Odierno said. “This is really about the core of who we are and making sure everybody underneath us understands we will not tolerate these acts.”

“Not in my squad, not in our Army. We are trusted professionals, so I know all of us will join together and continue to tirelessly and tenaciously focus on the well-being, safety and dignity of our Soldiers and equally dedicated civilian corps,” said Department of the Army Secretary John McHugh.

“Sexual assault and sexual harassment shatters good order. It shatters discipline, but more than anything else, it shatters the lives of our Soldiers and our larger Army family, and for all those reasons, and so many more, we’ve got to do everything we can, day after day, hour after hour, to stamp out sexual assault and reprisal,” McHugh said.



“We have to instill trust and confidence in our Soldiers and our civilians, so they know they can come forward to leaders, and when they do, they won’t be victimized again,” McHugh said.

PACOM: Conference synergizes efforts

CONTINUED FROM A-1

Public Affairs officers, specialists and operators from major supporting commands on Oahu shared experiences and participated in discussions about lessons learned and techniques for future use.

“One of the most valuable aspects of this event was the personal interaction with each other, not just in the work environment, but also building friendships,” said Sims, who noted one of the most rewarding experiences of the week was seeing his Japanese and Korean counterparts laughing and talking in depth during an evening meal.

The conference provided a chance for PA operators, who are already familiar with each other from working on numerous trilateral exercises for disaster preparedness, to further synergize their efforts, according to Col. Eric Bloom, deputy director, PACOM Public Affairs.

“All of our leadership teams see the importance of multinational engagements in the Pacific, so when our leaders are focusing on something, it is important that we as communicators come together to align how we communicate all of our countries’ efforts to provide peace and security across the Asia-Pacific,” said Bloom.



Ready and resilient must be kept relevant all year

Story and photos by
SGT. 1ST CLASS JAQUETTA GOODEN
94th Army Air and Missile Defense
Command Public Affairs

HONOLULU — The Army’s Ready and Resilient Campaign combines multiple efforts and initiatives to improve the readiness and resilience of the total Army.

Initiatives on Sexual Harassment/Assault Response and Prevention, Comprehensive Soldier and Family Fitness, Master Resiliency Training, suicide prevention, equal opportunity and spiritual fitness have reached across the ranks as the Army’s top priorities to ensure zero tolerance and maintain Soldier readiness.

The 94th Army Air and Missile Defense Command compiled these initiatives and established the Ready and Resiliency Team, comprised of certified trainers in SHARP, MRT, EO and the command chaplain for spiritual fitness and guidance.

“The Ready and Resiliency Team serves as a one-stop shop uniquely organic to the 94th AAMDC,” said Chaplain (Col.) Ken Revell, 94th AAMDC. “We are the first line of defense when it comes to issues surrounding these initiatives. Our task is to train and educate.”

The Ready and Resiliency Team was created for the command to have a platform to raise awareness and prevention year-round.

Although April is SHARP awareness month, the 94th AAMDC Ready and Resiliency Team’s mission is to ensure that awareness and



Brig. Gen. Eric Sanchez, commander, and Chief Warrant Officer 4 Sherri Campbell, SHARP program manager, 94th AAMDC, pin a teal ribbon during the ceremony.

prevention is present every day.

“We want to enforce that every day, 365 days a year; sexual harassment and sexual assault awareness and prevention day is every day!” said Chief Warrant Officer 4 Sherri Campbell, the SHARP program manager, during a ribbon tying ceremony held in front of the 94th AAMDC and Pacific Air Forces’s headquarters, April 1.

Tying a teal ribbon around the trees outside of the headquarters signifies that each Soldier in the command accepts the responsibility to look after one another and to not be a bystander in the U.S Army Garrison-Hawaii’s “Take a **STAND!**” campaign.

“Our team continues to put together special events and ceremonies, like the ribbon tying ceremony, to enhance Soldier awareness and knowledge,” said Sgt. 1st Class Philip Wagers, EO adviser and MRT.

The Ready and Resiliency Team has made great strides since its launch, from the development of the Applied Suicide Intervention Skills Training to orchestrating three EO observances alongside U.S. Army-Pacific, to monthly MRT and SHARP training, to the command.

“Being a part of something that was just an idea, and to see that idea transform into a reality, speaks volumes of this great command,” explained Master Sgt. Anthony Wyatt, 94th SHARP representative.

“This is for the Soldiers. All of us must know our part and do our part in order to eliminate sexual assault/harassment from our ranks and organization,” said Wyatt.

“We will continue to maneuver forward in our efforts,” said Revell. “It is incumbent upon all of us to get better, get healthier and to become more adaptable when it comes to engaging the complex challenges of life, and that is why programs like the Ready and Resiliency Team are set in place.”

The resiliency team has been very effective for the 94th AAMDC. It will continue to focus forward on its lines of effort, which include refining policies and prioritizing resources to support Soldiers’ resiliency, building and maintaining Soldier readiness, strengthening Army



Staff Sgt. Barnes, 94th AAMDC unit victims advocate, stands by the SHARP tree during a tree-pinning ceremony.

professionals and communicating change.

The initiative highlights the Army’s SHARP and Ready and Resilient campaigns, while keeping with the Army values.

Effective problem solving helps us develop mental agility

JEREMY RICHTER
Comprehensive Soldier and Family Fitness

Have you ever solved a problem, only to have to solve it again next week or next month?

There are times when we hastily identify the factors we believe caused the problem and move immediately to developing solutions based on our heat of the moment thoughts.

This may work, at times, but when problems are complex, interpersonal or recurring, it may not be the most effective approach.

Problem solving is a skill to help us accurately identify what caused the problem and identify effective solution strategies. We must first understand a problem before we can effectively solve it.

The skill of problem solving teaches us to look beyond our heat of the moment thoughts about what caused the problem and include critical information we may have missed, so that we can



best understand the problem.

The process. Effective problem solving begins with focusing our thoughts on why the problem happened and identifying all the contributing factors that caused the problem. This can be a rather difficult task because the brain is wired to find what it is looking for and, by contrast, not find what it isn’t looking for.

This process is called the confirmation bias, and it makes it hard to be accurate in identifying what caused the problem and difficult to take others’ perspectives for developing ef-

fective solutions.

Effective problem solving. For example, if you had the belief “I’m not smart,” you will recall the instances when you’ve been confused by something others understood or subjects you struggled with in school.

You may not easily recall the instances when you grasped a new concept quickly, or figured out how something works that others did not. This is not intentional and can occur for positive or negative thoughts, such as “I am a good leader” or “I am not a good leader.”

By writing down your thoughts, asking fair questions to gather evidence for and against the factors contributing to the problem, and consulting with others, you can fight against the confirmation bias. Effective problem solving requires one to fight the confirmation bias to be more flexible, accurate and thorough in understanding the root cause of the problem.

Six steps. The skill of problem solving consists of six steps beginning with objectively describing the problem and ending with developing effective strategies for solving the problem.

The six steps can help us be more flexible, accurate and thorough in our understanding of the problem.

Problem solving helps clearly identify the factors that caused the problem and develops effective solutions you have more control or influence over.

IRS lists ways to avoid common errors

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — The tax-filing deadline is less than one week away, and the Internal Revenue Service has already received 90 million individual tax returns – roughly three out of five returns expected to be received in 2015.

For the millions of taxpayers who will file in the next two weeks, the IRS offers the following reminders:

File electronically. Whether through e-file or IRS Free File, filing electronically vastly reduces tax return errors, as the tax software does the calculations, flags common errors and prompts taxpayers for missing information. And best of all, there is a free option for everyone.

Mail a paper return to the right address. Paper filers should check IRS.gov or their form instructions for the appropriate address where to file to avoid processing delays.

Take a close look at the tax tables. When figuring tax using the tax tables, taxpayers should be sure to use the correct column for the filing status claimed.



Fill in all requested information clearly. When entering information on the tax return, including Social Security numbers, take the time to be sure it is correct and easy to read. Also, check only one filing status and the appropriate exemption boxes.

Review all figures. While software catches and prevents many errors on e-file returns, math errors remain common on paper returns.

Get the right routing and account numbers. Requesting direct deposit of a federal refund into one, two or even three accounts is convenient and allows the taxpayer access to his or her money faster. Make sure the financial institution routing and account numbers entered on the return are accurate. Incorrect numbers can cause a refund to be delayed or deposited into the wrong account.

Sign and date the return. If filing a joint return, both spouses must sign and date the return. E-filers can sign using a self-selected personal identification number (PIN).

Attach all required forms. Paper filers need to attach W-2s and other forms that reflect tax

Requesting a Filing Extension

For taxpayers who cannot meet the April 15 deadline, requesting a filing extension is easy and will prevent late filing penalties. Either use Free File or Form 4868, but keep in mind, that while an extension grants additional time to file, tax payments are still due April 15.

Owe tax? If so, a number of e-payment options are available, or send a check or money order payable to the “United States Treasury.”

Taxpayers may find additional help and resources on IRS.gov, including the IRS Services Guide.

withholding to the front of their returns. If requesting a payment agreement with the IRS, also attach Form 9465 to the front of the return. Attach all other necessary schedules and forms in the sequence number order shown in the upper right-hand corner.

Keep a copy of the return. Once ready to be filed, taxpayers should make a copy of their signed return and all schedules for their records.



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/trafficcalendar.htm. Unless specified, all area codes are 808.

Today

Cold Shoulder — The H-1 Freeway west-bound right shoulder lanes are *NOT* open for use during daily afternoon rush-hour traffic. The shoulder lanes were temporarily opened for emergency use during last week’s heavy traffic congestion caused by the ZipMobile breakdown, but are no longer open as travel lanes. (The shoulder lane was open in two H-1 sections; these sections are no longer open and should be used for vehicle breakdowns and emergencies only).

HDOT is considering long-term plans to open

the right shoulder lanes to alleviate afternoon rush-hour traffic.

13 / Monday

Lilienthal Closures — There will be full road closures on Wheeler Army Airfield’s Lilienthal Road in the housing area. The road closures will be performed in four phases, with each phase closing the road section 24/7 for the days listed:

- Step 1, April 13-17;
- Step 2, April 20-24;
- Step 3, April 27-May 1, and;
- Step 4, May 4-8.

Incoming IMCOM — There will be modified traffic at Palm Circle, 9 a.m.-1 p.m., with modified parking at Patton parking lot beginning at 11 p.m., April 12 – all for the incoming Installation Management Command-Pacific assumption of responsibility.

16 / Thursday

Wheeler Outage — A power outage of Wheeler housing units on WiliWili and Sargeant streets is scheduled, 9 a.m.-1 p.m., to support an electrical hookup to a project.

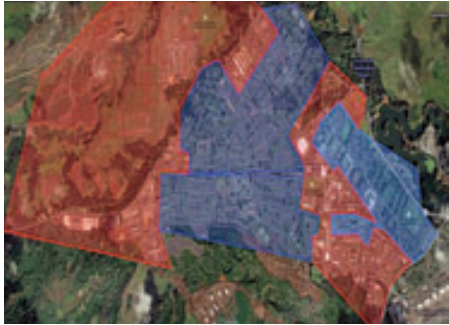
18 / Saturday

Schofield & Wheeler Outages — Several power outages are scheduled for Schofield Barracks. In the blue area from 8-10 a.m. and 4-6 p.m., and in the red area, all day from 7:30 a.m.-7:30 p.m. See the map below.

On Wheeler Army Airfield, outages are 7-7:30 a.m. and 4:15-4:45 p.m. They are needed to support HECO substation switching.

The WAAF outage will also affect the golf course and East Range.

In the event you are still experiencing disruption in electrical services after outage has been completed and power restored, call 656-3272.



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

Today

Post No Conferences — The Post Conference Room, Bldg. 584, Schofield Barracks, will remain closed through April 24. However, the reservation and use of the Sgt. Smith Theater will remain unaffected throughout the time frame. Call 655-4713/5061.

Input — The Clean Water Program needs your input. Please comment on the Construction Enforcement Response Plan and participate in U.S. Army Garrison-Hawaii’s program to improve water quality. Public comment period is April 7-May 7. Access the plan at www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx.

13 / Monday

Incoming IMCOM — The community is invited to attend the assumption of responsibility ceremony for Installation Management Command-Pacific Region director, Dr. Christine Altendorf, commencing at 10 a.m. on Palm Circle, Fort Shafter.

There will be modified traffic at Palm Circle, 9 a.m.-1 p.m. (with modified parking at Patton parking lot beginning at 11 p.m., April 12).

16 / Thursday

SHARP — No one should fear the night, so come “take back the night” with an evening walk. Meet at the Aliamanu Community Center, 6 p.m. Call 468-1795.

17 / Friday

Graduation Day — The first graduation ceremony of the Hawaii Veterans Treatment Court is at 2 p.m. at the State Supreme Court (behind the King Kamehameha statue), 2nd Floor, Aliiolani Hale, 417 S. King St., Honolulu. Call 539-4133 to get involved.

20 / Monday

Days of Remembrance — Attend the Days of Remembrance ceremony, recalling the events of the Holocaust, at the Schofield Barracks Main Post Chapel, April 20, from 11:30 a.m.-1 p.m. Call 438-4962.



Senior 8th MP NCOs listen to Pearl Harbor survivor Dick Girocco as he tells them about the attack of Dec. 7, 1941. Girocco told his story of his experience as a young 20-year-old Sailor, March 26, at the Pacific Aviation Museum Pearl Harbor.



Hangar 79 at the Pacific Aviation Museum Pearl Harbor is the next stop for the senior NCOs of the 8th MPs during their NCO staff ride. The staff ride gave the leaders an opportunity to build camaraderie as they explored the hangar and its collection of historic warbirds. The NCOs followed the museum tour with a personal tour of the battleship USS Missouri.

8th MP NCOs experience history, build camaraderie

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

PEARL HARBOR — Senior noncommissioned officers from the 8th Military Police Brigade, 8th Theater Sustainment Command, participated in a staff ride, March 26, at the Pacific Aviation Museum Pearl Harbor and the Battleship Missouri Memorial, here.

The NCOs first stepped into the past at the aviation museum where Dick Girocco, a Pearl Harbor survivor, spoke of his experience as a young 20-year-old Navy seaman during the Japanese surprise attack on Pearl Harbor, Dec. 7, 1941.

Gathered around the World War II veteran, the senior leaders listened as Girocco described how, even from the hangar, he could hear the awful sounds the USS Arizona made as it took its last breath and sank into the sea.

“It was a very loud and continuous sound,” Girocco described, while covering his ears with his hands and shaking his head. “I’ll never forget it.”

After Girocco’s story, the NCOs explored the historic hangar housing various aircraft from World War II. The ride provided the leaders with a sense of camaraderie for the different sections in the brigade.

“We don’t get a lot of time to come together as one and learn something,” said 1st Sgt. Jamalia Smith, Headquarters and Headquarters Company. “We got to build on camaraderie, esprit de corps and learn something all at one time.”

The second part of the staff ride involved a personal tour of the battleship “Mighty Mo,” led by retired Sgt. 1st Class Harold Simpson, now a

tour guide with the USS Missouri Memorial. Simpson first led the group to the foredeck, just under the six massive, 60-foot-long, 16-inch guns mounted on the two forward gun turrets. As the group stood under the barrels, Simpson enthusiastically regaled the NCOs with facts and lore for nearly an hour, sharing incredible details about the Mighty Mo and her capabilities.

“This is why we do this,” said Master Sgt. Scott Howerton, senior food service operations management NCO with HHC. “By hearing these stories, it keeps their memories alive and brings us together.”



Retired Army Sgt. 1st Class Harold Simpson, a tour guide with the USS Missouri Memorial, leads a tour for a group of 8th MP senior NCOs, sharing remarkable facts and lore about the famous Mighty Mo while standing in the shadow of the battleship’s 16-inch guns.

Tattoo: Policy may make difference between re-enlistment or leaving the Army

CONTINUED FROM A-1

think they have ever been throughout American history.”

When it was implemented, the current Army tattoo policy did not force out Soldiers who had tattoos below the elbow or knee or above the neckline. However, the policy did require Soldiers to have those tattoos documented. It also limited additional tattoos in those places.

“These Soldiers understand that. They know they are grandfathered in,” Dailey said. “But they have fears. We have documented every one of those tattoos, and they expect that could one day be used against them with regards to promotions or things like that.”

Dailey said he has asked Soldiers about how the current tattoo policy might affect their decision to separate from military service. He said “overwhelmingly,” Soldiers have said the policy would play a role in their deciding to stay in

or to leave.

Dailey said he did not want the tattoo policy to be the deciding factor for why a good Soldier might decide to leave the Army. He said he felt that the policy might in some way be at odds with the requirement to maintain an all-volunteer force.

“So, then, we struggle with – do the standards of discipline we’ve established override the needs of what we need to maintain the all-volunteer force, and the quality all-volunteer force,

even more so as we drawdown,” he asked. “When we move this standard too far to the right, can we actually maintain the all-volunteer force in the future?”

Dailey’s discussions with Soldiers and his concerns regarding the effects of the existing tattoo policy on the Army’s ability to maintain the all-volunteer force were included in his own recommendations regarding the tattoo policy that he made to the Army chief of staff and the Army secretary.

PAU HANA

"When work is finished."
www.hawaiiarmyweekly.com

Month of the **MILITARY CHILD**

PT in the Park

Olaf is met with enthusiastic admiration and excitement as military families gather together to celebrate the annual PT in the Park event for the Month of the Military Child held at Schofield School Age Center, Tuesday.

Morning of make believe, families celebrate MOMC

Story and photos by
ANDY BETH MILLER
Contributing Writer

SCHOFIELD BARRACKS — Walt Disney once said that "you can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality."

Tuesday morning, as the sun rose above an open soccer field at Schofield School Age Center, the truth of Disney's wise words were tangible — seen in the smiles of children, felt through hugs and high-fives, and heard in playful peals of laughter ringing through the early morning light.

The event was PT in the Park, an annual program (which felt more like a fun-filled

play-date) sponsored by Youth Sports in honor of the Month of the Military Child (MOMC). It created a time and space of celebration, where military parents could bring their children to experience together a small window into their morning PT routine — with joy.

PT "Fantasyland"

Various fitness stations, including hurdles, ladders, cone drills, long jumps, parachute runs and more, vied for the attention of the ecstatic attendees. Moms raced their sons, rolling along a rubber tire. Daddy's little girls ran circles around the fathers, who were wrapped around their fingers. It was a scene straight from Disney, complete with his lovable characters to boot, as well as a few other famous faces.

Minnie Mouse, Elmo, Elsa, Olaf, Dora the Explorer and Captain America arrived to greet and to compete alongside the keiki and their parents, and both parties were wild about it.

"It was a lot of fun getting to come out and do some activities with my son and get active together," said Spc. Brian White, 3rd Brigade Combat Team, 25th Infantry Division, of the PT in the Park experience.

Staff Sgt. Alex Deleon agreed, fondly describing the morning spent with his daughter Karla as being "a great way to really bond with the kids."

"I brought (Karla) here today so that she could see what daddy does every-day," Deleon explained, "so that she could be a

part of it."

And not only were the children a part of PT in the Park, they were the purpose.

Celebrating MOMC through a magical morning, made possible with the help of make believe and a stellar Youth Sports staff, a community was "made to believe," or at least reminded anew, of the importance of the people and the families behind our armed forces, especially the children.

Youth Sports

For the Month of the Military Child, Youth Sports will be hosting PT in the Gym at Fort Shafter Physical Fitness Center from 6:30-7:30 a.m., April 28. Interested parties may call 836-1923 for more details.



Staff Sgt. Derrick (top) and Sgt. Alyssa Ott enjoy a morning out with their children Amarra (2nd from left), Alayna, Dominic (left) and Daxton (far right) at PT in the Park, an event hosted by Youth Sports.

MONTH OF THE MILITARY CHILD CALENDAR

Schofield Barracks

April 16, 2-2:30 p.m.

Donuts with Dad at Petersen CDC

April 17, 9:30-11 a.m.

Mini Carnival at SB CDC
(Tentative location is Teen Center gym)

April 17, 6-8 p.m.

Teen Choice Awards at SB Youth Center

April 24, 2-4 p.m.

BCDC Mini Carnival at Bowen CDC
April 24, 3:30-5:30 p.m.
Child Luau and Open House in Petersen CDC parking lot

April 24-25, 7 p.m.-7 a.m.

Operation Megaphone! Worldwide Lock-In

at SB Youth Center

April 29, 3:30-5:30 p.m.

Ice Cream Social at Petersen CDC

April 30, all day

Child Staff Appreciation Day at Bowen CDC

Fort Shafter/Aliamanu Military Reservation

April 30, 3:30-5:30 p.m.

MOMC Hallway Party at AMR CDC

Helemano/HMR

April 14, 8:30-9 a.m.

Multicultural Day at HMR CDC

April 30, all day

Staff Appreciation Day at HMR CDC



Daddy's little girl and her No. 1 fan team up together to complete a tire drill at the annual PT in the Park event hosted by Youth Sports for the Month of the Military Child, held at Schofield School Age Center, Tuesday.



Keiki participate in a parachute run at the annual PT in the Park event, hosted by Youth Sports for the Month of the Military Child and held at Schofield SAC.



Briefs

Today

MOMC Bowling Special — SB and FS bowling centers offer free bowling for children (up to two children for each prepaid adult) under 17, during the month of April. Call 655-0573 (SB) or 438-6733 (FS).

12 / Sunday

Hale Ikena Sunday Brunch — Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95 adults and varied children’s prices. Call 438-1974.

13 / Monday

National Library Week Trivia Contest — Stop by SB Sgt. Yano or FS libraries to participate in a trivia contest, April 13-18, to see how much you know about the libraries and their services. Each participant will receive a library book bag while supplies last.

Lifeguard Training — HMR pool class dates are 6-9 p.m., April 13-24. Minimum age requirement is 15 years old. Call SB pool to enroll, 655-9698. Cost is \$200 and includes books, supplies and certifications.

First-Termers Financial Training — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success.
This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB Bldg. 647. Soldiers must bring an end of month LES.
A certificate is awarded to each participant who completes the eight hours of instruction. Call 655-1866.

Pau Hana Social — Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

14 / Tuesday

Mexican Cuisine Lunch Buffet — New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

Community Calendar

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

11 / Saturday

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. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

14 / Tuesday

Butterfly Conservatory — Pearlridge exhibit features hundreds of living butterflies, but ends 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.

Shafter Housing Services — New Soldier and family in-processing briefings begin 9 a.m., Tuesdays and

BISHOP MUSEUM-YMCA FREE DAY



David Mikulin

HONOLULU — 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 exhibit “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.

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.

Pottery Wheel Throwing — Create a beautiful vase or decorative bowl at the pottery wheel throwing sessions at the SB Arts & Crafts Center, Tuesdays, from 5-8 p.m., and Sundays, from 11 a.m.-3 p.m. Call 655-4202.

Quilting & Sewing Workshops — Learn how to make quilts and enjoy quality time with others at the quilting and sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

15 / Wednesday

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.
•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

Thursdays, through April 30. The Housing Services Office is at 111 7th St., Bldg. 1004, FS. Limit of 15 Soldiers per briefing. Contact Pam Hirota at 438-1518.

15 / Wednesday

Military Child Purple Up Day — Everyone is encouraged to wear something purple on this day to honor and celebrate military-connected children and youth for their strength, sacrifices and continued resilience.

Family Night — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.
Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families.
Contact at SB is Deborah McSwain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

Jack White Concert — Blaisdell Arena hosts, 8 p.m. This prolific artist has captured Grammy Awards in seven different categories. Get 10 percent military discount, with proper ID, on a limited number of tickets purchased at the NBC box office. Call Blaisdell Box Office info line at 768-5252.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday.
Call 655-1130.

16 / Thursday

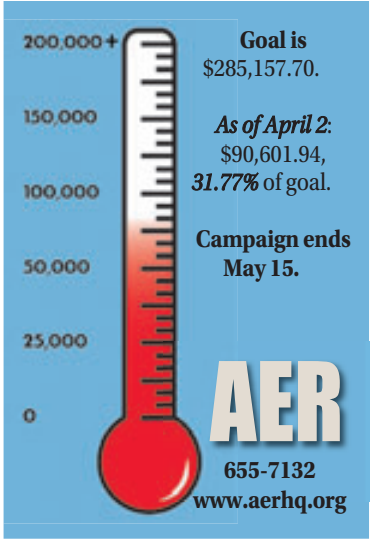
Breakfast Specials — FS Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Serving times are Thursdays-Sundays at 7 a.m. Call 438-1974.

24 / Friday

Softball Signup Deadline — The USAG-HI Sports, Fitness and Aquatics office is accepting completed applications for eligible units for men’s and women’s softball league play no later than 4 p.m., April 24. Softball season runs from May 11-Aug. 28 at FS and SB. Visit www.himwr.com; call 438-9572 (FS) or 655-0856 (SB). Completed applications can be faxed to 655-8012.

Ongoing

AER Early Donation — Donate to Army Emergency Relief through May 15. Donation forms are available at SB ACS, Bldg. 2091, or at the Community Readiness Expo held at the SB Nehelani on Thursdays. Return completed donation forms to ACS. Contact the AER officer at 655-7132.



CYS Services — The USAG-HI School Liaison Office has opened an office at AMR, 9 a.m.-4 p.m., Tuesdays and Fridays, in Bldg. 1782, next to the SKIES studio.

Tropics Renovation — The SB Tropics Recreation Center kitchen is closed until the completion of renovation. The Tropics Ono Snack Bar, however, is open with a limited menu, serving beverages and snacks only.
A grand reopening of the Tropics Snack Bar is planned upon completion, with upgraded food and beverage menus, a new full bar and additional TV screens. Call 655-5698.

Earth Month Activities

Earth Month Activities
U.S. Army Garrison-Hawaii will be hosting 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.

April 22, 9 a.m.-5 p.m. Pohakaloa Training Area, Island of Hawaii, is hosting an Earth Day event that is open to the public. It will showcase the work of the Natural Resources Office, the Cultural/Archeological Resources Office and Fire/Emergency Services.
Also, there will be a static display of military equipment. Call (808) 969-2403.

16 / Thursday

AMR Take Back the Night — Sexual Assault Awareness 1-mile walk, 6-8 p.m., through AMR, begins and ends at the AMR Community Center. Includes information booths, refreshments and the 25th ID Jazz Band. Designed to join the community in an effort to speak out against violence and raise awareness against

future violence. Call 488-1795.

JROTC Medal Presenters — Seeking active/Reserve officers from all of the uniformed services to serve as volunteer medal presenters for the 2015 Hawaii JROTC awards ceremonies, April 16-May 20. They’re usually held on high school grounds or community centers in the evening hours after school is out.

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 aafes.com under realtime movie listing.

Run All Night

(R)
Fri., April 10, 7 p.m.



Little Boy

Studio Appreciation Advance Screening Free Admission. Tickets available at the Exchange Food Court. Seating to non-ticket holders begins at 3:30 p.m. (PG-13)
Sat., April 11, 4 p.m.

Spongebob Squarepants Movie: Sponge Out of Water

(PG)
Sun., April 12, 2 p.m.



Unfinished Business

(R)
Thurs., April 16, 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

Hawaii Exchange doubles gas savings this weekend

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

The Army & Air Force Exchange Service is pumping up the savings on gas by doubling the discount for Military Star cardholders.

From April 10-12, drivers fueling up with their Military Star card at an Exchange gas station will receive 10 cents off per gallon instead of the everyday 5 cents per gallon discount.

“As shoppers catch spring fever, we are providing an extra reason to come on base and see what the Hawaii Exchange has to offer,” said the Exchange General Manag-



er, Robert Rice. “The extra discount at the pump is just the beginning of the value the Hawaii Exchange provides.”

No matter the season, shoppers can reap the benefits of paying with their Military Star card.

Besides the everyday discount of 5 cents per gallon on all gas purchases, cardholders enjoy a 10 percent discount on all Exchange food court purchases year-round.

AAFES. The Army & Air Force Exchange Service goes where Soldiers, Airmen and their families go to improve the quality of their lives through goods and


services provided. Exchange earnings provide dividends to support military Morale, Welfare and Recreation programs.

The Exchange is part of the Department of Defense and is directed by a board of directors, responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.

Online

For information about the features and benefits of the Military Star card, shoppers can visit www.myecp.com.

To find out more about the Exchange, visit www.shopmyexchange.com.



File photo

Military Star cardholders receive 10 cents off per gallon this weekend at Exchange stations.

TV binge-watching spouse confesses to a new addiction


In the basement of a dingy community center, a florescent light buzzes over a dozen or so people seated in a circle of metal folding chairs.

Some nibble anxiously at store-bought sandwich cookies, while others sit in nervous silence.

There is a screeching of chair legs against linoleum, as one bleary-eyed woman stands with a trembling Styrofoam coffee cup to speak.



THE
MEAT & POTATOES OF LIFE



LISA SMITH MOLINARI
Contributing Writer



File photo

Binge-watching favorite programs is becoming a new reality for many TV watchers, including the author.

over the weekend.

Little did we know, we were perched on the slippery slope of instant gratification.

Eventually, we needed more episodes to be entertained. Our digitally savvy kids introduced my husband and me to the allure of services, such as “On Demand” and “Hulu.” How

intoxicating it was to take a double hit of “The Bachelor” and chase it with “Deadliest Catch” all in one evening. Soon, we were hooked, and there was no going back.

Before we knew it, we were spending perfectly sunny weekends holed up in the family room of our base house watching episode after episode of random television series. We told everyone that we were just catching up on “Modern Family” or that we were simply wondering what all the hubbub was about “Downton Abbey.”

Ironically, it was the show “Breaking Bad” that nudged us into the deep dark abyss. We’d been eager to see the AMC series for a while, and when we found out that the first 54 episodes were On Demand for a limited time leading up to the final season, we knew we had just scored.

During our epic, three-week “Breaking Bad” bender, we finally hit rock bottom. Our family room looked like the scene of a rave party, strewn with soda cans, popcorn and Chinese take-out boxes. Our pupils were permanently dilated as we stared, transfixed, into the psychedelic LCD screen, our cold, clammy fingers gripping the smudged remotes.

We were so strung out after that binge, we quit cold turkey for a while, satisfying our cravings with short doses of “House Hunters” and “Seinfeld” reruns in hopes that we’d avoid the painful withdrawal symptoms of rapid detox.

However, lately, ads keep popping up for April premiers of “Game of Thrones,” “The Real Housewives of New York” and “Wolf

Before we knew it, we were spending perfectly sunny weekends holed up in the family room of our base house watching episode after episode of random television series.

Hall.” The final season of “Mad Men” premiered on April 5th, and we still haven’t finished watching “House of Cards” and “Downton Abbey.”

What’s a TV junkie to do? Binge watch, of course!

I must confess that this spring premiere season has triggered my recent relapse. Although I’m not sure there’s a 12-step recovery program for binge watching, I’m absolutely certain I’ll gain 12 pounds if I don’t get up off the couch and stop watching so much TV.

So, mark my words: I’m quitting binge watching for good this time. I’m 100 percent serious.

No more lounging in sweatpants on Sunday afternoons pressing “play” hour after hour. Spring has sprung, and I’ll be spending all my time in the great outdoors. I swear, I’m going to do it, and there’s no time like the present.

And I’ll start just as soon as the “Mad Men” final season is over!

25th ID recognizes extraordinary volunteer service

Story and photo by
STAFF SGT. MATTHEW G. RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division command team, Maj. Gen. Charles Flynn and Command Sgt. Maj. Benjamin Jones and their spouses, took great pride in honoring 75 military spouses during a Volunteer Award and Recognition Ceremony, April 2.

The honorees were cited for their outstanding dedication, selfless service and unwavering support to military families, their units and the Tropic Lightning community, in the ceremony held at the Sgt. Smith Theater.

There were 37 spouses who received the Yellow Ribbon Award for their extraordinary service and dedication to Tropic Lightning military families.

The Military Spouse Tropic Lightning Ali'i Award was given to five spouses for extraordinary service and dedication to military families during deployments or extended off island training exercises.

The final award, the Volunteer Ambassador



Maj. Gen. Charles Flynn (2nd from left), 25th ID commander, and Command Sgt. Maj. Benjamin Jones (left), take great pride in honoring 75 military spouses during a Volunteer Award and Recognition Ceremony held at the Sgt. Smith Theater, April 2. Recipients were honored for their outstanding dedication, selfless service and unwavering support to military families, their units and the Tropic Lightning community.

Tropic Lightning Lokahi Award, was given to 33 spouses for their extraordinary service and dedication to serving military families. Their actions have made a lasting impact on the 25th ID.

“It is an honor and privilege to present these awards to all these spouses for their outstanding service and dedication to the community and the military,” said Flynn, commanding general, 25th ID.

USARHAW celebrates strength of National Volunteer Week

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Hundreds of organizations within the U.S. Army-Hawaii community rely on the service of volunteers.

Whether they are coaching Youth Sports, teaching Family Readiness workshops or helping at a hospital, the contributions volunteers make help to build a stronger USARHAW community.

“In a lot of places, these volunteers keep programs available that may not otherwise be available because of fiscal constraints,” said Erin Paulus, Army Volunteer Corps coordinator for U.S. Army Garrison-Hawaii’s Army Community Service (ACS) program.

To recognize the impact made by these volunteers, USARHAW is joining the rest of the nation in celebrating National Volunteer Week from April 12-18, with the Armywide theme “Hands that Serve, Hearts that Care.”

“It is our way of thanking them for all that they do. It is to show our volunteers how important they are,” Paulus said. “Really, we should be thanking them every day. So during this week, at least, we want to acknowledge the people who give so much of their time and themselves.”

The following events are taking place to honor those who volunteered for USARHAW in 2014:

- Tokens of appreciation from the Directorate of Family and Morale, Welfare and Recreation are available for pick up on a first-come, first-served basis, from 7:30 a.m.-

History

The first National Volunteer Week took place in 1974, when President Richard Nixon signed an executive order establishing it, and every president since Nixon has signed a proclamation promoting National Volunteer Week.

According to the Corporation for National and Community Service (CNCS), the federal agency that oversees Senior Corps, AmeriCorps and the Social Innovation Fund, approximately 62.6 million Americans volunteered nearly 7.7 billion hours in 2013.

During that same time, more than 138 million Americans (or approximately 62.5 percent) also engaged in “informal volunteering,” which included helping neighbors by baby-sitting, shopping or house-sitting, according to the CNCS.

The top volunteer activities included fundraising or selling items to raise money; collecting, preparing, distributing or serving food; providing transportation or labor; tutoring or teaching youth; mentoring youth; and lending professional and management expertise.



4:30 p.m., April 13-17, at the Schofield Barracks ACS office, Bldg. 2091, Kolekole Ave. Please note that these tokens are for volunteers who were active in 2014 and who tracked their hours in the Army’s Volunteer Management Information System.

- The formal USARHAW Volunteer Recognition Ceremony, from 11 a.m.-noon, April 14, is an invite-only ceremony honoring those exemplary volunteers who serve the community.
- The Volunteer Appreciation Luau, from noon-2 p.m., April 14, at the Nehelani, follows the formal recognition ceremony and is open to all volunteers who were active in 2014, sent an invitation and RSVP’d by the end of March.

Contact ACS

Register with the Army’s Volunteer Management Information System or contact the Schofield Barracks ACS office at 655-4227.

Those interested in volunteering for USARHAW may visit the Army One-Source website at www.myarmyone.com.

9th MSC joins with city to celebrate ‘Malama Aina’

CAPT. MARYWHITNEY WHITTAKER
9th Mission Support Command Public Affairs

WAIPAHU — Like the flow of the Kapakahi stream, the never ending flow of support continued as the 9th Mission Support Command and the City and County of Honolulu launched into another great Earth Month with the “Mauka to Makai” Pearl Harbor bike path and Kapakahi Stream cleanup near Waipahu Depot Road, April 4.

The sunny Saturday helped generate the largest turnout of volunteers in the event’s history as, together, they removed trash and various discarded items along the Kapakahi Stream and surrounding areas.

Soldiers, civilians and family members from the 9th Mission Support Command comprised a huge group of the volunteers that showed up to support the event. There were also volunteers from the Honolulu International Christian Church and the Waipahu Community Coalition.

“I am so glad to see such a wonderful turnout this year, and what really amazes me is the individuals who hear about this event and come to volunteer and help,” explained Renee Wallace-Silberstein, with the City and County Storm Water Quality Branch.

City initiative

Organized by the City and County of Honolulu’s Department of Environmental Services, this event was designed to promote community partnerships and awareness, as well as provide safe and clean public areas.

“These events are great because we have the opportunity to encourage the public to come out and improve their communities, so they are able to use these public venues,” explained Guy Humphreys, a police officer with the Department of Land and Natural Resources (DLNR).

Humphreys is also a citizen-Soldier with 3302nd Mobilization Support Battalion, 3rd Mobilization Support Group, under the 9th MSC.

Upcoming

This event is just one of many held throughout the year, so there is plenty of opportunity to volunteer and continue to keep this community flowing.

Earth Month concludes with the 2015 Earth Day Ohana Fest, put on by the 9th MSC and USAR TSG at Fort Shafter Flats Parade Field, on April 25.

This no-cost event is open to all members of the 9th MSC and their families.



Photos by 9th Mission Support Command

Soldiers, civilians and family members from the 9th MSC pose and volunteer their time and efforts to help clean up the Kapakahi Stream and Pearl Harbor Bike Path to celebrate Earth Month.



This debris is just a small portion of what was picked up by volunteers along the bike path on Saturday.

“The collaboration is more cohesive every year,” explained Hercules Huihui, a local resident and leading member of the community.

As an active member of the Waipahu Community Association, Waipahu Community Coalition and Waipahu Weed and Seed, Huihui plays a major part in these clean up events.

“(I hope the event this year) gains more involvement and interest from residents,” Huihui said. “I want to show them what this is, so they have more awareness. I want to try and get everyone on the same ‘Malama Aina,’ meaning to deeply care for the land.”

Continuing 9th MSC support

This is the 8th year that the Army Reserve has volunteered to participate, in order to help improve our community.

Due to its unwavering support these past eight years, the USAR Theater Support Group, 9th MSC, earned the 2015 City and County Good Neighbor Award, earlier this year.



Volunteers from the 9th MSC pull large debris, like this abandoned shopping cart from the path, and use it to help carry the load of litter picked up along the path

“We always can count on military support because they always bring a lot of reinforcements and participate in the many different area cleanups we do throughout the year, and we are appreciate it,” Wallace-Silberstein said.

Mary Beth Racette, with the Directorate of Public Works Environmental Division, under USAR TSG, has coordinated this event with the City and County of Honolulu for the last eight years, and she has seen quite a bit of improvement on support of this event, this year.

“It’s great to see more support from our community and the (9th MSC) command, said Racette. “By showing their support, it encourages more from participants, and this is the

biggest turnout I have seen so far.”

Christina Vicari, also with the USAR TSG’s DPW Environmental Division, agreed.

“This year, we have way more people, and I think it’s great that our leadership makes an effort to come out and help,” Vicari said.

“This event has developed the community over the past 12 years as more members volunteer to rebuild and improve the local habitat, as well as recreational resources, such as the Pearl Harbor Bike Path and Pupuole mini-park,” Wallace-Silberstein added. “It has become an example of the power of volunteerism, changing the tide from negative to positive community use.”

April underscores Women’s Eye Health and Safety

TRI-SERVICE VISION CONSERVATION
AND READINESS PROGRAM
U.S. Army Public Health Command

Women are often the people in the family responsible for taking care of their family’s health concerns, but they often neglect their own health including the health of their eyes. Yet, did you know that two thirds of the people in the world affected by visual impairments and blindness are women – even though they represent only 53 percent of the population?

Rising eye disease

The rate of eye disease is on the rise in this country, mostly because people are living longer and women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases, such as macular degeneration, cataracts, dry eyes, glaucoma and diabetic changes of the eye, as well as other conditions. Because of this, Prevent Blindness America has designated April as Women’s Eye Health and Safety Month to help educate women about the steps that they must take to help prevent vision loss by making their own eye health a priority. While the following recommendations apply to all, during April, the emphasis is on women so that they remember to take care of themselves as well as their families.

- Get routine eye care.** Many causes of eyesight problems are preventable, so all women should make having regular eye examinations a regular part of their health routine to minimize the risk. It is recommended that all women receive

a comprehensive eye examination by the age of 40, if not sooner, and obtain routine follow-up care as recommended by their eye care professional.

- Know your family history.** Everyone is aware that genetics play an important role in what diseases you are at risk for, including eye diseases. By knowing what conditions your ancestors have had, you can notify your eye care professional of what those conditions are, and, in some cases, do things to prevent or lessen the effect of those conditions in you.
- Eat healthy and exercise.** Eating healthy and exercising is important in maintaining a proper weight to reduce the risk factors for certain conditions. Doing so can also assist you in guarding against vision loss. Obesity, a lack of exercise, stress and a bad diet all can affect the health of your eyes.
- Avoid smoke.** Smoking, even secondhand smoke, increases the risks for certain eye diseases, such as cataracts and macular degeneration. Avoid smoking and being around smokers if at all



File photo
Eye disease is on the rise, mostly due to people living longer.

possible.

- Wear good sunglasses.** Ultraviolet light exposure has also been linked to the development of cataracts and macular degeneration. So, it is recommended that when you go outside, consider wearing brimmed hats and UV-rated sunglasses.
- Use cosmetics and contacts safely.** You know the rules for using these safely. Wash your hands first. Throw away old makeup and contacts. Do not share them with others. Do not apply them while driving. By following the directions, above, you can prevent a serious eye infection that could result in permanent loss of vision. Remember, as the one who is responsible for making certain that everyone is healthy, it is important that you remain around to continue to take care of your family and that you see well enough to maintain that role. Taking care of your eyes is an easy way to assist you in meeting those important functions for years to come.

TRICARE protects client information

TRICARE
News Release

TRICARE wants to remind you that it will never call beneficiaries and ask you for your personal information, and if you receive this type of call it is a fraud. Beneficiaries should remain vigilant in protecting their personal information and their personal health information from people looking to use it for fraudulent reasons.



Beware of scams

You should never give out personal information, like your social security number, to anyone over the phone. In more sophisticated telephone scams, the caller may have specific information that makes the call seem official, typically your address, phone numbers or doctor’s name. The caller is hoping this will convince you they are a legitimate vendor and that you will give them your social security number and additional personal information. If you receive a call like this, **DO NOT** provide any of your personal identifiable information, such as birth date, social security number or banking information. TRICARE never asks beneficiaries for this information when calling for an official Department of Defense survey. The Defense Health Agency (DHA) Program Integrity Office always closely monitors possible fraud against our beneficiaries. If you receive a call of this nature, please do not provide your information and contact the DHA Program Integrity Office directly.

Fraud or Abuse

For more information, go to the Report Fraud or Abuse page on the TRICARE website at www.health.mil/fraud or www.tricare.mil/ContactUs/ReportFraudAbuse.aspx.

