

Army mariners from the 163rd Trans. Det. and Sailors with Coastal Riverine Squadron 11 aboard the CW3 Harold C. Clinger participate in a casualty evacuation exercise with the 25th CAB, July 10.

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Army mariners, pilots conduct casevac with U.S., NZ navies

STAFF SGT. GAELLEN LOWERS
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Army mariners from the 163rd Transportation Detachment and the 545th Transportation Harbormaster Detachment, 8th Theater Sustainment Command, joined their 25th Combat Aviation Brigade, 25th Infantry Division, and U.S. Navy and New Zealand navy comrades, for Combined Joint Logistics

Over the Shore (CJLOTS) and casualty evacuation (casevac) events during Rim of the Pacific 2014.

RIMPAC provided a platform for the services and nations to display their compatibility and learn from each other, while allowing the 545th's Harbormaster Command and Control Center (HCCC) to demonstrate its expeditionary nature and ability to provide command and control to different watercraft from different nations, crewed

by multiple services.

During the casevac on July 10, the 163rd Transportation Detachment crew and a security detail of Sailors from Coastal Riverine Squadron 11 boarded the Army's Logistic Support Vessel-2 (LSV-22) CW3 Harold C. Clinger and traveled 10 nautical miles out as a 25th CAB HH-60 Black Hawk departed Wheeler Army Airfield to lift

HCCC A-4



Former ACAP changes name, continues mission

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The Army Career and Alumni Program (ACAP) has undergone a slight transition of its own, so to speak.

The former ACAP now is known as Soldier for Life: Transition Assistance Program (TAP).

The name change went into effect, here, earlier this month, to reflect the main goal of the Veterans Opportunity to Work (VOW) Act, which is to ensure lifelong success of Soldiers by connecting them with job opportunities, educating them on how to leverage their skills post-service, and educating external audiences about the capabilities and professionalism of veterans.

"Basically, the 'Soldier for Life Cycle' concept is a holistic view," said Charlene Shelton, transition services manager, Directorate of Human Resources, U.S. Army Garrison-Hawaii.

"The whole culture of the military is changing to where we're going to be taking care of Soldiers right from the get-go, from the beginning when they come into the unit till the very end when they separate out," Shelton explained. "Transition now is considered all throughout a military career, not just at the end."

Soldier for Life: TAP will continue to deliver a world-class transition program that empowers Soldiers to make informed career decisions and capitalize on their Army experience and skills to find a job best suited for them, post-service.

"There's a lot of decision-making and research to do, and that is what this whole program is about, making an informed decision," Shelton said. "And because this now falls un-

der the 'Soldier for Life Cycle' umbrella, there's more service providers coming together to support the Soldier so that we're all aware of what we're supposed to be doing to take care of the Soldier and set him up for each transition throughout his military life cycle.

"It's always been this way," Shelton added, "but, now, we're approaching it from a different way."

Based at the Soldier Support Center, here, and at Fort Shafter's Outreach Center, Soldier for Life: TAP assists Soldiers through life's ups and downs by providing the following services:

- Mandatory pre-separation counseling,
- Individual counseling and employment assistance,
- Resumé writing,
- Interviewing skills,
- Salary negotiation,
- Special employment assistance workshops and events,
- Department of Labor three-day Transition Assistance Program (TAP) Employment Workshop (offered at the Schofield Barracks ACAP Center only, due to space availability),
- Monthly Veterans Affairs benefits and disability briefings,
- TRICARE and Social Security disability briefings, and
- Financial planning workshops and personal counseling.

As mandated by the VOW Act, said Shelton, these training requirements must be completed prior to separation from the Army, and an Army Transition Program Exit Survey must be completed prior to issuance of clearance papers.

See TAP A-7

Tiger Balm 2014 officially underway

SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of the Singapore army were welcomed to Hawaii by the 2nd Battalion, 35th Infantry Regiment, "Cacti," 3rd Brigade Combat Team, 25th Infantry Division, during the opening ceremony for exercise Tiger Balm 2014, Monday.

"Now entering its 34th year, this annual event allows our division to partner and improve our interoperability with one of Asia's most ad-

vanced and well-trained armies," said Brig. Gen. Todd B. McCaffrey, deputy commanding general-operations, 25th ID.

Tiger Balm 2014 will consist of a brigade-level command post exercise and company-level field training in which the Soldiers of the two countries will conduct infantry tactics, techniques and procedures, military operations on urban terrain, and lane training in counter-improvised explosive device operations.

"This year, we are pleased and excited to see an entire rifle company present for this exercise and thrilled

at the complex and realistic combined exercise the Soldiers will execute," said McCaffrey.

Tactical communication on the battlefield is critical to the success of any operation involving multiple military units, especially units from different countries.

Tiger Balm 2014 will provide the Cacti an opportunity to train with their Singaporean counterparts to build interoperability, establish solid working relationships between the militaries of both nations and demonstrate the U.S. commitment in the Asia-Pacific theater.



The 2-35th Inf. Regt., "Cacti," and a Singaporean rifle company, render honors to the nations during an opening ceremony at Weyand Field, Monday, marking the official start of Tiger Balm 2014.

What's Tiger Balm?

The USARPAC Theater Security Cooperation Program's exercise called "Tiger Balm" is a bilateral exercise focused on strengthening the partnership between the U.S. and Singapore armies through combined training missions.

It also promotes stability and

security in the Pacific region while enhancing the two armies' interoperability with each other.

Tiger Balm has been conducted annually since 1981 with the location of the exercise rotating based on the last digit of the year. Years ending in an odd number take place in Singa-

apore; years ending in even numbers occur in Hawaii.

Tiger Balm is the oldest standing bilateral exercise in the Singapore Armed Forces' history. It speaks volumes of the close ties between both armies that continue to grow through the decades of changing, global political landscape.



Chief of Staff of the Army Gen. Ray Odierno asks a group of captains how they think talent-management efforts are working and what improvements, if any, are needed during Solarium 2014, July 9-11.

Chief taps captains for talent-management

105 captains discuss pressing issues with CSA, in part one of a two-part series

Story and photo by
DAVID VERGUN
Army News Service

FORT LEAVENWORTH, Kansas — The Army wants to put the right people in the right jobs at the right time, especially with shrinking budgets and man-

power and an uncertain global security environment.

But does it do that very well?

Chief of Staff of the Army Gen. Ray Odierno asked a group of captains how they think those talent-management efforts are working and what improvements, if any, are needed.

Better interaction between the Soldier and his or her branch manager is necessary, and the process needs more transparency, said Capt. Paul Lushenko, noting this has been a perennial and festering problem.

He added that the Army would, of course, need to balance the aptitude and interests of the officer against operational requirements. Commanders would also need to play a role in the decision-making process.

Odierno cautioned that although it's important that commanders play a part in talent decisions and scouting, given a choice, they would choose the best 10 captains to be in their command.

See CHIEF A-4



USAR chaplains offer MASCAL pastoral care

Story and photo by
**CHAPLAIN (COL.)
CHARLES E. LYNDE**
9th Mission Support Command

HONOLULU — Reserve chaplains and chaplain candidates from the 9th Mission Support Command provided pastoral aid and comfort to “casualties” as part of a Rim of the Pacific 2014 mass casualty (MASCAL) training exercise on Ford Island, Joint Base Pearl Harbor-Hickam and at Tripler Army Medical Center, Friday.

Community volunteers in moulage special effects makeup acted as role-player “casualties” during the MASCAL. As medical personnel treated the simulated injuries, eight Pacific Army Reserve chaplains provided care in the form of prayer and brief pastoral counseling.

For the chaplains, the MASCAL exercise was a stark contrast to the hospital setting of their usual training. The eight are currently training at TAMC and Queens Medical Center in a clinical pastoral internship.

“This is different than working at Queens,” said Chaplain (Capt.) Keith Buczak, 302nd Transportation Terminal Battalion. “It is intimidating at first, even though role playing.”

While the medical personnel responded to the physical needs of the casualties, chaplains were there to help the injured as they coped with the spiritual aspects of significant trauma.

Buczak agreed, “Ministering to people in severe pain really brings home the necessity of bringing quick and timely



Chaplain (Maj.) Kevin Gilbert, 124th Chaplain Detachment, provides pastoral care to Charlene Chase, who is role playing a medical casualty, during the Rim of the Pacific mass casualty exercise on Ford Island, July 11.

pastoral care to the patient.”

Chaplain (Maj.) Kevin Gilbert, 124th Chaplain Detachment, was one of the chaplains training to provide pastoral care. For Gilbert, it was challenging, yet rewarding.

“This is a great experience with very intense trauma. We bring God to people at the worst point in their lives,” Gilbert said.

As a civilian, Gilbert is the 9th MSC Family Programs director. He is also a

prior service enlisted infantryman.

The casualty role players also saw the value of the pastoral care during the exercise.

“Fabulous. It takes my mind off of my wounds and pain, and puts my psyche in God’s grace,” said Charlene Chase, a volunteer from Kapolei.

“This is both wonderful training for our chaplains and a great chance to support this important RIMPAC exercise,” said Brig. Gen. John Cardwell, comman-

der, 9th MSC. “The joint experience is an excellent opportunity for our Army Reserve Soldiers to learn interoperability here in the Pacific.”

The chaplains’ clinical pastoral education at Tripler and Queens began June 1 and continues until their graduation, Aug. 14.

The 9th MSC has chaplains across the Pacific Region in Korea, Guam, Saipan, Alaska, American Samoa and Hawaii.

New Defense.gov offers ‘one-stop shop’ for DOD

**SGT. 1ST CLASS
TYRONE C. MARSHALL JR.**
Defense Media Activity

FORT MEADE, Maryland — Defense.gov, the Defense Department’s official website, has a new look, thanks to a home page redesign that officials said was driven in large part by user feedback.

Visitors to the site will find a new, richer content experience, said John Valceanu, chief, News Content Management Division, Defense Media Activity.

“Previously, the page had a lot of text materials,” he said. “It had some links to videos, but it was very text-heavy, and it had a lot of static, standing links.”

The new design, he said, offers a mix of videos, social media, print stories and photos, giving visitors a one-stop shop for news and information regarding the DOD.

“Surveys have shown us over time that military news is the primary reason that people come to the website,” Valceanu said. “They want news about what



the Defense Department is doing. Now, rather than having our visitors go find the news on inside pages, we’re making as much as possible directly available to them on the front page.”

The links visitors found on the old site still are available under the Resources tab at the top of the new page,

Valceanu said.

“Visitors to the site can still get all of the information they needed before. They’ll just need to go to Resources, and it’s all collected right there for them,” he added.

The last major redesign of the Defense.gov home page was almost five

years ago, Valceanu noted.

“In terms of website design, that’s actually a long time,” he said. “Most websites refresh their designs fairly frequently. Ours was a good design. It worked, but it was time for a change.”

Integrating social media was an important consideration, Valceanu said, and widgets on the new page present the Defense Department’s official Facebook and Twitter feeds.

“As other social media platforms grow and develop, and as the Defense Department starts to use them, we’ll look to integrate those,” he added.

Valceanu noted that the Web is constantly changing and evolving, and as new technologies become available to enhance the visitor experience or deliver news and information in a new way, they will be considered for incorporation into the website’s design.

“Our intent is not to have a design that is set in stone and will look this way for the next 50 years,” he said. “It’s going to change, and we know it’s going to change.”

FOOTSTEPS in FAITH

Days should begin with thankfulness, not negativity

CHAPLAIN (CAPT.) SANG KWON
2nd Battalion, 27th Infantry Regiment
3rd Brigade Combat Team
25th Infantry Division

Some time ago, I had a chance to go to a conference with several of my fellow chaplains.

Two of us were assigned to the same room, so, as a result, I was able to share significant conversation.

As the conference was several days long, I was able to observe habits that the other chaplains exhibited throughout the day, especially one in particular.

I was in a deep sleep after a busy conference day when I was suddenly awakened by a shout: “Thank you for a great day!” The time was 5 a.m.

I jested in response (but not joking on the inside), “Hey man, it’s only 0500! What was that loud ‘thank you for a great day!’ all about? What kind of grudge do

you have that you would wake me up like that?”

He replied, “I’m very sorry, brother. I have a habit of exclaiming ‘thank you’ the second I get out of bed. I shouted the sentence out unconsciously. What should I do now that I have woken you up at dawn?”

I could hardly say anything in response because he had apologized so sincerely. I once again put the covers over my head to get some rest, but the voice of the chaplain saying thank you kept ringing in my head. The statement itself was very familiar, something I had often said myself and heard others say. However, never had it reached my heart so meaningfully.

Throughout that morning, I reflected on how I responded to him, and on what kind of attitude I should awaken with. The statements that came to my mind were these:

- “I’m so cramped!”
- “I’m so tired!”
- “Just five more minutes ... just five.”
- “I wish I could just rest today.”

I realized that I began my day with more negative attitudes than with a thankful heart. My conference roommate not only was thankful the first second he got out of bed, but was thereafter very respectful towards me after waking me up so early. I was curious how long this joyful shout had become his habit.

Instead of being bitter that he’d wo-

ken me from my sleep, I was finding myself growing grateful to him for having found in me a need in my own life. Since that day, I too have begun each morning with a thank you in my heart and on my lips. Because I have three children, I say it mutely just in case I may awaken them.

My attitude towards life has changed drastically through starting my day with an attitude of gratitude. While saying “thank you,” I am mindful of being alive, of a new day and of a vocation that supplies my family’s needs. I am also more conscious of my loving family and of many supporting friends. I am more aware of not taking for granted the food on our table and the shelter over our heads.

My life has an abundance that has grown as a result of adjusting my own attitude and habit of thankfulness.



Kwon

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Voices of Ohana

“What book is currently on your summer reading list?”

Photos by 599th Transportation Brigade Public Affairs



“Double Down.’ It’s rated one of the best books on a presidential campaign.”

Gregory “Ben” Benjamin
Traffic management specialist,
599th Trans. Bde.



“An American history book called ‘Miracles and Massacres.’ I enjoy reading more in-depth stories on our history.”

David Bertao
Traffic management specialist,
599th Trans. Bde.



“Poseidon’s Arrow’ by Clive Cussler and his son. I like how he puts himself into his books. He’s my favorite author.”

Sgt. 1st Class Eric Pettengill
Sexual assault response coordinator,
599th Trans. Bde.



“The Leader in You’ for every supervisor. It allows you to look at yourself and become the best leader possible.”

Command Sgt. Maj. Claudia Shakespeare
Sr. enlisted leader,
599th Trans. Bde.



“I have one on Mao Tse-Tung, ‘Mao: The Unknown Story.’ It debunks a lot of the myths about Mao, especially about the Long March.”

Carlos Tibbetts
Terminal operations chief,
599th Trans. Bde.

Crary becomes USACE-Honolulu District commander

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT

Public Affairs

FORT SHAFTER — Lt. Col. Christopher Crary accepted command of the U.S. Army Corps of Engineers-Honolulu District from outgoing commander Lt. Col. Thomas D. Asbery in a ceremony on Palm Circle, here, Thursday.

Crary, the 69th commander for US-



Crary

ACE-HD, will command an organization of about 300 engineers, scientists and support staff serving the Pacific region, including Hawaii, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands and Kwajalein.

He most recently served as the deputy Corps engineer for the 130th Engineer Brigade during its deployment to Afghanistan.

Crary also served as the deputy commander of the Corps' San Francisco District.

Honolulu District is responsible for major military design and construction, civil works, international and interagency support, real estate services for the Army and Air Force, regulatory work, environmental services and emergency management.



Asbery

The District's current active program is valued at about \$2 billion.

During his tenure, Asbery met the challenge of successfully leading the District in executing all mission requirements. For fiscal years 2012-2013, the District's contracting team awarded more than \$512.4 million in contracts in Hawaii and the Pacific Region.

Asbery led a highly motivated staff

in support of Army military construction, transformation and Army initiatives that included the renovation of several historic quads and the construction of two state-of-the-art, energy-efficient barracks at Schofield Barracks in partnership with other agencies.

For his outstanding work and contributions to the Honolulu District, Asbery was awarded the Meritorious Service Medal. He leaves to become the Pacific Ocean Division deputy commander.

500th MI bids aloha to new leadership team

Story and photo by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — The 500th Military Intelligence Brigade hosted change of command and responsibility ceremonies on Weyand Field, here, July 10.

Col. Patrick J. Wempe assumed command of the 500th Military Intelligence Brigade from the outgoing commander Col. William J. Mangan during a "Flying V" ceremony, and Command Sgt. Maj. Dayron Vargas-Soler assumed responsibility of the brigade from Command Sgt. Maj. Dan S. McCraw.

Wempe thanked Mangan for assisting him and his family with settling into his new role, and acknowledged the high caliber of personnel in the 500th and its collective efforts to provide intelligence support throughout the theater.

"You left us a unit that is extraordinarily well-trained and well-respected, due in large part to your and Command Sgt. Maj. McCraw's leadership. But, on a personal level, you have made this transition not just easy, but enjoyable, for our family," Wempe said.

Before arriving at the brigade, Wempe served as the intelligence director for the Joint Interagency Task Force in Arlington, Virginia. He most recently completed an Army College Fellowship at the Naval Postgraduate School in Monterey, California.

"I know that I speak for Command Sgt. Maj. Vargas when I say it is truly an honor to join



Col. Patrick Wempe (facing camera), incoming commander, 500th MI Bde., receives the colors from Brig. Gen. Christie Nixon during the 500th's change of command/change of responsibility "Flying V" ceremonies on Weyand Field, July 10.

you as your brigade commander and command sergeant major," Wempe said. "Command Sgt. Maj. Vargas is obviously a proud veteran of the brigade and knew, coming in, just how special it is.

"For me, I have admired the 500th as a unit from afar, for many years. As I've transitioned in here and met the Soldiers and civilians who really are the unit, my respect has only grown," continued Wempe. "The brigade has a big job, and you've proven yourselves more than capable of doing it well. It is a privilege to join your ranks."

During his final address, outgoing commander Mangan expressed his gratitude to the members of his former brigade.

"I stand before you a very grateful person, grateful for the experience and privilege I have had to be a part of this organization," Mangan said.

The dispersed nature of the 500th MI Brigade and continuous intelligence production requirements prevented the entire unit from assembling on Weyand Field. The brigade's subordinate battalions are located in the following locations:

- 15th Military Intelligence Battalion (Aerial Exploitation) at Fort Hood, Texas;
- 205th MI Bn. at Fort Shafter, Hawaii;
- 301st MI Bn. (USAR) at Phoenix, Ariz;
- 441st MI Bn. at Camp Zama, Japan; and
- Headquarters and Headquarters Detachment, 500th MI Bde., and 715th MI Bn., both at Schofield Barracks.

1984th Army Hospital welcomes new commander

Story and photo by
BRIAN MELANEPHY

9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — On another beautiful day in paradise, friends, family and colleagues gathered, Sunday, to witness the passing of the 1984th U.S. Army Hospital's unit colors from Col. Casey Rogers to Col. Kiyotaka "Al" Yazawa.

"The 1984th is unique in its mission as the only reserve medical unit in the Pacific. Its make-up is unique, as they are almost exclusively health care professionals like nurses, doctors, pharmacists, dentists, X-ray techs, OR (operating room) techs (and) dieticians who work every day in our community ERs (emergency rooms), hospitals, clinics (and) pharmacies," Yazawa said. "These Soldiers have my admiration. They are indeed two times the citizen."

Yazawa graduated from West Point in 1989. However, he did not start out in the medical field; he was commissioned as an Air Defense Artillery officer. In 1992, he transitioned to the Army Reserve where he served as a linguist and an interrogator.

In his civilian job today, Yazawa is chief of geriatrics and long-term care for Straub Clinic and Hospital.

Outgoing commander Rogers proudly saluted his formation as he passed the three detachments in the field. During his three years, the 1984th took part in two missions to Malaysia, two to Indonesia and one to Japan. Additionally, his team of medical professionals trained at Tripler Army Medical Center, an annual training event in Wisconsin and one in Alaska.

Rogers spoke very highly of the unit.



Brig. Gen. John Cardwell (left), commander, 9th Mission Support Command; Col. Casey Rogers (center), outgoing commander, 1984th U.S. Army Hospital; and Col. Kiyotaka "Al" Yazawa (right), incoming commander, 1984th USAH, salute the flag as the national anthem plays during the unit's change of command ceremony, Sunday.

"The 1984th came to me in excellent shape. It has improved over the last three years, and it is now Col. Yazawa's turn to reach even higher levels of greatness. I leave a great unit with a great commander," Rogers said.

The ceremony marked the end of a successful

command for Rogers. He served as the commander for three years.

Yazawa had served as the 1984th USAH Det. 2 commander since 2012.

Brig. Gen. John Cardwell, commander, 9th MSC, presided over the ceremony.

The 1984th USAH

The hospital took its current form in 1998. The unit is headquartered in Alaska with two detachments there: Det. 1 in Anchorage and Det. 2 in Fairbanks. The rest of the unit is based on Oahu.

The unit provides direct medical sup-

port to the Pacific Regional Medical Command and the Korea Medical Augmentation Program.

Later this year, the 1984th will send a team of medical professionals to Samoa to provide medical support and training.



Ceremonies announced

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

All ceremonies are usually preceded by an awards ceremony.

Leadership changes

•**Today**, U.S. Army Corps of Engineers-Pacific Ocean Division. Col. Jeffrey L. Milhorn will assume command from Maj. Gen. Richard L. Stevens at Fort Shafter's Palm Circle at 10 a.m.

•**July 21**, 2nd Stryker Brigade Combat Team, 25th Infantry Division. Col. David B. Womack will assume command from Col. Thomas H. Mackey at Weyand Field, Schofield Barracks at 10 a.m.

•**July 21**, 130th Eng. Brigade. Col. Blace C. Albert will assume command from Col. Diana M. Holland at Hamilton Field, Schofield Barracks, at 1 p.m.

•**July 23**, 8th Theater Sustainment Command. Maj. Gen. Edward F. Dorman III will assume command from Maj. Gen. Stephen R. Lyons at Hamilton Field, Schofield Barracks, at 10 a.m.

•**July 25**, Tripler Army Medical Center. Col. David Dunning will assume command of TAMC from Brig. Gen. Dennis Doyle, at the TAMC flagpole at 10 a.m.

•**July 31**, 8th Military Police Bde. Col. Duane R. Miller will assume command from Col. Mark A. Jackson at Hamilton Field, Schofield Barracks, at 10 a.m.

•**July 31**, 8th Military Police Brigade. Sgt. Maj. Angelia Flournoy will accept responsibility of the brigade from Command Sgt. Maj. Richard A. Woodring at Hamilton Field, Schofield Barracks, at 10 a.m.

•**Aug. 5**, U.S. Army Garrison-Hawaii. Command Sgt. Maj. Louis C. Felicioni will accept responsibility from Command Sgt. Maj. Philip J. Brunwald at Weyand Field at 10 a.m.

(Editor's note: Woodring, 8th MP senior enlisted adviser, is deployed and will not be present when Flournoy accepts responsibility from him.)

Information listed is subject to change due to inclement weather. Contact the unit for more details.)

HCCC: Yanks work with Kiwis

CONTINUED FROM A-1

a simulated casualty from the vessel's deck.

"It was great to get our services together," said Chief Warrant Officer 2 Bryce Buckley, first mate, LSV-2. "It was the first time that 25th ID worked with us during a water-based case. That is typically a Coast Guard mission, but our LSVs are perfect for the 25th's aircraft, because we have plenty of space between our masts for them to fly in low."

Buckley said the overall casevac mission is critical for saving lives.

Chief Warrant Officer 2 Ryan Cain, medevac pilot, Company C, 325th Brigade Support Battalion, 25th CAB, said their typical mission sets are over land, but for RIMPAC, they've been working closely with the Navy and Army watercraft communities to conduct more waterborne operations, which is especially relevant here in the Pacific.

Friday, the LSV-2 crew and their

Navy counterparts worked side-by-side with the New Zealand navy during a CJLOTS exercise on the shores of Ford Island; 15 vehicles were loaded and convoyed by the 25th Trans. Co. from Schofield Barracks to Ford Island, where LSV-2 dropped its ramp for them to be driven aboard and safely lashed to the deck.

A New Zealand navy landing craft simultaneously moved into the area and dropped its ramp to load cargo boxes from the shore.

"It was different than many missions I've been on, because I was predominately observing how my Navy counterparts securely lash down cargo and offering my experience in that area," said Sgt. George Sulligan, watercraft operator and responsible for cargo operations aboard the Army's vessel. "The crews worked together, built camaraderie and learned each other's language, which is important to the watercraft community as a whole in case we have to work together in the future."



Spc. David Innes, 8th Theater Sustainment Command Public Affairs

FORD ISLAND — 163rd Trans. Det. Soldiers and their Navy counterparts load 15 vehicles directly from the shore onto LSV-2 CW3 Harold C. Clinger during CJLOTS operations, July 11. LSV-2 has bow and stern ramps for roll-on/roll-off operations and can beach itself to load or discharge cargo over the shore in as little as 4 feet of water.

Contracting Command receives new leader

**SGT. 1ST CLASS
VERONICA STEWART**

413th Contracting Support Brigade
Expeditionary Contracting Command

PEARL HARBOR — The 413th Contracting Support Brigade welcomed incoming commander Col. Kevin M. Nash as it bid farewell to Col. Martin A. Zyburra at a change of command ceremony aboard the battleship USS Missouri, July 10.



Photo courtesy 413th Contracting Support Brigade

Col. Kevin Nash addresses the 413th CSB after assuming command during a ceremony aboard the USS Missouri, July 10.

"I've had the pleasure of serving with Col. Kevin Nash for the past three years at the Expeditionary Contracting Command and Army Contracting Command. He is an accomplished leader who is known for both his strategic thinking, as well as his knowledge of how to practically apply the power of our contracting forma-

tions to our operational forces," said Bryan Samson, executive director, U.S. Army Expeditionary Contracting Command, Huntsville, Alabama, and host of the ceremony.

Nash previously served with Samson in Alabama.

"To all of the personnel here in the 413th CSB, thank you for what you do every day in support of our Soldiers," said Nash. "We will continue to provide excellence in contracting support of our Soldiers in garrison, as well as superior expeditionary contracting support. Our focus will remain on support to the warfighter and taking care of our people while accomplishing Pacific Command and U.S. Army Pacific missions," said Nash.

Samson turned his attention to outgoing commander Zyburra, comparing his thoughts to the final entry on the decommissioned battleship's log by its last captain.

"Our final day has arrived. It is often said that the crew makes the command. There is no truer statement. For it is the crew of this great ship that made this a great command," quoted Samson.

Zyburra's next assignment is in Huntsville, Alabama, as the Chief of Staff for Army Contracting Command.

The 413th Contracting Support Brigade is responsible for the planning, synchronization and execution of theater support contracting for US-ARPAC in support of garrison operations in Hawaii and Alaska, and expeditionary operations across its area of responsibility.

Chief: Input sought from junior officers

CONTINUED FROM A-1

That wouldn't be fair to the captains, who would be competing against their peers for promotions and other opportunities, and it wouldn't be fair to other units where they might be drawn from.

"Certain units have a history of drawing good officers," Odierno said, adding that "as chief, I want to spread talent across the Army."

The topic of talent management was one of several discussed at the Army's second solarium. The first was convened by President Dwight D. Eisenhower, in 1953, across the defense establishment to formulate Cold War strategy.

Solarium 2014 dealt with pressing issues with which the Army is grappling. One hundred five captains from across the Army met here, July 9-11, to wrestle with problems and brainstorm ideas and solutions, after interacting with their teams for a month online. The event culminated in each team presenting its findings to the chief.

Seven teams, each with about 15 members, were divided into two teams focusing on talent management, and one team each for vision and branding, culture, mission command, education and training. This article is the first of several that will cover the topics discussed.

Odierno said he values input from junior officers, many of whom will still be around when the Army of 2025 matures. He used the Socratic method of discussion, which encouraged the captains to contradict his own views and argue their own points in a back-and-forth discussion.

"My biggest fear in life is (is that)

no one's telling me what's going on, so I focus on understanding how other people are seeing things and getting their perspectives," Odierno said, acknowledging that duties and responsibilities in his role as chief often isolate and prevent him from having candid conversations with Soldiers in the field.

Lushenko continued to explain his team's thoughts on talent management, using captains as examples, offering that the approaches discussed could also apply to other Army ranks.

Career Pivoting

At what point in an officer's career should talent-management evaluations or re-evaluations take place, he asked: at accessions, after five years, 10, all of the above?

At some point in his career, an infantry officer might realize he'd be better suited at cyber or intelligence, Lushenko said, and there's also the possibility he may not even realize that latent talent.

Odierno remarked that Soldiers' talents might evolve at some point in their careers after basic, as they acquire skills, knowledge and experience. That could point to the need for assessment gates at various points.

"People do change, by the way, and you may not realize the talents you have until you get out there," he said.

The first seven years are formative, with officers developing their "officership and branch fundamentals," he continued. After that, officers and enlisted often seek growth outside their specialties. Fostering and cultivating that growth is a retention issue, as well, since specialty burnout could occur without it.

A problem that's solvable, Odierno said, is designing the most accurate test that measures abilities, skills and interests with a correspondingly high degree of predictive validity. Those types of tests may already be out there and could be tailored for the Army.

Talent transition is a weighty decision for the Soldier and the Army, Lushenko said. Soldiers pondering this move should have an experienced mentor who can assess and advise. Perhaps the protégé could choose his or her mentor.

Yes, senior leaders reaching out to junior leaders in a mutually agreed-upon way seems to be the right path, Odierno responded.

Besides having mentors, there would need to be facilitators or talent managers within organizations to manage this relationship, Lushenko said. Perhaps senior-officer branch representatives at the unit or installation level or division engineers or staff officers in the G-2 and G-4, he suggested.

Their roles would be facilitating the dialogue between Soldiers, mentors and commanders and they could also champion successful outcomes to representatives at Human Resources Command, Lushenko continued. This process should be standardized and talent managers would take this on as a formal responsibility.

This type of system was in place prior to 2005 when the Army became brigade-centric, Odierno replied.

"We lost this when we assigned people to brigades and left it up to the brigades to handle," Odierno explained.

(Editor's note: In Part Two, read more about the Army's future.)



Spc. Deangelo Harrison, information and technical specialist, 73rd Signal Company, 45th Sust. Bde., 8th TSC, sets up the HCCC, July 8. The HCCC is able to track and communicate with any ship and vessel entering or exiting a particular port within 10 nautical miles.

HCCC demonstrates its expeditionary capability

Story and photo by
STAFF SGT. GALEN LOWERS
Army News Service

PEARL HARBOR — When a natural disaster strikes in the Pacific, the safe movement of equipment, supplies and people is imperative, and a smooth line of communication between a port and approaching vessels makes that possible.

Enter the Harbormaster Command and Control Center (HCCC), an expeditionary command with the capability to track and provide communication between any watercraft within 10 nautical miles of shore, similar to the way air traffic controllers safely guide aircraft.

"We are monitoring the traffic and flow of maritime vessels that are worth millions of dol-

lars," said, Sgt. 1st Class Heath McManama, a harbormaster detachment noncommissioned officer with the 545th.

The 545th Transportation Harbormaster Detachment and 73rd Signal Company, 45th Sustainment Brigade, 8th Theater Sustainment Command, set up the HCCC, July 8, to provide command and control of watercraft assets in surface/vertical lift, casualty evacuation and Logistics over the Shore operations during the biennial Rim of the Pacific 2014 exercise.

"We set the priority and the timelines in a designated port. We manage everyone and everything. We are in charge of the safety of the vessels, crews and cargo. We are the overall peacekeeper of the port," said McManama.

USARPAC, USACE test clean, green solar/wind energy sources

A green Army goes greener

Story and photo by
STAFF SGT. KYLE RICHARDSON
Army News Service

FORD ISLAND — For years, the word "green" was associated with the Army.

However, with the implementation of renewable energy initiatives, the Army has shared its "green" characteristics while taking on the challenges of "going green."

For 2014 Rim of the Pacific, U.S. Army-Pacific and U.S. Army Corps of Engineers trained with a little clean-energy and displayed several renewable sources during the world's largest maritime international exercise.

Soldiers set up a variety of clean-energy, power-producing equipment, such as wind turbines, solar panels and a solar shade. They even used a hydrogen-powered car to generate enough power for 350 people located at a training area on Ford Island, July 7 through today.

Sgt. Roderick Macleod, prime power mechanic, USACE, said that the clean energy sources could run 24 hours continuously for several days, creating enough energy for moderate daily activity.

"Clean energy is very effective," said Macleod. "The power output is less than the traditional sense of powering a site, but it is a lot more sustainable and there are no emissions. What's coming out of it is 120 volts, and our devices don't

know the difference. At this point, it just becomes a matter of cost effectiveness, and it's becoming more affordable every year."

Soldiers and engineers demonstrated how renewable energy sources could assist service members during military operations. The group set up alternate energy sources for humanitarian aid and disaster relief training.

"This equipment is expeditionary. You can deploy with it quickly. You don't have to worry about bringing large generator sets and the logistics that comes with it, (specifically) the fuel required to operate it. This equipment can be flown out or jumped in with airborne or ground units, set up quickly and be self-sufficient," said Drew Downing, science advisor, USARPAC.

Sgt. Jeremy Nissly, power station manager, USACE, said that clean energy is the future of the Army.

"Solar and wind-powered energy sources are very valuable. There are times when you can't get resupplied or you have to conduct operations without running a loud generator. As the Army changes to cleaner energy sources, we'll be ready to make that transition," said Nissly.

USARPAC will continue training on different clean energy sources, reducing the effects to the environment as the Army slowly moves toward a green energy environment, Downing said.

(Editor's note: Richardson works at USARPAC Public Affairs.)



Sgt. Roy Gano (right), carpenter/masonry tech, 871st Engineer Company, 9th Mission Support Command, becket-laces a solar shade canopy during the setup of a humanitarian aid and disaster relief exercise, July 7. The solar shade has the potential to provide enough energy for several days of continuous 24-hour use.

HA/DR scenario pits responders against Cat 3 hurricane

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Hawaii News Bureau

HONOLULU — Partners responded to a simulated hurricane scenario to test their combined Humanitarian Assistance and Disaster Relief (HA/DR) capability, July 11.

The exercise took place at 20 different hospitals on five islands and included more than 200 simulated casualties. Participants had to medically stabilize, triage and transport mock casualties to locations where they could receive appropriate treatment.

Ken Kelly, Tripler Army Medical Center chief of emergency medicine, explained some of the benefits of training in a coalition environment.

“What we gain in terms of our skills is the ability to provide care for people who may not speak English or who may have an altered mental status and may not be able to respond to questions and tell you about their injuries,” he said. “This is common to most disaster scenarios, where each point along the pathway of ill or injured patients, their status may change, and your staff has to be prepared to respond to that.”

Incorporating medical partners from the local community expanded the scope and quality of the exercise.

aster was to overwhelm primary and secondary and tertiary facilities, so we would have to rely upon our colleagues in the Hawaii community, Disaster Medical Assistance Team (DMAT), and things that you don’t normally bring into play under duress,” Kelly said.

DMAT paramedic Edward Caballero explained how DMAT contributed to HA/DR efforts in response to the aftermath of the simulated hurricane.

“After we have people triaged in a main collection area, those that need to be medically evacuated out to multiple hospitals will be brought to our facility where we re-evaluate them, restabilize them and then sort them with the help of the military and fly them to the facility that is most appropriate,” he said.

Army Chief Warrant Officer Brandon Kraemer, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, helped pilot a CH-47F Chinook transporting simulated casualties.

“We’re trying to get ourselves ready to deploy in a joint maritime environment, operating with different forces from ships or land, which is something kind of unique to aviation,” Kraemer said. “We’re trying to work on our flexibility with the other branches of service, so we can operate with anyone, and in any environment. And we want to increase flexibility to perform any mission,



A role-playing medevac patient and a 3-25th CAB CH-47F crew chief view the battleship USS Missouri and the USS Arizona Memorial while en route to TAMC during an HA/DR exercise as part RIMPAC, July 11. The civilian, joint and coalition HA/DR effort stretched across 20 hospitals and five islands, where participants were tested on response, coordination and execution during a simulated Category 3 hurricane.

whether it’s humanitarian aid and disaster relief all the way up through combat operations in the Pacific Region.”

The HA/DR exercise provided the 3-25th CAB an opportunity to practice disaster response with a diverse team.

“What was unique about today was the transportation of simulated civilian injured personnel,” Kraemer said. “We

got to pick up people who were simulated casualties and fly them on our aircraft, which is something we would actually do real world.”

The goal is synergy, explained Thomas Bookman, Pacific Regional Medical Command emergency plans and operations director.

“Exercises like this are a multiplier

for our community where the civilian and military population intermix,” said Bookman. “We’re living on an island, we’re joined at the hip, and we will always support each other, so this exercise should give the citizens of Hawaii a sense that if something does happen, the military and the civilian community will come together.”

Surgeon General hosts Army Medicine virtual town hall

LIBBY HOWE
Army News Service

WASHINGTON — Lt. Gen. Patricia Horoho, Army surgeon general and commander, U.S. Army Medical Command, hosted the first Facebook Army Medicine virtual town hall, July 9.

Questions ranged from medical innovation to budget-cut impacts.

Horoho announced the release of the Performance Triad app, v1.0. emphasizing sleep, activity and nutrition as the foundation to health and personal readiness.

When asked about new military medical innovations, Horoho said, “The Biomarker Assessment for Neurotrauma Diagnosis and Improved Triage System (BANDITS) program is developing a blood test for brain cell damage, which may aid in clinical assessment of patients with traumatic brain injuries.”

In addition to BANDITS, she said the Army developed and implemented the Behavioral Health Data Portal to track clinical outcomes, patient satisfaction and risk factors.

“Research continues to determine how to optimize sleep, activity and nutrition to optimize the wellness of our Soldiers, families and retirees,” she said.

Horoho explained the functions of the Army’s Warrior Care and Transition Program.

“Wounded, ill and injured Soldiers and their families receive the care and support they require to heal and either return to the force or prepare to transition to civilian status,” she said. “As part of the program, the Army has established Warrior Transition Units, the Army Wounded Warrior Program, and an Adaptive Reconditioning Program to manage and assist Soldiers in

their recovery.”

When asked which initiatives she was most proud of, she shared that there are several of which she is “extremely proud,” as she believes they are directly related to improving patient care. Patient Caring Touch System, Performance Triad, and the Behavioral Data Portal were the three she chose to highlight.

When asked about the most significant challenges facing Army medicine, Horoho shared that “one of the biggest challenges is getting the good news stories out that accurately describe the advances in technology, patient safety, quality of care and standardization of business practices.”

Additionally, supporting a nation, as well as multiple operations abroad efficiently with such a significant military downsizing, pose a challenge, she said.

Lastly, Horoho mentioned the movement toward a culture of health and increasing health literacy continues to be not just a challenge, but also an opportunity to enlighten the general public about healthy practices.

Horoho and her experts continued to answer questions well after the scheduled end of the town hall. Horo-

Top doc’s priorities

Horoho used the opening post to share her priorities for Army Medicine:

- Combat casualty care,
- Readiness and health of the force,
- A ready and deployable medical force, and
- Health of families and retirees.

RELATED STORY

- Read about the Triad phone app on page B-6.

ho later discussed plans to hold town halls regularly, with a commitment to answering all questions circulating in the Army Medicine community.

Horoho closed out the session emphasizing the highest priorities of Army Medicine.

“We’re committed to providing timely access to care, quality care and safe care that is evidence-based, to all of our beneficiaries in an environment of transparency and continuous improvement. This is at the forefront of everything we do,” she said.



Marlon Martin

Lt. Gen. Patricia Horoho, Army Surgeon General and commander, MEDCOM, responds to questions during the Army Medicine virtual town hall, July 9, as her staff assists in answering a wide range of questions.



A SCORE volunteer leads a session of the ACAP entrepreneurial workshop, Boots to Business, at the Resiliency Center, May 29. Kansas City SCORE is comprised of mentors, like Harris, who was in banking for 40 years, to help beginning and continuing entrepreneurs.

3-phase cycle outlines Army career

JENNIFER WALLEMAN
Army News Service

FORT LEAVENWORTH, Kansas — Oct. 1, Soldiers will begin to have a more defined plan for transitioning out of the Army with the implementation of the Soldier Life Cycle.

This three-phase career cycle supports the Soldier for Life initiative and prepares Soldiers from the beginning of their military service, until their transition to civilian life, with the resources needed to equip them with the employment skills, training, counseling and opportunities that will enhance their marketability after military service.

Soldier for Life

The program is an Armywide re-branding of the Army Career and Alumni Program per Gen. Ray Odierno, Chief of Staff of the Army. ACAP's mission remains the same, but its name is now Soldier for Life: Transition Assistance Program.

Its website features links to informational resources for active duty, National Guard, Army Reserves, retired Soldiers and their families. Visit www.soldierforlife.army.mil.

The program is focused on preparing Soldiers for transition and connecting them with meaningful employment, educational opportunities and benefits from the beginning of their military career until the end.

Transitioning begins a year out instead of the previous 90 days, which was trying to convey a lot of information in a compressed timeline at the end of the Soldier's career.

There are three phases to the Soldier Life Cycle.

Phase One, the first year in the Army.

Soldiers will complete a self-assessment with an education counselor at their first duty station to help them complete an individual development plan of how they want their careers to progress and what needs to happen for them to get there.

They will receive information on GI Bill benefits and tuition assistance. They will meet one-on-one with a financial counselor who will help them develop a one-year budget. Also, the agency that provides the installation in-processing papers to the Soldier will verify that he or she has an eBenefits account with Veterans Affairs.

Phase Two, the career phase, has two parts: one to 10 years of service and 10 years of service to transition or retirement.

Soldiers with one to 10 years of service will annually review their individual development

plans, update their career goals with their leaders and update their Army Career Tracker profiles with any educational or personal goals.

During part two of the career phase, Soldiers begin working on resumés and thinking about what they will need when getting out.

Phase Three is transition, with training and programming on employability, resumé writing, effective job interviewing and looking for work.

The Army will deliver specific implementation instructions this month and release a commander's guide to transition in August to help leaders identify program requirements. Leaders will need to know how to use the Army Career Tracker to document certain milestones, and commanders will have to know how to go out there and look at the Soldier to determine who needs what to ensure that their new Soldiers are meeting the requirements.

If the Soldiers are getting ready to re-enlist or are up for promotion, they will have to do a gap analysis or a self-assessment on where they're at, if they met their goals and what they need to do to meet their goals.

The Army alone has been spending more than \$500 million per year on unemployment compensation. If the Soldier Life Cycle helps reduce this amount, it will make more money available for other personnel projects or other personnel operations.

TAP: Opportunities noted for transition

CONTINUED FROM A-1

In addition, Soldiers are recommended to have a final resumé and at least one of the following transition products upon separation:

- A letter of acceptance from a college or university,
- A job offer, or
- A list of job openings the Soldier can qualify for.

"The Army wants to ensure that it is taking care of the Soldier all throughout his career to lead to the end result — that he's going to be a successful person, whether he stays in the military or goes out into the civilian world," said Shelton.

Soldier for Life: TAP is a commander's program, and commanders at all levels of the Army are directed to embrace transition policies and encourage greater participation by Soldiers by actively ensuring their Soldiers begin transition no later than 12 months from their scheduled departure from the Army and to continue their participation in the program until they are discharged.

"The Army has adopted a new attitude," said Tim Ryan, the new installation liaison for Soldier for Life: TAP.

"We're going through a period where a lot of Soldiers are getting out for a number of reasons, and to capitalize on the services and opportunities that the Army is providing. It is in everybody's best interest to leave both prepared and equipped for employment, higher education or to start their own business, and all of those capabilities are available here," Ryan explained.

Soldier for Life: TAP locations

The Schofield Barracks Soldier for Life: Transition Assistance Program office is in the Soldier Support Center, Bldg. 750, Room 134. Hours of operation are 7:30 a.m.-4 p.m., Monday-Friday. Call 655-1028, ext. 5.

Fort Shafter's Soldier for Life: TAP office is located in the Outreach Center, Bldg. S330, Rm. 110. Hours of operation are 8 a.m.-4 p.m. Mondays-Wednesdays and Fridays, and 1-4 p.m. Thursdays. Call 438-9735.

For more information on transition assistance and the pre-separation timeline, or to check in with the Soldier for Life: TAP offices, visit www.garrison.hawaii.army.mil/transition/default.htm.

GENERALS



Staff Sgt. Kyle Richardson, U.S. Army-Pacific Public Affairs

FORT SHAFTER — Gen. Vincent Brooks (center right), commander, U.S. Army-Pacific, and Gen. Park Seon Woo, 24th deputy commander of Combined Forces Command, Republic of Korea Army, salute the colors during an honor ceremony held for Park at historic Palm Circle, Friday. During the visit, Brooks and Parks discussed ways to assist one another to continue the 61 years of partnership between the two nations.



Today

Oahu's 11 — HDOT announced multiple bridge projects; those most likely to affect military commuters follow:

Oahu —

- Interstate H1 bridge rehabilitation, Kapalama Canal, (Halona Street Bridge);
- Kamehameha Highway, Kipapa Stream (Roosevelt) Bridge rehabilitation;
- Kamehameha Highway, replacement of Hoolapa (Nanahau) Stream Bridge; and
- Kamehameha Highway, replacement of Kawela Stream Bridge.

Hawaii Island —

- Kawaihae Road, Waiaka Stream Bridge replacement and realignment of approaches;
- Mamalahoa Highway, Hilea Stream Bridge Replacement; and
- Mamalahoa Highway, Ninole Stream Bridge Replacement.

Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) advisories. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

Lyman & Mellichamp —

Schofield's Lyman and Mellichamp roads near buildings 1670 and 1607 are scheduled for modified traffic flow, Monday-Saturday, 7 a.m.-5:30 p.m. The closed lane will be reopened for traffic after the workday. The first stage of this project goes until July 20.

19 / Saturday

No Shock — From 7 a.m.-4 p.m., a power outage will affect Schofield's Sargent Road near the main Post Exchange; buildings 695 (pharmacy), 699 and the credit union will be affected.

Another outage for construction happens for buildings 2026, 2027, 2029, 2031, 2032, 2033, 2034 and 2098, 7-10 a.m., with no backup or generator power to be provided.

21 / Monday

Ponciano — A maintenance and repair project to stabilize slope with a retention wall

and install a new sidewalk near Shafter Elementary School requires a parking area closure (about seven stalls) on Ponciano Drive until Sept. 23.

Fort Shafter — All weekdays until July 25 and again Aug. 7-11, construction is scheduled on Fort Shafter's Warner Road and adjacent to Pierce Street.

A section of Warner Road and several parking stalls along Pierce Street will be closed. The stalls will be closed until July 23.

Fisher Fissure — Tripler's Kurkowski Road is scheduled for a partial closure near Fisher House buildings I and II, and restricted to one lane access until Aug. 22.

Phase I will occupy the north end of Krukowski at the entrance to the Fisher Homes, July 23-Aug. 8; Phase II will occupy the Federal Fire parking lot, Aug. 11-22.

NEWS Briefs

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

Today

Water Conservation — Fort Shafter water conservation remains in effect from last week. Please keep consumption to a bare minimum until further notice as the water reservoir is being filled. The water is safe and there are no health or safety issues.

Social Media — Did you know the garrison maintains online calendars of upcoming events on post, includ-

ing information on road closures and scheduled outages for electricity and water? Subscribe to these calendars and receive alerts about new listings through daily emails or RSS feeds.

You can also add specific events to your electronic calendars (Yahoo, Google, Apple and Outlook) or receive reminders via text or email.

To learn more, visit these sites:

- www.garrison.hawaii.army.mil/info/calendar.htm or
- www.garrison.hawaii.army.mil/info/trafficalendar.htm.

One Million Claims — On Monday, the Veterans Benefits Administration announced it had completed its one millionth disability claim in fiscal year 2014, and is on track to complete more than 1.3 million claims this year, ensuring that nearly 200,000 more veterans will receive decisions on their

disability claims than fiscal year 2013, and marking the fifth year in a row VBA has completed over one million disability claims.

VBA has reduced the claims backlog by more than 55 percent from its peak of 611,000 in March 2013, and veterans with pending claims have been waiting, on average, 128 fewer days for a decision on their claim.

At the same time, the accuracy of rating decisions continues to improve. VA's national "claim-level" accuracy rate is currently 91 percent — an 8-percentage-point improvement since 2011.

MCPD — Wednesday, the Consumer Financial Protection Bureau, the Department of Defense and 35 other federal, state government and non-profit organizations marked Military Consumer Protection Day. Visit

<https://www.youtube.com/watch?v=r2sxyUuAMY0&feature=youtu.be>.

Also on Wednesday, CFPB reported the following:

- Proposed a new policy that would empower consumers to publicly voice their complaints about consumer financial products and services. Visit http://files.consumerfinance.gov/f/201407_cfpb_proposed-policy_consumer-complaint-database.pdf.

- Posted a snapshot overview of complaints handled since the bureau opened at http://files.consumerfinance.gov/f/201407_cfpb_report_consumer-complaint-snapshot.pdf.

- Released a series of videos of consumers who have been helped by the CFPB, some of them after submitting complaints. Visit www.consumerfinance.gov/yourstory.

GO Assignments — The Army

chief of staff announced the following general officer assignments:

- Maj. Gen. Lawrence W. Brock, commander, 311th Signal Command (Theater), Fort Shafter.

- Brig. Gen. Joseph E. Whitlock, strategic planning and policy mobilization assistant, Individual Mobilization Augmentee, U.S. Pacific Command, Camp H.M. Smith.

Survey — Take the Army Community Services' Customer Needs Assessment survey at www.armymwr.com/ACS-Survey.

29 / Tuesday

Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii, 6-7:30 p.m., at www.facebook.com/usahawaii, under "Events."



Photos courtesy Hawaii National Guard Youth ChalleNge Academy

Cadets work through the YCA's Eight Core Components to become contributing members of society.

National Guard offers teens 2nd chance to achieve

SARAH PACHECO
Staff Writer

KALAELOA — The mission of the Hawaii National Guard Youth ChalleNge Academy is simple, yet deeply profound:

"To provide opportunities for at-risk students, ages 16-18, to learn life skills and to become productive, responsible and successful citizens."

Hawaii's two Youth ChalleNge Academies (YCA), based here and in Hilo on the Big Island, are part of the larger National Guard Youth ChalleNge Program that leads, trains and mentors high school dropouts from all 50 states so that they may become productive citizens in America's future.

"Our duty and responsibility is leadership — we have to be that positive leadership," said YCA director Juan Williams, who is a 30-year veteran with the U.S. Marines Corps.

"We've found that these kids, all they're

Eight Core Components

The Hawaii National Guard Youth ChalleNge Academy uses what is known as the "Eight Core Component" framework to train its cadets to be active, contributing members of society.

"These Eight Core Components are what is needed to help them be successful in life," said retired Marine Corps Sgt. Maj. Juan Williams, Hawaii YCA director.

According to Williams, this intervention model focuses on the holistic development of the cadet and is the foundation of the experiential-learning training taught at the academy.

"Here, the cadets earn a high school diploma in 5-and-a-half months," Williams said. "What is ironic is, these are the same kids who were failing at school or didn't want to go to school. The reason why they get their diploma, here, in 5-and-a-half

months, is that it's a regimented program. That's why we're so successful — because of the structure."

The Eight Core Components are as follows:

- **Academic Excellence** — Cadets are trained to be lifelong learners. Classes underscore the five major disciplines of reading, writing, mathematics, sciences and social sciences.
- **Life-Coping Skills** — Cadets learn to prepare and manage a personal budget, develop coping strategies and conflict resolution, and set and achieve goals.
- **Job Skills** — Cadets develop basic skills necessary to complete a written resumé, fill out employment applications and complete a mock interview; they also learn to conduct job searches and pursue future educational opportunities.
- **Health and Hygiene** — Cadets learn good health and hygiene habits for lifelong mental, physical and emotional well-being. Topics covered include smoking cessation, nutrition and sexual responsibility.

• **Responsible Citizenship** — Cadets develop a better understanding of cultural awareness, violence prevention, voting and the honor code.

• **Service to Community** — Cadets gain an understanding of the benefits of volunteering at community projects and agencies such as the American Red Cross, Adopt-a-Highway and others, including Army change of command ceremonies, Read Aloud nights at local elementary schools, and Memorial Day and Veterans Day parades.

• **Leadership/Fellowship** — Cadets learn to be a good leader and a good follower. Color guard, drill and ceremony are part of this curriculum.

• **Physical Fitness** — Cadets participate in an intense training program built upon the President Challenge to encourage a lifelong commitment to physical, mental and emotional well-being. Activities include, but are not limited to, military-style PT, running and organized sports.



YCA cadets support various community events, including change of command and memorial ceremonies for the U.S. Army.

looking for is someone to bond with," Williams explained. "A lot of times, the reason why they get in trouble is due to peer pressure. But once you get them away from that environment and put them in a structured environment, such as this, you start seeing the better in them."

Since its inception, here, in 1994, Hawaii's two YCAs have witnessed nearly 4,000 cadets

receive their high school or General Education Development (GED) diplomas.

What's more, most graduates go on to find employment, continue their education or join the military.

"We have to make sure the cadet is placed and has an action plan before he leaves the

program," Williams stated. "It makes you so proud to see the outcome (of this program), and on graduation day, when that cadet comes to you and says, 'Thank you for not giving up on me,' and shakes your hand, that's the best feeling you could ever have in this world."

Youth ChalleNge Programs are authorized and funded through the Department of Defense, and the National Guard Bureau (NGB) is responsible for management and oversight of 35 ChalleNge academies throughout the nation, including those in Hawaii.

"Hawaii is one of the rare programs that has survived 20 years," Williams noted, adding that its high retention rate (87-90 percent) is why NGB quickly green-lighted Hawaii's request for a second program in Hilo in 2010.

Locations

The Hawaii National Guard Youth ChalleNge Academy has two 100-bed facilities at the following locations:

- Oahu Campus, Kalaeloa, 685-7139; and
- Hawaii Campus, Hilo, 808-933-1954.

For more information, visit <http://dod.hawaii.gov/yca/>.

"They approved that right away, because they saw the great things that this state was doing for the cadets," he said.

"In the eight years that I've been here, every year, there's not an achievement that the cadets or the program hasn't met," Williams continued. "We want them to be responsible citizens, and we teach them the importance of the being that in a way they understand; that's what the program is all about."

Cadets get real-world experience with 2nd SBCT

Story and photo by
STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team
Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — The 2nd Stryker Brigade Combat Team saw an influx of ROTC cadets over the past few weeks as several were embedded within the brigade for their Cadet Troop Leader Training.

CTLT is an opportunity many cadets get during the summer between their junior and senior years that gives them a taste of what they can expect from the Army after commissioning.

"It's been good for me," said Cadet Tyler Sowell, West Point. "With the brigade just returning from NTC (National Training Center), we've really been working on inventory and seeing the administrative side of being a lieutenant. I've also been able to witness firsthand the role of the NCO (noncommissioned officer) and how a unit operates and how things get done on a daily basis."

Cadet Sowell was paired with 1st Lt. John Bergman, a Company B platoon leader from 1st Battalion, 27th Infantry Regiment, 2nd SBCT, and one-half of the duo who won the Army Best Ranger Competition, earlier this year. However, instead of showing his cadet the skills that vaulted him to the top of that grueling competition, Bergman was able to show him what it takes to succeed as a platoon leader.

"He probably saw our entire arms room, every vehicle, pretty much everything a Stryker infantry company has on inventory," said Bergman. "He also saw what a platoon leader does on a daily basis and how they interact with the platoon sergeant, squad leaders, Soldiers and their company commander."

"It was a good chance for me to introduce my cadet to a lot of the things I didn't know when I was coming into the job," said 2nd Lt. David Cutsinger, Co. B, 225th Bde. Support Bn., 2nd SBCT, and mentor to Cadet Robert Moynihan, West Point. "The big things I tried to hit on were interaction with your Soldiers, your peers and your boss, as well, but also implementing and thinking through tasks by looking and understanding the big picture and then breaking that down into smaller tasks."

During their time with the brigade, cadets had the opportunity to explore Oahu.

"With the return from NTC, we've had a lot of four-day weekends trying to get everyone recovered from being gone for nearly two months," said Bergman.

Moynihan said he definitely took advantage of the extra time off to explore.

"The hiking trails, such as the pill boxes and Koko Head, were a big highlight for me," said Moynihan. "Seeing the coastline, driving all around the island, and getting to experience



Cadet Tyler Sowell (left), U.S. Military Academy at West Point, conducts inventory at Stryker with Pfc. Adam Leezer, a Stryker driver for Company B, 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, recently, as part of Sowell's three-week Cadet Troop Leader Training that takes place between his junior and senior years of college.

Waikiki with my brother and his family was also a great time. I loved it here. Now I just have to work that much harder when I get back to school, so I can get my pick of assignments and come back when I commission."

When asked what his biggest take away

from his CTLT time would be, Sowell said it was learning how an officer relates to other people.

"It's not just doing things by the book," he said. "It's your interaction with people that makes you a good officer or a great officer."



Briefs
Today

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

19 / Saturday

Summer Grillin' — Grill your way into summer at the SB Tropics with its Summer Series Part II, 5-10 p.m. Enjoy an all-you-can-eat barbecue for \$10, plus outdoor volleyball, slip and slide, limbo and more. Call 6545-5698.

21 / Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

23 / Wednesday

EDGE Home School Adventure — Learn to surf, just in time for summer! In partnership with Outdoor Recreation, this program meets next to Surf 'N Sea in Haleiwa. Participants should be proficient swimmers ages 10-18. Instruction and equipment are included in \$20 fee. Call 655-9818.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:
•North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 10 a.m., 2nd and

CELEBRATING HULA



Photos courtesy Moanalua Gardens Foundation

HONOLULU — Halau Hula O Maiki, under the direction of kumu hula Coline Aiu, perform at last year's Prince Lot Hula Festival at Moanalua Gardens, here.

The public is invited to a fun-filled day of dance, food and festivities under the shady monkeypod trees of Moanalua Gardens during the 37th annual Prince Lot Hula Festival, 9 a.m.-4 p.m. This year's theme is "Kila Kila O Moanalua ... Majestic is Moanalua."

The largest noncompetitive hula event in Hawaii, the festival is held each year to honor Prince Lot Kapuaiwa, who reprised the once-forbidden hula in the district of Moanalua.

Call 839-5334 or visit www.moanalugardensfoundation.org.



Ka Hel I o Kahala Halau, under the direction of kumu hula Leimomi Maldonado, perform during last year's Prince Lot Hula Festival at Moanalua Gardens.

4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

24 / Thursday

Hand Building Clay Workshop — Youths and teens can create their own ceramic tile designs during this two-day workshop, 10 a.m.-noon, at SB Arts & Crafts. Cost is \$25.

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua's driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

25 / Friday

ACS Birthday — Celebrate Army Community Service's 49th birthday with festivities, 1-3 p.m., at the SB ACS building, SB Financial Resiliency

Center, SB Soldier and Family Assistance Center, and FS Outreach Center. Call 655-4227.

"Annie" Auditions — Keiki are invited to audition for CYS Services SKIES Unlimited Theatre's production of "Annie." Prepare 16-24 bars from a song, to include one verse and one chorus.

Auditions begin at 7 p.m. at the SKIES classroom, 241 Hewitt St., SB; arrive by 6:30 p.m. to fill out applications. Call Annie Kids at 655-9818.

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill and FS Mulligan's Bar & Grill serve delicious local-style food every last Friday of the month. Call 655-4466 (SB) or 438-1974 (FS).

USARPAC Pay Day Scramble — Celebrate pay day the golf way in this 18-hole scramble tournament every last Friday of the month. Registra-

tion is \$5 per player, paid to the POC at the course. Call 438-9587.

29 / Tuesday

Softball Clinic — Two-time Olympic Gold Medalist Crystl Bustos will hold a clinic for all military girls, ages 8-18, from 1-4 p.m., Lynch Field Baseball Complex, off Nimitz, corner of Valkenburgh St., Joint Base Pearl Harbor-Hickam. Download the required registration form at ctahr.hawaii.edu/4h/OMK/education.htm. Call 956-4125.

31 / Thursday

End of Summer Bash — Kick off the school year at the SB Youth Center's End of Summer Bash, 10 a.m.-3:30 p.m. Enjoy food, activities and entertainment, with plenty of games and prizes for all. This event is free and open to students in grades 5-12. Family participation is strongly encouraged. Call 655-0451.

Community Calendar

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

Today

The Actors Group Theater — "Resistance!" a play about a former slave who resisted and helped overturn the Fugitive Slave Act in 1851, runs Thursdays through Sundays, through Aug. 3, and features \$12 military admission. Visit www.taghawaii.net for times and location.

Chicken Recall — Foster Farms, a California-based company, is recalling chicken identified with an outbreak of a strain of Salmonella Heidelberg, as identified by the U.S. Department of Agriculture. Foster Farms products with use or freeze dates of March 16-31, 2014, and Aug. 29, 2015-Sept. 2, 2015, and Sunland Chicken products with "best by" dates of March 7-11, 2015, and Aug. 29, 2015-Sept. 2, 2015, are affected. For full story, visit www.hawaiiarmyweekly.com/2014/07/17/foster-farms-chicken-is-recalled/.

Summer Closure — The FS Thrift Shop will be closed for sum-

mer break, through July 18; it reopens July 22. Donations will still be accepted in its shed near the front entrance of the shop.

Joy of Sake — Take part in this biggest sake bash outside of Japan, 6:30-9 p.m., at the Hawaii Convention Center. The event celebrates Hawaii's 100-year love affair with sake, with a record amount of the world's finest sakes available for tasting, along with appetizers from Honolulu's elite restaurants. Call 228-0195.

Fort DeRussy Museum — The Museum will close an hour early, at 4 p.m., through July 25, and resume normal business hours July 26.

19 / Saturday

Midsummer Night's Gleam — Foster Botanical Garden transforms into a magical wonderland, 4-9 p.m. This free family night features a lion dance, bagpipe players and Scottish dancers, Mongolian tribesmen and their fighting knights, and the West African drum and dance ensemble Sewa Fare.

Keiki activities like crafts, face painting, bamboo music, games, balloons, bubbles and more will be provided, 4-6:30 p.m.

Foster Botanical Garden is located

at 180 N. Vineyard Blvd., Honolulu. Call 522-7066.

20 / Sunday

Fun Walk — Join the Menehune Marchers Walking/Volksport Club on a 5K or 10K walk at Ho'omaluhia Botanical Garden, 45-680 Luluku Road, Kaneohe. Participants may start anytime between 9-11 a.m., July 20, from Kahua Nui Pavilion, and must finish by 1 p.m.

Call Carol at 626-3575 for more details, or visit www2.ava.org.

25 / Friday

Bellows Closures — Camping at Bellows Field Beach Park will be prohibited July 25-28 and Aug. 2-3 for RIMPAC and other training exercises.

26 / Saturday

Rock and Roll Fundraiser — The Rotary Club of Wahiawa-Waiialua holds its annual Rock and Roll Fundraiser, 6:30-10 p.m., at Dot's Restaurant, 130 Mango St. in Wahiawa.

Radio talent Pipi from KCCN FM100 will emcee the event, which includes food, door prizes, raffle items and cool, rockin' music by LS34. Tickets cost \$30. Monies generated will help fund the club's many service projects

during the year, including the Wahiawa Veterans Day parade, youth scholarships and more.

29 / Tuesday

Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., at www.facebook.com/usaghawaii, under the "Events" tab.

August

9 / Saturday

The MCBH Keiki Tradewind Triathlon — Marine Corps Base Hawaii is holding this annual keiki triathlon Saturday, Aug. 9, for two age divisions: 7-10 and 11-14 year olds. The event is open to the public. For race details, visit www.mccshawaii.com/races for more information.

15 / Friday

WMCAC Golf Tourney — Hit the greens with the Waianae Military Civilian Advisory Council at its annual golf tournament at Makaha Valley Country Club (Makaha East Golf Course). Check-in is 10:30-11:30 a.m., and the tourney begins with a shotgun start at noon. An awards banquet will follow. Cost for this three-person scramble is \$125 per player. To register, contact Don Arakaki at 255-8669.

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 MPC 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 MPC Annex Room 232

Protestant Worship

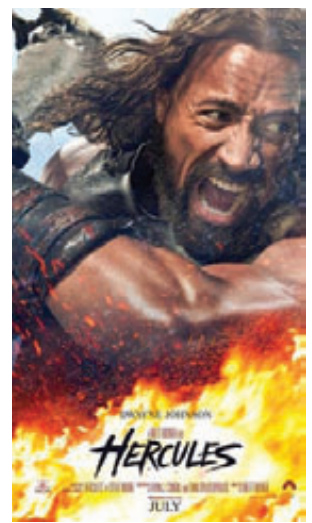
- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/ Anglican)**
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES
Sgt. Smith Theater

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

Jersey Boys

(R)
Fri., July 18, 7 p.m.



Hercules

(PG-13)
Free advance studio screening.
No ticket needed; first come, first seated.
Sat., July 19, 5 p.m.

The Fault in Our Stars

(PG-13)
Sun., July 20, 2 p.m.

Despicable Me 2

(PG)
Thurs., July 24, 5 p.m.
(Admission \$2.
Children ages 5 and under free.)

22 Jump Street

(R)
Thurs., July 24, 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



Memorabilia gathered over 49 years lines the history wall inside the Army Community Service building, above and below.

ACS celebrates turning 49 in July

Commemoration party scheduled for July 25

Story and photos by
MARLENE ODA

Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Dating back to the Revolutionary War, Army spouses assisting other Army families has been a long-standing tradition.

Army spouses led these early relief efforts by operating lending closets, assisting needy families, helping with emergencies and providing comfort to the ill and bereaved. However, when the spouse volunteer transferred, this social assistance often waned or faded away.

ACS formed

The Army gradually recognized the need for an official "Family Services Program," and in 1963 Lt. Col. Emma Marie Baird developed the concept of a system of social services that eventually would evolve into Army Community Service (ACS).

July 25, 1965, Gen. Harold K. Johnson, Army Chief of Staff, sent a letter to all major commanders announcing the establishment of ACS.

ACS will be hosting a celebration to commemorate its birthday, Friday, July 25th, at ACS, Bldg 2091, from 1-3 p.m. This year's theme is "Connecting our Past to the



Present."

This event will feature a narrated tour of the ACS historical wall and end with a review of current ACS programs, followed by cake and refreshments.

Refreshments will also be served from 1-3 p.m. at the following locations:

- Bldg. 647, the Financial Resilience Center, Schofield Barracks;
- Bldg. 692, the Soldier and Family Assistance Center, SB; and
- Bldg. 330, the Fort Shafter Outreach

Center.

Attend and learn

If someone is not familiar with ACS programs, the ACS birthday celebration is a good opportunity to come by, meet the local ACS team and learn about services provided through ACS.

ACS continues to strive to adapt to the changing needs of the Army family and assists in developing resiliency skills needed in today's modern Army.

ACS Services

- Currently, ACS offers the following services:
- Army Family Action Plan
 - Army Family Team Building
 - Army Volunteer Corps
 - Employment Readiness, Relocation

Readiness

- Exceptional Family Member Program
- Family Advocacy Program
- Financial Readiness
- Information and Referral
- Soldier and Family Assistance Center
- Survivor Outreach Service

Exchange offers birthday savings

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

SCHOFIELD BARRACKS — July 25, the Army & Air Force Exchange Service marks a historic milestone, celebrating 119 years of serving Soldiers and Airmen and their families.

July 25, 1895, General Order No. 46 established the exchange on military installations, directing post commanders to set up an exchange at every post.



In honor of the anniversary, the Schofield and Hickam exchanges are planning in-store events and a special Military Star card promotion. Shoppers who use their Military Star card on July 25 will receive 5 percent off their in-store purchases.

The discount is not applicable to fuel, tobacco, uniforms and accessories, Exchange Protection Plans, food court or gift card purchases.

The Military Star card's everyday discounts of 10 percent off fast food and 5 cents off per gallon of gas will be applicable, but cannot be combined with the 119th anniversary 5 percent discount offer.

Military shoppers can help the Schofield and Hickam exchanges celebrate 119 years of family serving family. Schofield Exchange will be having a "Meet the Managers" event and an optometrist, Dr. David Hironaga from the Schofield Vision Center, will be present to answer any questions.

Cake and cookies will be served at the main entrance from 10-11 a.m.

Exchange history online

To find out more about Exchange history and mission, or to view recent press releases, visit www.shopmyexchange.com.



School directory guides parents of special needs kids

TERRI MOON CRONK

DOD News, Defense Media Activity

WASHINGTON — A permanent change of station move prompts its own challenges, but family members with special needs children face another complexity when looking for the right schools at their new home, a Defense Department official has said, here.

Ed Tyner, acting deputy director of DOD's special needs program, told DOD News that service members and their families can find a comprehensive tool in the newly updated Education Directory for Children with Special Needs, which addresses opportunities in all 50 states and the District of Columbia.

Available on the Military OneSource website, the directory gives parents guidance to make informed decisions on new school districts, programs and services for special needs children.

"DOD is supportive of all families with special needs," Tyner emphasized.

The directory has been available for about



four years. It initially covered 15 states with the largest military populations and certain special needs, such as autism, intellectual deficits and behavioral concerns, Tyner said.

In addition to those needs, the new directory includes "the whole gamut," from speech and language to learning disabilities to physical impairments, he said.

The new directory, Tyner said, is "much more comprehensive."

Tyner noted that the directory is an education resource that's also useful to families without special needs children.

Navigational tools provide family members with tips on transitioning between schools by providing questions to ask and offering forms to download.

"It's organized in a way that makes it very (user-friendly). The feedback we've gotten from families has been great," Tyner said.

The directory comprises two components: one on early intervention for children up to age 2, and another for school-aged children and young adults up to age 22. Each provides a substantive guide of tools and resources to make education transitions easier during a PCS.

While the directory on Military OneSource neither compares nor rates schools, it will walk family members through school districts near the new installation and lists what schools offer for special needs education opportunities and services, as well as enrollment numbers, Tyner explained.

"Contacts are listed, so families know who to call for more information," he said.

Other tools in the directory include a check-

list to give family members questions to ask at the new school and tips for organizing school records and other transition advice.

A common theme is that families look for special needs education opportunities that are comparable to the school resources from which they're moving, Tyner said. Laws ensure that special needs education must provide comparable services, he added.

"Parents need to be sure the individualized needs, goals and objectives for their child are being met," he said, even though the new school might be organized differently.

Education Directory

Download the directory at http://apps.militaryonesource.mil/MOS/?p=EFMP_DIRECTORY:HOME:0.

Get more information at www.militaryonesource.mil/.



College orientation is an alien mind trick

My son was recently abducted by aliens.

These strange creatures from a far off land lured him to their institution, garbed him in their apparel and claimed him as their own.

To make matters worse, our son went with them willingly.

Even worse than that, my husband and I have agreed, through a complex combination of loans, financial aid, the GI Bill and possibly human sacrifice, to pay these aliens \$64,000 a year to keep him.

No, we have not fallen prey to a Vulcan mind warp. We merely took our son to his college orientation.

When we arrived, they separated us from our son immediately, whisking him off with the other starry-eyed newcomers to "start a memorable and important time in their academic and professional journeys." We knew they were really intending to erase our son's memory — 18 years of our hard work, down the drain.

In order to placate the parents, they pumped us full of coffee, plied us with shiny new pens and herded us around to "informative sessions," such as "Letting Go" and "Money Matters," in a suspiciously spaceship-shaped building they referred to as "EMPAC," the Experimental Media and Performing Arts Center.

While the parents were locked in the EMPAC motherhood with the institution's leaders, our children were off playing "ice breaker" games with legions of bubbly upperclassmen dressed in matching college T-shirts and well-worn sneakers. The incoming freshmen were encouraged to become "independent," i.e., to make all decisions without involving their parents other than to send them the bills.

The institution's leaders tried to allay our fears, characterizing the terrifying experience of handing over our flesh and blood to complete strangers as a "normal rite of passage." They told us not to



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI

Contributing Writer

be concerned, because our children would have all sorts of "advisers" to guide them. There would be student orientation advisers, resident advisers, academic advisers, graduate assistants, learning assistants and peer tutors. But all we were thinking was, "Yea, but who's going to tell him to wear his retainer?"

They said our kids would be well-nourished with a variety of meal plans ranging from the "unlimited access" plan, otherwise known as the "fast-track-to-morbid-obesity" plan, to the "custom plan," commonly referred to as the

"go-broke-on-take-out-after-you-expend-your-dining-hall-allotment" plan.

And, we were informed we had no right to access our children's grades, despite the fact we had to take second mortgages on our homes to pay their tuition.

In order to squeeze every last dollar from our increasingly shallow pockets, we were funneled through the campus bookstore, where we bought our son a lanyard with a hook large enough to hold his student ID, his military ID, his room key, his bike lock key, his asthma inhaler, a bottle of hand sanitizer, a stick of lip balm, a thumb drive and, most importantly, a framed 8-by-10 photograph of me, his mother.

In six short weeks, we will surrender our son to this alien academic institution for good, and hope that he will heed the words of one well-known extraterrestrial and always remember to "phone home."

(Molinari shares her humor on her website: www.themeatandpotatoesoflife.com.)



Photo courtesy Lisa Smith Molinari

The author's starry-eyed son tours the college campus he'll soon be inhabiting.

Protect eyes when at play

DR. DAVID HILBER
Army News Service

Sports are an everyday activity for many Americans and for many Soldiers, Sailors, Airmen and Marines.

Sports are also a leading cause of eye injuries, but not an activity where use of safety eyewear has completely taken hold.

The military uses a variety of sports activities to aid in physical fitness training and to stimulate competition; however, increased participation in sports has been accompanied by an increase in injuries in general and eye injuries in particular.

Athletic eye injuries

Prevent Blindness America, or PBA, reports that more than 40,000 athletes suffer an eye injury while playing sports every year. And, every 13 minutes, an emergency room in the U.S. treats a sports-related eye injury.

PBA has estimated that 90 percent of all eye injuries are preventable, including sports-related eye injuries.

A research article on sports eye injuries from PBA estimates that more than 100,000 eye injuries occur annually. Another specialist in sports eye injuries reports that over 42,000 of those injured require emergency care.

In the Department of Defense, during the period of 2000-2012, among active duty service members, sports accounted for 8 percent overall and 5 percent of inpatient treated eye injuries where the cause was reported. In nearly all of these cases, no protective eyewear was worn.



File photo

Prevent Blindness America reports more than 40,000 sports eye injuries annually.

High risk sports

Which sports cause the most eye injuries? According to PBA, around 6,000 Americans report eye injuries each year from basketball, making it the leading cause of sports-related eye injuries and the leading cause of all eye injuries among people over the age of 15.

The most common types of eye injuries from basketball are abrasions caused by fingers.

Water and pool activities are the second leading cause, followed by guns (air, BB and the like), which are the leading cause of eye injuries in people aged 14 and under. Baseball/softball and exercise/weightlifting round out the top five.

Preventing injuries

Just as with military and industrial activities, it is important to have the right safety eyewear. With sports, it is important to note that, in some cases, specific types of eyewear are needed to fully protect the eye. Many sports organizations have also developed requirements to wear protective equipment for participation.

Protection required

What protection is generally accepted for commonly played sports? Here is a partial list from ASTM International:

- Baseball/softball:** Polycarbonate face shield (attached to helmet) in combination with sports spectacles with polycarbonate lenses worn under the face shield for batting and running bases. ASTM F910-04 (2010) covers eye and face protection for youth players (batting/base running). ASTM F803-11 covers protection for all other players (fielding).

- Basketball:** Sports eye guard with polycarbonate lenses and side shields. Frames without side shields are not recommended because of the possibility of a finger entering the open spaces in the frame and injuring the eye.

- Football:** Polycarbonate shield attached over a wire face guard. Sports spectacles with polycarbonate lenses under the shield will provide additional protection.

- Racquet Sports:** Protectors meeting ASTM F803-11 applies to players of racquet sports. The U.S. Army Public Health Command's Tri-Service Vision Conservation and Readiness Program recommends only protectors with polycarbonate lenses for racquet sports.

- Soccer:** Sports spectacles with polycarbonate lenses are recommended.

Players of any sport with potential to cause eye injury should wear protective eyewear designed for that sport. Polycarbonate lenses must be used with protectors that meet or exceed the requirements of ASTM International.

Polycarbonate eyewear is 10 times more impact resistant than other plastics, according to the National Eye Institute.

(Editor's note: Hilber is a doctor of optometry at the U.S. Army Public Health Command.)

Performance Triad app offers free information

ARMY NEWS SERVICE
News Release

SAN ANTONIO — Army Medicine is committed to reaching beneficiaries where they live.

The Performance Triad application (v1.0) is now available to do just that.

Members of the U.S. Army Public Health Command, the Performance Triad Team at the Office of the Surgeon General, and the Combined Arms Support Center Sustainment Center of Excellence Mobile, or SCoEMobile, team recently released the first version of the Performance Triad app for global distribution.



Courtesy photo

The Performance Triad free app offers healthy lifestyle guidance.

(Photo has been altered from its original form; background elements have been removed.)

Online Resource

Learn more about the Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.



This app provides specific educational resources for squad leaders, Soldiers, spouses, civilians, health care workers, pre-retirees and retirees on how to optimize their performance and enhance their health.

For example, leaders can quickly get information on how to schedule sleep/rest cycles to maximize unit performance during field exercises. The Performance Triad app also provides leaders information about refueling after exercise to maintain performance over sustained operations.

Personal lifestyle choices make a huge impact on health, wellness and readiness. Sleep, activity and nutrition enable Soldiers, their families and retirees to reach their goals and their full potential.

"Our goal was to provide an easy to use and free tool to assist our Soldiers, families, retirees and (Department of the Army) civilians on optimal ways to enhance their performance, health and wellness through sleep, activity and nutrition," said Lt. Col. Mark Mel-lott, technology lead for the Performance Triad.

The Performance Triad app is available for free. You can download the app for iPhones, iPads, Android devices and Windows phones by searching for "Performance Triad."

(Editor's note: Story from Army Medicine.)

‘SMART’ can guide Performance Triad participants

HONOLULU — As you may know, last month marked the official kickoff of the Performance Triad Initiative.

The intent of the triad is to promote nutrition, activity and sleep as the primary pillars of health, wellness and disease prevention.

Even if you missed the kickoff, it is not too late to get started. If you make a commitment now to take just one small, healthy step each week in any of these three areas, just imagine what you could accomplish by 2015!



ASK THE RN

CAPT. MARY STAUDTER
Tripler Army Medical Center

per day. With this in mind, brainstorm some simple ideas for incorporating more into your daily routine. You may start by simply eating an apple on your way to work every day and/or packing some carrot sticks in a snack bag to

munch on in the afternoon.

If you get tired of eating apples and carrots, switch to a different type of fruit/vegetable. The key is simply to not let those extra servings go away.

At first, you may find it difficult or tiresome to remember to pack these little work snacks, and forget occasionally. However, if you keep at it, before you know it, these little healthy steps will become part of your daily routine ... your lifestyle.

Apply this same concept to any other facet of health. If you need to get more sleep and/or exercise for instance, try following these steps: 1) identify the barriers that are keeping you from doing so, 2) make an action plan to break down or break

Learn More Online

Visit: www.tamc.amedd.army.mil/offices/pao/Performance%20Triad%2026%20weeks%20Health%20Challenge.pdf



through these barriers little by little, 3) implement your action plan in a SMART way, and 4) reassess your progress on a regular basis and adjust, if necessary.

Improve your health

The Performance Triad offers a 26-Week Challenge to assist you in your efforts to improve your health. The challenge provides weekly, achievable healthy steps that, when built on each other, will help you take a giant leap toward achieving your health goals. Check out the Performance Triad 26-Week Challenge and get started today!

(Editor's note: Staudter is the chief, Production & Service at TAMC.)

Changing lifestyles

Typically, the most difficult aspect of lifestyle change is long-term adherence. To promote long-term success, it is important to set SMART goals for yourself.

A SMART goal is one that is specific, measurable, achievable, realistic, and time-bound.

The first step in setting SMART goals to improve your health is to assess your current lifestyle habits and identify areas that could use some improvement.

How close are you to achieving the following Performance Triad goals:

- Get at least 7-8 hours of sleep per night;
- Take 10,000 steps during your everyday routine;
 - Get at least 150 minutes of moderate-intensity activity and two bouts of resistance activity each week;
 - Consume at least eight servings of fruits and vegetables each day;
 - Consume a healthy balance of lean protein, fruits, vegetables, whole grains and low-fat dairy each day; and
- Move for at least 10 minutes of every waking hour.



File photo

Target objectives

Now identify some areas where you may be falling short, and let's just focus on one or two things at a time.

Perhaps you realize that you do not even come close to eating the recommended eight servings of fruits and vegetables



Get health information at <http://armyhealth.pbr.edu>.

Week 7 of 'Triad' updates goals

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Performance Triad challenges you to enhance your health with sleep, activity and nutrition.

They are all vital components to healthy living.

Here's what Army Medicine recommends for Week 7:

Sleep Goal. Are you checking your clock throughout the night? Move the clock out of reach and out of sight. When the alarm goes off, you'll have no choice but to get out of bed and start moving. You'll discover that you will stop worrying about how much longer you have left to sleep.

Activity Goals. Are you injured or have a chronic condition? Don't let that slow you down. Contact your local primary care manager for a health assessment and learn what exercise activities are best for you.

Nutrition Goal. Make at least half your grains whole. Whole grains contain the entire grain kernel — the bran, germ and endosperm. Commonly eaten whole grains include popcorn, whole wheat bread or crackers, oatmeal and brown rice.

Resources

There are many types of whole grains, to learn more visit these sites:

- www.choosemyplate.gov/food-groups/grains.html and
- www.choosemyplate.gov/videos.html.

For more activity information, visit <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/armywellnesscentersoperation.aspx>.

