

UFG 14 kicks off with the support of the 8th TSC

STAFF SGT. GAELN LOWERS

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The world's largest computerized command and control exercise, Ulchi-Freedom Guardian 2014, kicked off, Monday, for a 10-day annual training exercise.

More than 25 Hawaii-based Soldiers from the 8th Theater Sustainment Command joined the 50,000 South Korea and 30,000 U.S. troops throughout the Pacific for the combined and joint training.

"This year's UFG 14 training exercise will include 10 United Nations sending states members. The importance of their participation in UFG 14 highlights the importance of our alliance partnerships and teamwork," said Gen. Curtis M. Scaparrotti, commander, Combined Forces Command. "This is a critical milestone as we continue to enhance interoperability and common understanding to best support the defense of the Republic of Korea."

Beginning in 1976, the exercise's purpose is to enhance the combat readiness of the ROK and U.S. forces, as well as to maintain the stabil-

See UFG, A-5



(From right)
Master Sgt. Scott Fuchs, Sgt. 1st Class Vincente Moreno and Staff Sgt. Craig Stokes, HHC, 19th Expeditionary Sustainment Command, lay out a new air-beam tent in preparation for UFG 2014 at Camp Walker, June 30.

Photos by Pfc. Woohyeok Yang; 19th Expeditionary Sustainment Command Public Affairs Office

DAEGU, South Korea — Pfc. Sang-woo Park, training specialist, Headquarters and Headquarters Company, 19th Expeditionary Sustainment Command, leans forward to expand an airbeam tent for the assault command post setup at Camp Walker, here. Thousands of U.S., ROK and UN troops will participate in UFG 2014.



HONOLULU — Maj. Gen. Edward F. Dorman III (right), commander, 8th TSC, welcomes back Soldiers from the Law Enforcement Detachment, 57th MP Co., at Honolulu International Airport, Saturday. The detachment deployed last year in support of Area Support Group-Qatar and executed several missions to help keep the group safe and running smoothly.

MPs home again, safe and sound

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

SCHOFIELD BARRACKS — After nearly a year away from home in support of Area Support Group-Qatar (ASG-QA), Soldiers from the 57th Military Police Company, 8th MP Brigade, 8th Theater Sustainment Command, were welcomed home by friends and family members at the company's training area,

here, Saturday.

The law enforcement detachment was deployed last December and conducted several missions while improving ASG-QA's day-to-day operations.

One way it kept ASG-QA running so smoothly was by streamlining the Defense Biometric Identification System used by the military to easily identify and verify the access authorization of personnel.

"Paperwork and people were processed quicker and more effi-

ciently," said Sgt. Jamie Fresen, a member of the detachment.

Additionally, the detachment performed port security missions and protective service details for many distinguished visitors, all while running the Provost Marshal Office with around-the-clock support.

On her first deployment, Spc. Alicia Decipulo, personal security detail driver, said she did not expect

See 57th, A-4

25th CAB SGM recognized for his life-saving actions

Story and photos by
SGT. JESSICA DUVERNAY
25th Combat Aviation Brigade
Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — A senior enlisted Soldier assigned to 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, was honored with an Army Commendation Medal, here, Aug. 14, for his heroic actions in aiding to save a young girl's life.

port the girl to the ambulance.

"It was just training," said Gonzalez. "There was nothing else that was coming to my mind, and I just kept going until the lifeguards were there."

Following his experience with saving the girl, today Gonzalez focuses even more on talking to his Soldiers about the dangers around them and how fast an accident can happen.

"We are American Soldiers, and we put on the uniform everyday knowing that there's danger in everything that



Sgt. Maj. Gerardo Gonzalez (right), support operations senior enlisted leader, 209th ASB, is recognized by Lt. Col. John Doeller, commander, 209th ASB, Aug. 14. Gonzalez received the Army Commendation Medal for his actions in saving a young girl's life at Pokai Bay, June 15.

Sgt. Maj. Gerardo Gonzalez, support operations senior enlisted leader for the 25th CAB, was visiting Pokai Bay with his family, June 15, when he heard a man screaming for help in the water.

After quickly ensuring his children were out of the water and safely with his wife, Gonzalez moved over to the man, who was holding a young girl and struggling to keep her above water.

"My first thought was to make sure that my kids were secure and out of the water," explained Gonzalez. "My second thought was, I need to get to the gentleman carrying the girl, because he was struggling, so I need to get there fast."

Gonzalez began to perform life-saving procedures while moving toward the shore with the girl. Once he arrived on the beach, he continued to perform life-saving procedures until the girl expelled the water in her lungs and started to breathe weakly on her own. Gonzalez continued to monitor the girl and perform CPR until lifeguards arrived to take over and trans-

we do, but then we go home and we are spending time with our families," said Gonzalez. "Then, something like this happens, and it makes you more aware of the dangers every day; not just the dangers when you're deployed or in combat or even doing some training, but everyday life is always more dangerous."

The 209th ASB chose to award Gonzalez because he put the safety of others above his own.

"Sgt. Maj. Gonzalez is getting this award because he really went above and beyond performing his duty as a Soldier, on and off duty," said Maj. William Hanna, executive officer, 209th ASB. "He was selfless and went out of his way to save a little girl's life."

Gonzalez reflected on the event, stating he is thankful he was there.

"I don't know if I'm proud or honored," Gonzalez said. "I just know that I'm glad God put me in the right place so I could have an effect on the little one's life so she could continue to be with her family."

706th EOD wins All-Army competition

STAFF SGT. JOHN C. GARVER
8th Theater Sustainment Command
Public Affairs

FORT HILL, Virginia — A three-Soldier team from the 706th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, earned the title 2014 EOD Team of the Year, Friday.

Five EOD teams of Soldiers came together for the inaugural competition at the McMahon EOD Training Center, here, Aug. 11-14, during which they trained to neutralize unexploded mines, artillery rounds, improvised explosive devices and other explosives.

The team from Hawaii, which consisted of Staff Sgt. David Townsend, Sgt. Ryan Essenmacher and Spc. Michael Rooney, mastered the grueling four-day event that tested them physically, mentally and

emotionally.

"I didn't think we were going to win," said Townsend. "I'm ecstatic that we did. It was extremely challenging, mentally and physically."

The first day consisted of a physical fitness test, followed by weapons qualification and a series of written exams that tested their EOD knowledge.

The following day, the real challenges began with 14 tests of stamina, skill and intellect. The challenges included a victim in a collar bomb, a stuck projectile in an artillery tube and a downed aircraft in a minefield.

Townsend said the win was due in large part to his teammates, Essenmacher and Rooney.

"They're the brains of the team," he said. "Without them, I fail."

See EOD, A-4



Photos courtesy Fort A.P. Hill, Virginia, Public Affairs Office

(From left) Staff Sgt. David Townsend, Sgt. Ryan Essenmacher and Spc. Michael Rooney, 706th EOD, are named the EOD Team of the Year, Friday.



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Police Call

Policy for safe supervision of keiki explained

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

One of the Army’s top priorities has always been safety. This includes the safety of all Soldiers, family members and civilians.

While everyone is a “safety officer,” parents are ultimately responsible for the safety, welfare and actions of their children.

U.S. Army Garrison-Hawaii policy memorandum 34 (USAG-HI-34) outlines the requirements for child supervision while on Army installations in Hawaii. Parents must read through and understand the memorandum and ensure that their children are under proper care at all times.

USAG-HI-34 explicitly states the requirements for child care based on age groups, including children younger than 10 years of age, children 10-11 years of age, children 12-13 years of age, teenagers 14-15 years of age, and teens 16-18 years of age.

Although the policy states specific supervision requirements, it also explains that parents must use sound judgment

and consider the physical, emotional and psychological maturity of their children when determining the level of supervision their children require. This is especially true for parents who have children in the Exceptional Family Member Program.

The requirements in USAG-HI-34 are the minimum requirement for safety. Child, Youth and School (CYS) Services provides baby-sitting training, free of charge, for any children who are interested. Certification also is available through the American Red Cross, although it is at the individual’s expense.

CYS Services and Army Community Services (ACS) also provide home-alone training for children of all ages.

Every day, safety-related incidents occur when children are on their way to and from school, playing outside and while inside the home. Many of these daily incidents are easily avoidable with the proper supervision and safety



Miller



File photo

Policy Memorandum

If you have questions regarding USAG-HI-34 or want more information on available training, call the ACS Family Advocacy Program at 655-4227/4778 or the CYS Services coordinator at 656-0092.

gers of providing inadequate supervision for their children. Children are constantly at risk of accident and injury, regardless of their age, but parents reduce the risk when they take measures to ensure proper supervision is present.

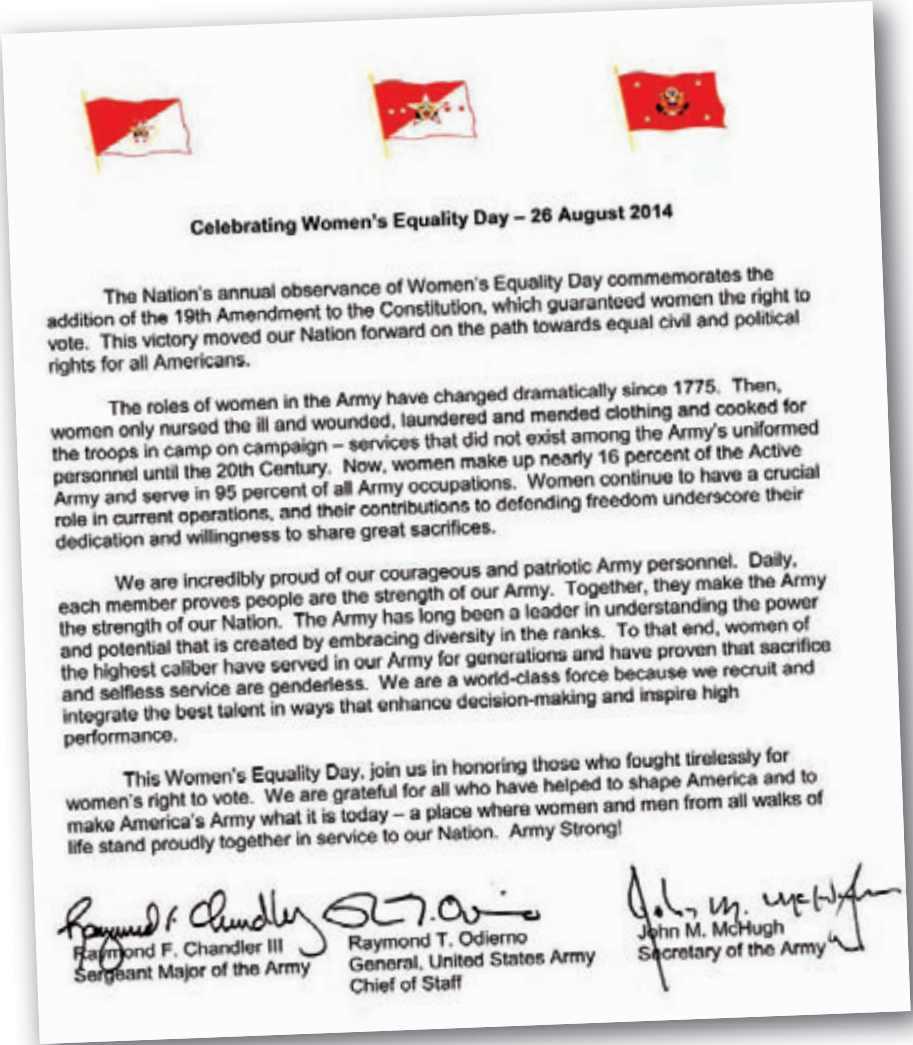
In addition to providing supervision, parents should take additional measures to keep their children safe, such as using baby gates and locks on cupboards, ensuring sharp or fragile objects are out of reach, keeping objects away from windows where children would be tempted to play on them or play in the window, and keeping children within hearing distance when playing.

Remember, everyone is a safety officer. If you are aware of unsupervised children or possible neglect, take the time to report it to the military police.

Bus stops and other public places require children younger than 10 to be supervised.

measures.
Children younger than age 10 cannot be unsupervised at bus stops, walk to school alone or play in public places without supervision.
All parents must understand the dan-

WOMEN’S EQUALITY DAY



Senior Army leaders co-signed a letter to acknowledge and celebrate the contributions of women, noting that 16 percent of the active component is made up of women working in 95 percent of all military occupational skills.



Based on the women who worked in factories during World War II, “Rosie the Riveter” (left) has become a permanent American symbol of a can-do attitude. Women’s Equality Day 2014 (right) commemorates the anniversary when women got the vote in 1920.



Several hurricanes veered away from most of Hawaii this month
•Were you prepared?
•Did you have supplies and medicines stocked?
•Do you and your family know what to do?

Voices of Ohana



“My sister, Sgt. 1st Class Liela Cowhig, is a strong female leader who leads by example in a caring way.”

Staff Sgt. Michael Cabanayan
Logistics NCO, 94th AAMDC



“(Retired) Brig. Gen. Shelia Baxter ... is the reason I decided to continue my career in the Army.”

Staff Sgt. Lehua Johnson
Supply NCO, 94th AAMDC



“My supervisor, Master Sgt. Veronica Atkins, is a strong female leader because she leads by example.”

Spc. Chastoni Jones
Supply specialist, 94th AAMDC



“My mother, Silvia Dennis, because regardless of her social and ethnic background, she led by example.”

Sgt. Kimberley Menzies
Public affairs NCO, 94th AMMDC



“Sgt. Maj. Jennifer Taylor, because she does not let anything get in her path to reaching her goals.”

Capt. Elia Valdespino
Personnel officer, 94th AAMDC

Women’s Equality Day is Aug. 26.

“Who do you consider a strong female leader and why?”

Photos by 94th Army Air and Missile Defense Command Public Affairs

USARPAC deputy commander honored for service

SGT. 1ST CLASS CRISTA MACK
U. S. Army-Pacific Public Affairs

FORT SHAFTER — A celebration of service and a “Flying V” ceremony honored Maj. Gen. Roger Mathews, deputy commander, U.S. Army-Pacific, here, Aug. 14.

“Every day I served was a gift that I treasured, and over the years, I learned much,” said Mathews, who originally commissioned in 1978 in the Air Defense Artillery branch.

“My career included many amazing moments, but it will always be the people I remember the most,” Mathews said. “You represent all the Soldiers and officers I have served with in the past 36 years. I’m honored to serve with you.”

As deputy commanding general of USARPAC, Mathews was responsible for the daily operations of USARPAC headquarters and the execution of all senior mission commander responsibilities for Army forces in Hawaii. He also served as chief of staff for U.S. Pacific Command’s Joint Task Force 519 from 2011- 2012.

“My most important thanks goes to the Soldier,” said Mathews. “Soldiers represent what is best about our Army, and they make us better than we ever expected to be. For me, personally, they never allowed me to have a bad day.”

Gen. Vincent K. Brooks, commander, USARPAC, and officiating officer, summed up Mathews’ career.

“You’ve just been amazing, that’s the easiest



Sgt. 1st Class Maurice Smith, U.S. Army-Pacific Public Affairs

Maj. Gen. Roger Mathews (left), deputy commander, USARPAC, is congratulated by Gen. Vincent K. Brooks, commander, USARPAC, for his 36 years of service to the U.S. Army during an official “Flying V” ceremony held at Fort Shafter’s Palm Circle, Aug. 14.

way to describe it,” said Brooks. “Your contributions will reside here in the way we do our work every day. It will also reside in the way we treat each other every day, because they’re reflections

of you.”

Brooks said that Mathews’ three-year tenure as USARPAC deputy commander was a time of great change, and that he led the command

though the reorganization of the Pacific, especially building the relationship with 8th Army in Korea and with 1st Corps returning from Afghanistan to its Pacific home base.

“(Mathews) was the key to the Pacific Army to the means that we had out here ... keys that would make a difference for the Pacific Command and Soldiers,” said Brooks.

Mathews was presented with the Distinguished Service Medal, U.S. Army Space Professional Association Order of St. Dominic, Retirement Service Award, Certificate of Appreciation from the Commander in Chief, a Certificate of Appreciation from U.S. Army Chief of Staff Gen. Raymond Odierno, a retirement pin and a U.S. flag flown on Palm Circle. Connie Mathews was presented the Outstanding Civilian Service Medal for her volunteer service to the Army, a certificate of appreciation from the Secretary of the Army and a letter of appreciation from Brooks.

“Flying V”

The “Flying V” formation on historic Palm Circle was represented by USARPAC’s subordinate and theater-enabling commands. Its name refers to the “V” shape in which the colors are posted during the ceremony. The commander of troops was Maj. Gen. James Pasquarette, chief of staff, USARPAC.

‘Broncos’ complete commander’s certification course

Story and photos by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS, Hawaii — Thirty-two company commanders from 3rd Brigade Combat Team, 25th Infantry Division, participated in a three-day company commander’s certification course, here, Aug. 11-13, taught by senior mentors covering the basics of live-fire exercises and fires integrations.

The purpose of the course was to train and certify company commanders for high-risk tactical events.

“What I am looking to take away from this course is the ability to conduct safe, realistic training for my troops,” said Capt. Adam C. Reams, company commander, Bravo Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd BCT.

Day one began with classroom instruction covering range operation and live fire develop-

ment.

“This is my first time going this in depth with this type of Infantry and live-fire range training. That’s why it’s so important to me,” said Capt. Reinaldo Aponte, company commander, Golf Forward Support Company, 3rd Battalion, 7th Field Artillery Regt., 3rd BCT.

“It’s a good experience to learn how to build SDZ (surface danger zone) and range fans,” Aponte added. “I have never done this before.”

Over the next couple of days, the commanders conducted a walk-through range scenario where they utilized the skills they had learned.

“We will take what we learned in the classroom and apply it out on the range,” said Reams. “We will see the effects of what we learned and how to use the resources and assets that we have available to us in the best way possible.”

The training is a stepping stone toward the execution of collective training at the Joint Readiness Training Center in mid-2015.



Col. Scott Kelly (front, second from right), commander, 3rd BCT, briefs Bronco Brigade company commanders during the commander’s certification course, Aug. 11-13. The course covered the basics of live fire exercises, ranges and fires integration.



Staff Sgt. David Townsend (left) and Sgt. Ryan Essenmacher, part of a three-Soldier team from the 706th EOD, disarm an IED during the EOD Team of the Year Competition held at Fort Hill, Virginia.

EOD: Skills challenged

CONTINUED FROM A-1

Rooney said that even though the competition was tough, he enjoyed it.

“It tested our skills,” Rooney said. “It was fun, especially with me being new to EOD. I learned a lot.”

(Editor’s note: Some information for this article was provided by Fort A.P. Hill Public Affairs.)

EOD competitor

The four EOD teams that competed against the 706th were:

- 25th Chemical Co., 48th Chem. Bde., Edgewood, Maryland;
- 53rd EOD Co., 71st EOD Group, Yakima Training Center, Washington;
- 221st EOD Co., 111th Ordnance Group, Florida Army National Guard, Camp Blanding, Florida, and;
- 723rd EOD Co., 52nd Ordnance Group, Fort Campbell, Kentucky.

57th: MPs praised for duty

CONTINUED FROM A-1

the year downrange to go by as quickly as it did.

“It wasn’t too hectic, and I even got to get some schooling done,” said Decipulo.

Along with time for education, the detachment sent six Soldiers to the Warrior Leader Course in Kuwait, with two of those troops making the commandant’s list.

In keeping with a normal routine as much as possible, the detachment also carried out physical training.

Declaring their mission a success, detachment commander Capt. Brad Smith said he couldn’t be more proud of how his MPs conducted themselves.

“The Soldiers performed above and beyond what was expected and executed their missions with zero issues,” said Smith. “We received nothing but praise from command and many distinguished visitors.”

Sgt. 1st Class Kristy Martin, detachment senior noncommissioned officer, added her Soldiers were “awesome.”

“They were asked for by name when the Sergeant Major of the Army came for a visit,” said Martin.

Yet, as busy as the detachment was with all of its missions, there was not one mishap.

“It’s a great feeling when you can bring all of your Soldiers back home,” said Martin.



Capt. Brad Smith, commander, Law Enforcement Detachment, 57th MP Bde., reunites with his family at a redeployment ceremony, Saturday. Smith returned with his detachment after being deployed for nearly a year.



Spc. Jack Bement, Law Enforcement Detachment, 57th MP Bde., kisses his son after a redeployment ceremony, Saturday. Bement, along with approximately 40 other Soldiers with the detachment, returned home after being deployed for nearly a year in support of Area Support Group-Qatar.

State bird touches down at Wheeler

KIM WELCH
Oahu Army Natural Resources Program
Directorate of Public Works-Environmental
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Several nene geese (*Branta sandvicensis*) landed at a construction site east of the runway, here, Aug. 14.

“I was contacted by DPW Engineering branch regarding an observation of geese at a construction site east of the Wheeler airfield,” said Kapua Kawelo, biologist, Oahu Army Natural Resources Program, Directorate of Public Works-Environmental Division, U.S. Army Garrison-Hawaii.

Kawelo was surprised at the notification, noting the geese appeared to be Hawaii’s endangered state bird.

“The DPW observer reported that the birds were banded,” said Kawelo. “I dropped everything, grabbed some binoculars and drove over to Wheeler by 8:45 a.m. They were, in fact, nene — four in total — happily munching on newly planted and well-watered grass.”

Given their endangered status and close proximity to the WAAF runway, careful considerations had to be made about the safety of the nene and how the presence of these large birds might affect airfield operations — just 300 meters from where the nene grazed is a hot refueling station on the runway.

The geese were fitted with leg bands, and one had a radio-tracking device. The bands contain individual identification numbers that can usually be read at a distance, without disturbing the birds.

Tyler Miyamoto, project engineer, U.S. Army

Biologists from the USFWS and USAG-HI DPW-Environmental Division gather, Aug. 14, to document several nene visiting a construction site on the airfield. Pictured (from left) are Lasha-Lynn Salbosa, USFWS; Kapua Kawelo, natural resources, DPW Environmental Division, USAG-HI; Annie Marshall and Michelle Bogardus, both with USFWS; and Larry Hirai, chief, DPW Environmental Division, USAG-HI.



Photos courtesy Oahu Army Natural Resources Program, Directorate of Public Works-Environmental, U.S. Army Garrison-Hawaii

A family of endangered nene geese lands at WAAF, Aug. 14, to sample newly planted grass in a construction area adjacent to the runway and an active refueling station.

Corps of Engineers, assisted Kawelo with the nene observations.

A few phone calls later, Honolulu biologists with the U.S. Fish and Wildlife Service (USFWS), one of the lead agencies for implementing the Endangered Species Act, quickly mobilized at WAAF to assess the situation.

One of the USFWS biologists was Annie Marshall, who had placed the bands on two of the nene earlier this year. The leg band information gathered upon last week’s sighting was quickly shared with many of the state’s leading biologists, including staff at the Department of Land and Natural Resources Division of Forestry and Wildlife, and Pacific Rim Conservation.

The combined knowledge revealed some fascinating facts about this feathered foursome.

Of the 2,500 nene statewide, 1,400-1,500 are on Kauai, 416 on Maui, 77 on Molokai and 543 on Hawaii Island. The four that showed up at WAAF are the only known nene geese on Oahu. Coming from Hawaii Island, two nene touched down on Oahu for the first time in years this past January at the James Campbell National Wildlife Refuge, located in Kahuku on the North Shore. The couple nested in February and hatched three eggs in March. Two of the goslings survived and were banded by Marshall May 15 and shortly afterwards were observed flying around the refuge.

Until recently, this nene family seemed content to stay on the refuge. However, this time of year is flocking season, when nene typically fly greater distances in search of other food and other nene. Two weeks prior to their arrival at WAAF, sightings of this same nene family were reported by a Mililani golf course.

Nene are critically endangered and threatened by the presence of introduced predators and loss of habitat.

(Editor’s note: Welch is an environmental outreach contractor with OANRP.)

Nene sightings

If you think you’ve spotted Hawaii’s state bird on post, take the following actions:

- Call Oahu Army Natural Resources Program at 655-919 and the USFWS office at 792-9400.
- Take a photo, if possible.
- Note the time of sighting.
- Give the location of sighting (address, landmarks).
- Provide the number of nene.
- Describe their behavior.
- Keep pets indoors, as required by Army Hawaii Family Housing.
- Keep our nene wild; do not approach them or feed them!

UFG: Exercise began in 1953

CONTINUED FROM A-1

ity on the Korean Peninsula.

UFG highlights the longstanding and enduring partnership and friendship between the two nations and their combined commitment to the defense of the ROK, and ensuring peace and security in the region.

The exercise’s purpose is to enhance the combat readiness of the ROK and U.S. forces.

UFG, like all Command Forces exercises, is routine and defense-oriented, designed to enhance readiness, protect the region and maintain stability on the Korean Peninsula. It is planned months in advance, and it is not connected to any current world events.

Training exercises like UFG are carried out in the spirit of the Oct. 1, 1953, ROK-U.S. Mutual Defense Treaty and in accordance with the Armistice.

“We are looking forward to participating in this year’s training,” said Capt. John Kiefer, plans and operations officer, 8th TSC. “The U.S., 8th TSC and (ROK) have a great relationship that we are excited to see flourish for many years to come.”

2014 Participants

In addition to the ROK and the U.S., the 10 United Nations states scheduled to participate in UFG 2014 are Australia, Canada, Colombia, Denmark, France, Italy, Netherlands, New Zealand, Norway and the United Kingdom. In addition, the Neutral Nations Supervisory Commission observers will monitor the exercise to ensure it is in compliance with the Armistice Agreement for the Restoration of the South Korean State (1953).



Child Safety — The 2014-2015 school year began Aug. 1. Motorists should watch out for children walking on sidewalks, riding their bicycles and crossing roads. School-zone speed limits are 15 mph. Parents are reminded that children younger than 10 cannot be left alone at a bus stop or walk to school alone (*see related story, p. A-2.*) A parent or sibling who is 12 years or older must escort them.

Platelets — The Tripler Blood Donor Center needs donations of platelets, a component of blood that helps to stop bleeding and are essential to saving lives. Donors can watch TV or read while they’re donating. Call 433-6148 for details.



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

Today

Red Hill — The Forward Avenue inbound lane will be closed until Sept. 5.

Park ‘n Play — Tripler Army Medical Center began construction on a new parking lot, Monday, in the area between the TAMC ball field and the oceanside lower D-Wing parking lots. This project will significantly improve and add to the critically short number of parking stalls. The temporary parking area near the old driving range will be fenced off. Alternate parking space is available at the ball field parking lot and the Army hotel. The Tripler Trolley routes include these areas for pickup.

29 / Friday

Revised Kahauiki Bridge — One lane closes and intermittent full closures of the bridge begin. Closures start at Funston Road

Today

Water Conservation — Due to the water main break last week at Fort Shafter, water conservation continues to be in effect.

The water is safe to drink, and there are no health or safety issues. Keep consumption to a minimum until further notice.



Customer Voices — Take part in a community survey to share perceptions of how garrison services are performing and how important those services are to organizational mission accomplishment and for individual needs.

This customer feedback will help the garrison answer whether its efforts to deliver high-quality services are making a difference and meeting its customers’ expectations.

Visit www.surveymonkey.com/s/2014_USAG-HI_Community_Survey.

VA vs. ID Theft — In defending

against identity theft, the Department of Veterans Affairs understands that awareness is critical. A new campaign, “More Than a Number,” references the personally identifiable information veterans need to protect. Visit www.va.gov/identitytheft or call 855-578-5492 weekdays, 2 a.m.-2 p.m. (Hawaii time).

23 / Saturday

VA Housing Summit — The Department of Veterans Affairs says Hawaii is near the bottom of the entire country when it comes to veterans taking advantage of VA programs.

Hawaii has one of the largest military populations in the country — roughly 185,000 veterans and active duty members. Be part of the first VA Housing Summit in Hawaii, 9:30 a.m.-2 p.m., at the Oahu Veterans Center (Foster Village), 1298 Kukila St., Honolulu. Veterans and active service members will be able to apply on the spot for VA housing assistance, and they will leave with a “Certificate of Eligibility,” which is the first step in qualifying for government-assisted VA home loans.

25 / Monday

USAR CSM — The senior noncommissioned officer for the Army Reserve, Command Sgt. Maj. Luther Thomas Jr., will speak with USAR-enlisted Soldiers about current Army issues, 1 p.m., Bldg. 1554, Fort Shafter Flats.

26 / Tuesday

Women’s Equality Day—Have fun, win prizes, learn about women’s equality and meet Susan B. Anthony in this daylong, traveling program on Schofield Barracks.

- 6:30-8 a.m., Martinez Fitness Center.
 - 9 a.m.-3 p.m., Main Post Exchange.
 - 3:30-5 p.m., Youth Center.
- Hosted by the 500th Military Intelligence Brigade. Call 655-4381

September

3 / Wednesday

HPFEB Lead Council — Register by Aug. 28 for the next Honolulu-Pacific Federal Executive Board Lead Council meeting, 8:30 a.m.-noon, in the Inouye Regional Center, Ford Island. Topics for discussion will be suicide

prevention among veterans, and an introduction to LBGT and diversity issues in the workplace. Open to all federal employees with access to Joint-Base Pearl Harbor-Hickam. Visit www.honolulu-pacific.feb.gov/ or call 541-2637/2638.

Ongoing

ACS Survey — Take the Army Community Services’ Customer Needs Assessment Survey at www.hi.mwr.com or www.armymwr.com/ACS-Survey. The survey is open until Aug. 31 to gauge services for service members, families, retirees and civilians.

Medical Appointments — All sick active duty service members who use Tripler’s Internal Medicine Clinic will be seen by appointment only with their primary care manager or PCM team, effective Oct. 1.

To book an appointment, call 433-2778, ext. 551; visit www.tricareonline.com; or sign up for secure messaging with the PCM team at www.relayhealth.com.

and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The lane closure will be 24 hours a day through Nov. 10. Intermittent, hourlong full bridge closures will occur 9 a.m.-5:30 p.m. on the following dates:

- Aug. 29, 30 and 31,
- Sept. 1, 5, 6 and 7,
- October 10, 11 and 13, and
- Nov. 10.

Ongoing

Fisher — Tripler’s Krukowski Road has a partial closure near Fisher House buildings I and II. Access is restricted to one lane through Aug. 22.

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

Aleshire Ave. — Expect a road closure at Schofield’s Aleshire Avenue near buildings 2027 and 2087. Traffic will be redirected to alternate routes through Aug. 20.

Watch for signs/barriers for closing each end of Aleshire.



Soldiers and civilian team members of the Schofield Barracks WTB Honu canoe team prepare to compete in the wounded warrior division paddling heat of the sixth annual Na Koa Wounded Warrior Canoe Regatta at the Hala Koa Hotel Beach Park, Saturday. The regatta was a part of the annual Duke's Oceanfest.

WTB members earn unit cohesiveness in Oceanfest

Story and photos by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity

WAIKIKI — Twelve teams emphasized teamwork while paddling a three-lane, 300-meter sprint as part of the wounded warrior division of the Duke's Oceanfest Wounded Warrior Canoe Regatta at the Hala Koa Hotel Beach Park, here, Saturday.

U.S. Sen. Mazie Hirono, Hawaii Congresswoman Tulsi Gabbard and Wounded Warrior Col. Gregory Gadson provided opening remarks during the event to help honor and commemorate the service of wounded warriors and everybody involved in the event.

Each canoe team consisted of six members who were required to work together to cross the finish line.

"You think of it as a group going out there on the battlefield. Well,

we're a group in a canoe," said Staff Sgt. Billie Grines-Watson of the Warrior Transition Battalion (WTB), Schofield Barracks, and team member of the WTB "Honu" canoe team. "Everyone has to work together. It can't just be one person. If you don't have everyone working together, you won't be able to move the canoe at all."

Training together has been essential for members of the WTB Honu canoe team and has contributed to their performance.

"(Training) gets your form down, and you get the feel that no matter who's in your boat, just being in sync and doing the correct form is where it's at," said Sgt. Joshua Atkins of the WTB, and team member of the WTB Honu canoe team. "Once you start doing that, you switch around with everyone in the club, and it builds camaraderie."

Air Force Staff Sgt. Brian Arzadon, 154th Wing maintenance operations

control specialist, Hawaii Air National Guard, Joint Base Pearl Harbor-Hickam, coaches wounded warriors on canoe paddling as part of the Ho'okanaka Canoe Club.

"They work together, and it's (a good feeling) to see them progress and get where they're from, despite what their dealing with coming home from the battlegrounds or coming back to the civilian life," Arzadon said. "It brings everybody together, and it's a team effort. You're a team where you're learning the culture of canoe paddling. It teaches them how to blend and to be one unit."

Retired Army Special Forces Sgt. Maj. Kimo Wheeler has supported and mentored the men and women of the WTB canoe team and feels a sense of pride when working with them.

"I have a special feeling for these men and women out here," Wheeler said. "You see the peace in their eyes.

Ten seconds of combat is completely thrown out of the picture by two hours of paddling because it's so peaceful, and it helps strengthen their minds and bring them back to the reality that there is a lot to do for their family, for their country, for their unit and for themselves."

The teamwork and friendships that come along with canoe racing has been rewarding and helpful for Grines-Watson.

"You've also got the invisible wounds that no one really sees, so it's nice to be able to get together with your brothers and sisters to be able to talk," she said. "When no one else really knows what you're going through, they do. That's the best part of this; you've got your team with you."

Steven Nardizzi, Wounded Warrior project chief executive officer, explained the goal of having wounded warrior events like this.

"It's to bring awareness to the fact

that you have so many warriors coming back injured from these conflicts and to highlight their successes," he said. "You can see that when warriors get the right support and they're given the opportunity to heal, they can move forward with their life, but it takes a lot of community support for that."

This is really to raise awareness that warriors need their help and that they're a vital part of this community."

The WTB Honu canoe team placed second in the wounded warrior division.

In addition to the 12 teams that competed in the wounded warrior division, 33 teams competed in the military division for active duty, National Guard, Reserves and veterans, and nine teams competed in the youth division.

Gold Star families also were able to participate in heats during the Duke's Oceanfest.



WTB Honu canoe team members test their paddling stamina and skills on waters off Waikiki as part of the Duke's Oceanfest, Saturday. The Honu team placed second among the 12 participating teams in the wounded warrior division at the sixth annual event.

Hawaii runners eye Washington, Army 10-Miler team spots

Runners earn the chance to compete for Army Hawaii

Race in Washington, D.C., Oct. 12.

New Year, New Course

A different course ran through Schofield Barracks this year and was designed as one of the toughest routes ever for the annual run.

Runners began their trip up Trimble Road and Cadet Sheridan intersection, climbing uphill for about 2 miles before coming down Lyman Road for another 2.5 miles, then another half-mile up Humphries Road, where they would come across the start line.

Two laps were needed to complete the 10-mile course.

"I thought the course was very well marked. We all run through Kolekole (Trimble turns into Kolekole) a lot as Soldiers, so it was very familiar," said 1st Lt. Anne Nagy,

See Run, B-3



Photos by Megan Bruns, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

Runners assemble at the starting line, Saturday morning, for the 2014 Army Hawaii 10-Miler run. The top six male and female finishers qualified to represent Team Army Hawaii in the Army 10-Miler, Oct. 12, in Washington, D.C.



Today
SKIES Yoga Dance Class — Yoga Dance class for keiki 3-18 years and the Art of Middle Eastern Dance for those 5-18 years are offered at AMR and SB SKIES studios. Cost is \$35 per month, per child. Call 655-9818.

Ballroom Dancing — SKIES Unlimited Ballroom Class, 5 p.m., Social Ballroom, and 6 p.m., Performance Ballroom classes. Open to children 10-18 years old. Cost is \$35 per month, per child.

24 / Sunday
FS Sunday Brunch — Enjoy Sunday Brunch at Mulligan’s Bar & Grill from 10 a.m.-1 p.m. Call 438-1974.

25 / 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 (\$10.95) or menu items. Current lunch specials at www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ike-na/hale-ikena-lunch-buffet-menu.

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.

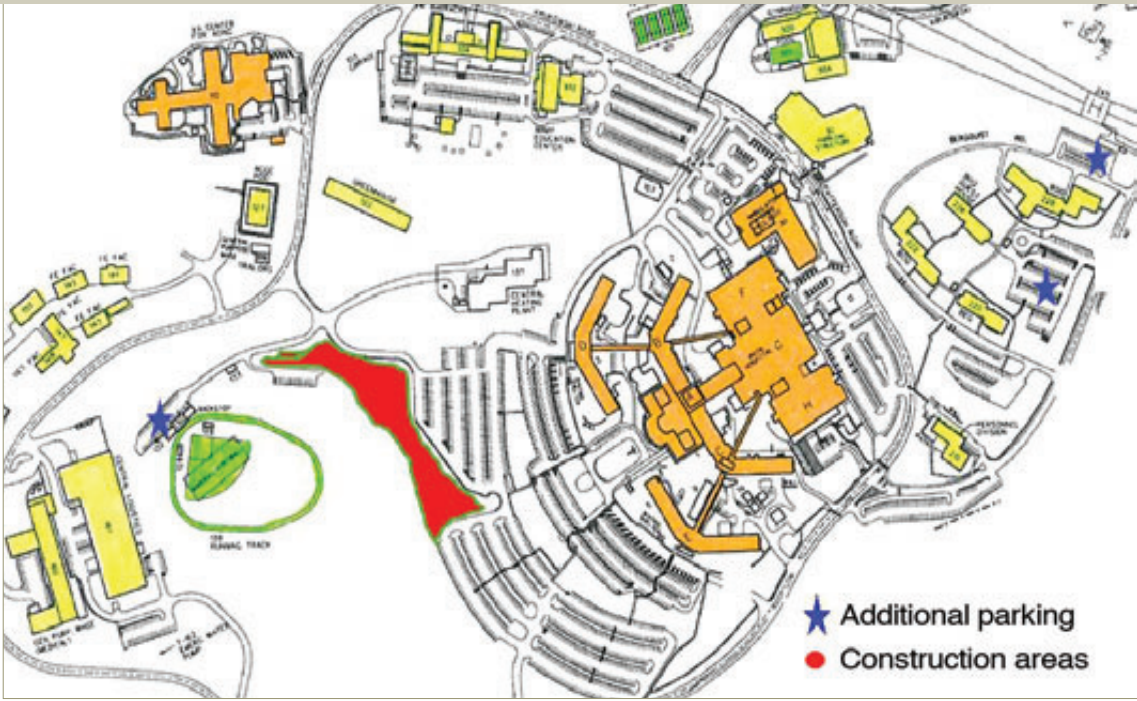
Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

26 / Tuesday
Acrylic Painting — Create your own island-inspired masterpiece at this adult workshop held 5:30-7:30 p.m. at the SB Arts & Crafts Center. Includes canvasses and paints; cost is \$80 for four sessions. Call 655-4202 for preregistration.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

\$2 Bowling Special — FS Bowl offers a “\$2 Bowling Special,” 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other

TAMC CONSTRUCTION



Photos courtesy Pacific Regional Medical Command Public Affairs

HONOLULU — Tripler Army Medical Center began construction on a new parking lot, here, Monday, in the area between the TAMC ball field and the oceanside lower D-Wing parking lots. This project will significantly improve and add to the critically short number of parking stalls at TAMC. During construction, the makeshift parking area near the old TAMC driving range will be fenced off. Alternate parking space is available (see map above for more details) at the TAMC ball field parking lot and the Tripler Army Hotel. The Tripler Trolley routes include these areas for pickup. The project is slated for completion late November of this year.



promotions, holidays, specials, reservations or groups. Call 438-6733.

27 / Wednesday
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. Attend these meetings: •North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone. •South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center. Call 655-1130.

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.

28 / Thursday
Tropical Thursdays — Free weekly Texas Hold’em poker is at 6 p.m., SB Tropics Warrior Zone.

All ID cardholders age 18 years and older are welcome. Call 655-5698.

29 / Friday
Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) host local-style food, every last Friday of the month.

Leilehua Concert Series — Hawaiian music group Maunalua performs at the Grill at Leilehua at this pau hana (end of work day) event. Free and open to the public; food and drinks will be available for purchase. Call 655-1711.

Ongoing

Bowling Sale — All youths, ages 17 years and younger, receive one free game for every game purchased at FS Bowl between noon-4 p.m., Monday-Friday, during August. Free games must be bowled on the day of purchased game and will only be offered provided lanes are avail-

able. Special cannot be combined with any other offer and does not apply to group or party reservations. Call 438-6733.

Pacific Teen Panel — Provide service on the PTP (Pacific Teen Panel) for the AMR/TAMC/FS communities. Must be CYS registered, in the 9-11th grade and participate in Youth Activities. PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific. For more details, call the AMR Youth Center at 833-0920 or the FS Teen Program at 438-6470.

Big Brother, Big Sister Program — Military mentoring registration is underway for keiki ages 9-17 of active duty military personnel. Children will be matched with a military or civilian adult that can serve as a mentor or assist in their personal development. Contact the School Liaison Office at 655-8326 to sign up as a mentor or

community calendar

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

23 / Saturday
MCBH Keiki Tradewind Triathlon — Marine Corps Base Hawaii, Kaneohe Bay, holds its annual children’s triathlon for two age divisions: 7-10 and 11-14 year olds. The event is open to the public. For race details, visit www.mccs.hawaii.com/races.

Chapel Fest — Learn about the Army’s chapel communities, 10 a.m.-3 p.m. Enjoy free food and family fun with bouncy houses, a rock climbing wall, face painting, a dunk tank, video games and more. Takes place at the SB Main Post Chapel.

25 / Monday
Girl Scouts — An informational session about scouting for girls in the Pearl Harbor/Hickam area will be held 6-7 p.m. at Nimitz Elementary

School, 520 Main St. The invitation is for troop members and girls and their families who have no experience in Girl Scouts. Email pearlharbor.scouts@gmail.com.

30 / Saturday
Outdoor Gospel Concert — William McDowell will be featured, 2-7 p.m., AMR Chapel parking lot.

31 / Sunday
Fellowship Dinner — Combined Sunday service and fellowship dinner, noon, at the Schofield Chapel.

September 6 / Saturday
Emergency Preparedness Fair — This free event, 9 a.m. to 1 p.m., Ewa Makai Middle School, Ewa Beach, is open to all residents of Oahu. More than \$10,000 worth of preparedness items to give away. Learn how to be better prepared for the next natural or manmade disaster and other emergencies, such as school lockdowns. Sponsored in part by the City and County of Honolulu’s Department of Emergency Management.

Saturday Night on the Lawn — The 25th Infantry Division Band performs, 5 p.m., at Generals’ Field on Generals’ Loop for Soldiers and families on SB and WAAF and friends of the 25th ID. Call 655-4756.

Ongoing

BayFest Concert Sale — Concert tickets for the Oct. 17-19 BayFest music concerts, including country musician Rodney Atkins and rock group Smash Mouth, are on sale for individual nights at www.BayFestHawaii.com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day. BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay.

Freeway Service Patrol — This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service provides assistance to stranded motorists by changing flat tires, jump-starting ve-

hicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline. The service is available, 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Recycling Plastic — Plastic bottle caps and lids can now be recycled at Kapahulu, Mapunapuna and Wahiawa Goodwill locations. The project aims to reduce the amount of plastic in the ocean and helps save endangered birds. Call 393-2168 or 656-5411.

Veterinary Treatment Facility — The renovated SB Veterinary Treatment Facility is now seeing patients five days a week. Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

Naval Air Museum — This nonprofit museum, located in Bldg. 1792, Midway Rd., Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7 adults, and \$5 keiki under 18. Visit www.nampb.org or call 682-3982.

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 aafes.com under realtime movie listing.



Dawn of the Planet of the Apes (PG-13)
Fri., Aug. 22, 7 p.m.
Sun., Aug. 24, 2 p.m.

Planes: Fire and Rescue (PG)
Sat., Aug. 23, 2 p.m.



Sex Tape (R)
Sat., Aug. 23, 6 p.m.
Thurs., Aug. 28, 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
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SENATORIAL VISIT



Photo by Ana Allen, Pacific Regional Medical Command

HONOLULU — U.S. Sen. Mazie Hirono (front left) speaks with Col. David Dunning (front right), commander, Tripler Army Medical Center, as they exit the oceanside entrance of TAMC, along with Col. Lawrence Connell (back, second from left), acting commander, Pacific Regional Medical Command, after concluding a meeting, Aug. 13, in which the senator received an overview of PRMC health care responsibilities and strategic outreach and discussed TAMC/Veterans Affairs Joint Venture.

PERFORMANCE TRIAD

Check midpoint progress

U.S. ARMY GARRISON-HAWAII
Public Affairs

HONOLULU — The Performance Triad is intended to promote sleep, activity and nutrition (SAN) as the primary pillars of health, wellness and disease prevention.

Track your progress this week with the SAN Midpoint Tracking Chart at the end of the challenge.

How did you do compared to the Baseline and 6-Week Check-In charts? Have your SAN habits improved?

If you met your goals, great! Continue to challenge yourself with new goals. If you fell short of your goals, keep trying!

Sleep Goal

Be sure to stop drinking caffeine at least six hours before going to bed.

Activity Goal

Do the math. One hundred-fifty minutes of moderate activity per week equals 30 minutes of exercise spread out over five days.

You can even get health benefits by being active 10 minutes at a time. If you’re short on time this week, try to get your activity in 10-minute bouts.

Nutrition Goal

Know the caffeine content of the products you consume. Do not exceed 200 mg within one hour, and do not exceed 800 mg within eight hours.

Caffeine is most effective when taken in 100-mg doses, although much less may be effective for individuals who do not habitually consume caffeine.

Side effects of too much caffeine include feeling sick to the stomach, anxiety, shakiness, headaches and elevated blood pressure.



File photo

Watch for side effects from too much caffeine.

Learn More

Find out more about excess caffeine symptoms at:

- www.energyfiend.com/quick-chart-compare-caffeine-amounts, or
- www.mayoclinic.com/health/caffeine/NU00600.

Visit the American Council on Exercise for exercise ideas at www.acefitness.org/acefit/exercise-library-main/.



Run: Qualifiers earn trip to run at the nation’s capital as Army team members

CONTINUED FROM B-1

82nd Engineer Support Company, 65th Eng. Battalion., 130th Eng. Brigade., 8th Theater Sustainment Command.

“Most of us were mentally prepared for this event,” said Nagy, who was the first female to cross the finish line at 1 hour, 8 minutes and 54 seconds.

“I thought the course was great. Four miles uphill is very challenging. In all honesty, it’s the perfect course to weed out who’s there and who isn’t,” said 2nd Lt. Bryce Jenkins from Co. B, 2nd Bn., 27th Infantry Regiment, 3rd Bde. Combat Team, 25th Inf. Division, who was the second Soldier overall to cross the finish line with a time of 1:01:12.

Jenkins also had company with him at the race. His father, Col. Bruce Jenkins of U.S. Army-Pacific Command headquarters, also

ran the race.

“It’s always been a running joke; we always support each other, but there’s always smack talk,” said the younger Jenkins.

Also in the race were a set of twin sisters who both made the Hawaii Army 10-Miler Team: Capt. Cora Freeman from Headquarters and Headquarters Co., 8th Military Police Brigade, 8th TSC, and Capt. Chelsey Freeman from the 18th Medical Command.

“We are competitive against each other, (but) we are supportive of each other and proud of each other’s accomplishments,” said Chelsey Freeman.

Chelsey finished with a time of 1:12:25, while Cora was not far back at 1:14:07.

The men’s and women’s teams will consist of six team members each, with two alternates, who all will travel to Washington, D.C., in October to compete.

Hawaii Army 10-Mile Qualifiers
Men’s Team

- Maj. Martin Anders, 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID
- 2nd Lt. Bryce Jenkins, 2nd Bn. 27th Inf. Regt., 3rd BCT, 25th ID
- 2nd Lt. Nathaniel Einfeldt, 2nd Sqdn., 14th Cav. Regt., 25th CAB, 25th ID
- 1st Lt. Kyle Cobb, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID



Maj. Martin Anders, 1-27th Inf. Regt., 2nd SBCT, 25th ID, is the first to cross the finish line of the 2014 Army Hawaii 10-Miler with a time of 59 minutes and 17 seconds.

- Spc. Richard Williams, Co. B, Tripler Army Medical Center
- Sgt. William Morgan, Co. A, 209th Aviation Support Bn., 25th CAB, 25th ID

Women’s Team

- 1st Lt. Anne Nagy, 82 Eng. Support Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC
- Capt. Gurtov, attorney, Staff Judge Advocate, USARPAC
- Capt. Chelsey Freeman, 18th MEDCOM
- Capt. Cora Freeman, HHC, 8th MP Bde., 8th TSC
- Capt. Hannah McCallum, Co. A, Warrior Transition Bn., TAMC
- 1st Lt. Miranda Doss, 185th Military Intelligence Co., 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID



Photo courtesy Lisa Smith Molinari

The author (left) and her husband, U.S. Navy Capt. Francis Molinari, set sail on Narragansett Bay in Rhode Island.

Time for an old military wife to learn new tricks

“How do I look?” my husband asked, putting his hands on his hips and strutting down the marine supply store aisle snugly strapped into a new life vest.

As if he was on a runway in Milan, he stopped, pivoted and looked at me with a “come hither” stare.

“You’ll be the envy of everyone in our sailing class,” I lied.

Along with our new life jackets, we bought sailing gloves, non-marking deck shoes, sunglasses straps, waterproof phone pouches and a humongous chart of the entire Narragansett Bay.

At home, we assembled the rest of the recommended sailing apparel: hats, quick-dry shorts, breathable collared shirts, waterproof watches and gadgetry like pocket knives and compasses that would never see the light of day.

We had no idea how to sail, but goshdarnit, we were going to look the part.

“By the end of the first night, the only term I could remember was ‘SOS.’ I wondered, after 20 years as a Navy wife, am I too old to learn something new?”

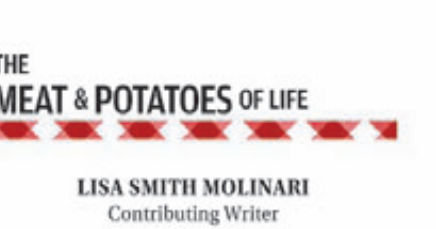
Besides, when military folks like us move somewhere new, we try our best to experience the local customs.

Before the end of our tour of duty in Rhode Island, we will guzzle gallons of “chowdah,” stuff ourselves with “stuffies” (stuffed clams) and learn to love “lobstah” rolls. We will hike rocky coastlines, wade through cranberry bogs and snap photos of squatty lighthouses.

We might even start saying things like, “Hey, I have an idear ... let’s go down city for a gagga and a beah.” (Locals’ way of suggesting hot dogs and beers in Providence.)

And, in a state like Rhode Island, where there are more boats than human beings, we must learn how to sail.

Last week, we showed up at the Naval Station Newport Base Marina on the first night of Basic Sail Training Class with naïve visions of cruising on the Narragansett Bay in a 40-footer named something like “Moon Dancer,” my husband at the helm in his polo sweater, and me lounging in the cockpit with a glass of



chardonnay, like Jackie O.

About 20 of us — mostly middle-aged with a smattering of 20-something single Sailors — mustered on the deck of the tiny marina office. We sized each other up while we waited for the instructors to show.

One by one, the volunteers appeared to give us instruction. They were all older, seasoned gentlemen, one of whom smoked a calabash pipe and seemed the incarnation of Hemmingway’s Santiago from “The Old Man and the Sea.”

They broke us into smaller groups, and after discussing rigging, points of sail, knots and right of way, our minds were swimming with new terminology: Clew, cleat, cunningham, close-hauled. Halyard, heel, helm, hull. Batten, beating, boom, beam-reach. Leeward, leech, luff. Starboard, stern, spreader. Shackles, shroud, sheet ...

By the end of the first night, the only term I could remember was “SOS.”

I wondered, after 20 years as a Navy wife, am I too old to learn something new?

Our next lesson was “on the water,” but thanks to torrential downpours, it was more like a re-enactment of “The Perfect Storm.”

Although I had faithfully read my instruction manual and practiced my square knots, cleat hitches and bowlines with a length of rope while watching “Deadliest Catch,” my waterlogged brain went blank when I took the helm.

I yelled “Jibe Ho!” while tacking; I shouted “Helms-a-lee!” while jibing; I let my sails out while close-hauled; and I sheeted the sails in on a broad reach.

And, during the “man overboard” drill, I ran right over the floating dummy.

My husband and I thought our instructors might ban us from the marina, but interestingly, they kept showing up to teach us. And eventually, we learned to sail.

Sure, we went a little overboard with our sailing attire, and we had to let go of our dream of Kennedy-esque yachts, Egyptian cotton sweaters and fine wines. But my husband and I are now qualified to rent a small boat from the base marina and sail like real Rhode Islanders.

We may not be salty, but there’s no denying it: These old dogs have learned a new trick.

TAMC introduces new ‘centering’ prenatal program

SPC. PAXTON BUSCH
Tripler Army Medical Center

HONOLULU — Few things are as beautiful, profoundly life-changing and exciting as becoming a mother.

Although the journey can be filled with uncertainty, studies show that a woman’s experience during the delivery process has the potential to positively impact multiple facets of a woman’s life.

Facing pregnancy as a military member, or especially as a military spouse, can bring about a variety of emotions. Capt. Kristen Swift, certified nurse midwife at Tripler Army Medical Center, hopes to ease new parent concerns through “centering.”

“Centering provides patients continuity of care with their health care provider and an ability to develop a support group of fellow pregnant women,” said Swift.

This new approach to pregnancy, from first visit to birth, helps put expectant mothers in charge of their pregnancy and aids women in having a more active role throughout the process.



Photos courtesy Tripler Army Medical Center

TAMC staff show an example of a "centering" activity that is performed during group sessions, illustrating how people are all connected.

“Patients who participate in centering pregnancy have been shown to decrease emergency room visits, preterm births and low birth weight, and have higher breastfeeding rates,” Swift stated.

Centering also is a group model of prenatal care that is endorsed by the March of Dimes

and the American College of Nurse Midwives, yet still follows the American College of Obstetrics and Gynecology’s guidelines for prenatal care, along with aligning with the Surgeon General’s focus on Patient Centered Care Initiatives.

“We strongly feel that a medical center such

as Tripler — where many women may be far from families and friends — would be a great benefit from such a program,” Swift said.

This innovative method of prenatal care will be offered to women with low-risk pregnancies who meet enrollment requirements; however, the hope is to extend this program to all pregnant women in the near future.

Contact TAMC

The mission of the Tripler Army Medical Center Obstetric and Gynecologic Department is to provide optimal health care to all female beneficiaries while training profession future leaders in the premier training program in the Army system.

For more information on centering, call 433-5932.

**TAMC now offers a new Centering Pregnancy Program.**