



84th competes for best squad

Story and photos by
SGT. JON HEINRICH

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Leader development begins the moment troops join the Army, but operating within a squad provides Soldiers one of their first opportunities to demonstrate and foster that leadership as part of a cohesive team.

The 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, emphasized, trained and tested those foundation-al squad-level skills through an intense 10-day Best Squad competition, here, Oct. 23-29.

The 36 competing squads battled the full range of weather as they negotiated three phases of the competition — a physical fitness test, a stress shoot range, and the Warrior Task and Battle Drill Course (WTBD) — while constantly being evaluated on their ability to work together as a team of Army professionals.

Capt. Jesse Cain, the current operations officer for the battalion, said the unit’s leadership wanted to break its formations down into smaller elements to truly evaluate and challenge Soldiers at the most fundamental levels.

The battalion’s seven companies are constantly conducting a variety of vertical and horizontal construction projects or missions throughout the Pacific theater, oftentimes as pla-

See **BEST A-4**

Warriors of the 84th Eng. Bn., 130th Eng. Bde., 8th TSC, evacuate a simulated casualty as part of the Best Squad Competition. The battalion’s seven companies fielded 36 competing squads for the 10-day test of foundational skills, tasks, battle drills and PT.

8th TSC unit names first Command CWO

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

SCHOFIELD BARRACKS — Chief warrant officers are highly regarded as adaptive technical experts, combat leaders, trainers, advisers and — in the words of the Pacific’s senior logistician, Maj. Gen. Edward F. Dorman III — “the miracle workers of our Army.”

So naturally, when a top chief warrant officer position was created for Dorman’s 8th Theater Sustainment Command, Chief Warrant Officer 5 Michael B. Martin was named to fill the position.

He assumed the command chief warrant officer responsibility during a ceremony, here, Oct. 31.

Martin joined the Army in 1983 and earned the rank of warrant officer one in 1993. During his 21 years in the Warrant Officer Corps, he has served with the 7th Battalion, 159th Aviation Regiment, and the 160th Special Operations Avn. Regt.

Dorman emphasized the impact that Martin’s years of experience will have on the command, and the overall important role that all warrant officers play in our Army.

“Today, we celebrate a phenomenal Sol-



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

Chief Warrant Officer 5 Michael B. Martin discusses the critical role the Warrant Officer Corps plays in the success of the 8th TSC and Army mission, at his delegation ceremony, at Sgt. Smith Theater.

dier, the technical expert, the logistics warrior and warfighters’ logistician,” he said.

Martin said, “The senior warrant officer plays a critical role in the professional development of the Warrant Officer Corps within this two-star command. This is the first time outside of aviation and special forces in the Pacific where we have had a command chief warrant officer for an organization of a two-star commander or higher.”

As the senior Army logistics command in the Pacific, 8th TSC troops are the experts on logistics and supply for land operations. The organization’s 125 warrant officers, represent 25 different military occupational specialties and provide the technical leadership to make that massive mission possible.

Martin said the new position, makes him feel “honored, privileged, excited, nervous, apprehensive, but my goal is to work with each and every warrant officer of the command, to get involved in their careers, to help with their professional development and, overall, to bring warrant officers to the leading roles in this Theater Sustainment Command’s mission, impacting logistics throughout the Pacific.”

Community town hall to take place

USAG-HI offers online feedback opportunity

LACEY JUSTINGER
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Two weeks after October’s Community Information Exchange meetings and one week prior to the Army Family Action Plan conference, members of the U.S. Army Hawaii community have another opportunity to address issues.

The garrison’s quarterly Facebook Town Hall is 6-7:30 p.m., Nov. 12, at www.facebook.com/usaghawaii.

“Facebook town halls help us address problems with installation programs and services, and determine which areas may need improvement, reductions and additional funding or staffing,” said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii.

In this virtual forum, Soldiers and families present on-post issues that impact the community in a convenient venue that doesn’t require in-person attendance. Garrison leaders then login to reply to comments posted on the event page before the town hall concludes.



“The town hall is very effective in getting your questions and concerns answered,” said Maj. Gen. Charles Flynn, senior commander, US-ARHAW, during a recent CIE meeting.

Participants are asked for patience when waiting for a response from representatives in the Directorate of Emergency Services; Island Palm Communities; the Directorate of Public Works; and the Directorate of Family and Morale, Welfare and Recreation.

Individuals taking part in the digital discussions also should review the posting policy located under the “About” tab before participating. Comments that include swearing or comments that are personal attacks, obscene or abusive will be removed, and the user may be banned

See **FB A-4**

Posting Tips

The following tips should guide all participants:

- Be proactive.* Post your installation-wide concern in the days and hours prior to the live event — before the page gets extremely active.
- Be specific.* Include as much detail as possible, including items like the neighborhood, street and intersection, if applicable.
- Be patient.* Reposting your question doesn’t get it answered faster. All original comments posted before or during the town hall will be answered in a couple days.

Boyd named as 2014 Soldier of the Year

SGT. MAJ. CISCO JOHNSON

500th Military Intelligence Brigade

SCHOFIELD BARRACKS — U.S. Army Pacific Command and the 500th Military Intelligence Brigade are now home to the 2014 U.S. Army Soldier of the Year.

Spc. Thomas C. Boyd earned the title and honor after competing at the weeklong Army Best Warrior Competition in Fort Lee, Virginia.

Boyd competed against 13 other competitors from across various Army commands. He competed in a 12-mile ruck march, reacted to hand-to-hand contact during a riot, evacuated a casualty while wearing restrictive chemical protection gear and various weapons systems assembly, fired the M9 pistol stress fire, fired the M203, wrote an essay and presented himself to a panel board that judged his competitor appearance, military bearing and knowledge of critical Army topics.

The panel of judges consisted of six senior command sergeants major and was chaired by Sgt. Maj. of the Army Raymond F. Chandler III. Boyd is a cryptologic linguist (35P) with Headquarters and Headquarters Detachment, 500th MI Bde. He holds a master’s degree in war studies and a bachelor’s degree in political science.

There were a number of events, supporting agencies and personnel that contributed to his successful track, which began in May and culminated in the Army Best Warrior Competition, Oct. 6-9.

Schofield Barracks’ Central Issue Facility, Range Control, Training Audiovisual and Support Center, and its Installation Quartermas-



Staff Sgt. Steve Cortez

Spc. Thomas Boyd, 500th MI, receives the Meritorious Service Medal from Army Chief of Staff Gen. Ray Odierno, Oct. 16, as Sergeant Major of the Army Raymond F. Chandler III looks on. Boyd is the 2014 Soldier of the Year after coming in first at urban warfare simulations, board interviews, physical fitness tests, written exams and warrior tasks/battle drills.

ter Clothing and Equipment Wash Facility all provided support.

Boyd says that his sponsors, Sgt. 1st Class Demetric Williams and Staff Sgt. Chang Zhang, were instrumental in this achievement. They kept him grounded and focused throughout the competition.

“It is an honor to be named the Soldier of the Year,” Boyd said. “The training that was provided by the 500th MI Bde. NCOs (non-

commissioned officers) prior to departing for competition really assisted me in honing my skills, bearing and preparation to compete.

“I also would like to thank the following people stationed at INSCOM (Intelligence and Security Command) for their support and hard work training me to be a more effective Soldier and leader: Staff Sgt. Shelia Benoit,

See **SOY A-4**



HAWAII
ARMY
WEEKLY

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Warrior Care Month is a ‘show of strength’

Each November, the military services commemorate our sacred obligation and enduring commitment to wounded, ill and injured service members and their families and caregivers.

These men and women have personally contributed to the strength of the force and the strength of our nation. Their determination and resilience in recovery inspires us all.

The theme for this year’s Warrior Care Month observance is “Show of Strength.”

Across the Army, there will be weekly subthemes observed to celebrate our commitment to the wounded, ill and injured Soldiers and their families and caregivers. Subthemes include “recovery, reconditioning, reintegration and remaining strong.”

The Army’s Warrior Care and Transition Program (WCTP) supports wounded, ill and injured Soldiers

and their families throughout each phase of the recovery and transition process.

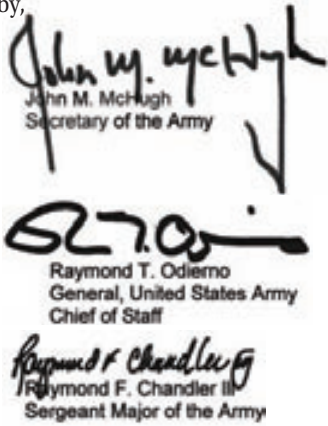
At 25 Warrior Transition Units, Soldiers heal, hone vital skills, and set and achieve goals across the career, emotional, spiritual, physical, social and family spectrums. Demonstrating the resilient spirit of the Army, Soldiers emerge prepared to return to duty or to enter the workforce as veterans.

Since 2007, the WCTP has supported more than 62,000 Soldiers, with more than 28,000 of them returning to the force. Together, our Soldiers and our support teams continue to demonstrate the strength and teamwork of America’s Army.

Warrior Care Month is an opportunity to honor the strength and resilience of these incredible Soldiers, families and caregivers. As we support them through each phase of their recovery and transition, we also cel-

ebrate their accomplishments.

Army Strong!
Signed by,



FROCKING CEREMONY



Photo by Christopher Rosario, U.S. Army Corps of Engineers Information Technology

WASHINGTON — (Then) Col. Jeffrey L. Milhorn, commander, U.S. Army Corps of Engineers-Pacific Ocean Division, is pinned with his first star at a frocking ceremony, Oct. 30, by Lt. Gen. Thomas Bostick, USACE commander and 53rd Chief of Engineers, and his wife, Debbie, at USACE headquarters, here.

The Army Corps’ newest brigadier general is no stranger to Hawaii, having served two previous command tours at Schofield Barracks with the 25th Infantry Division and at the 8th Theater Support Command.

Milhorn took command of the Army Corps’ division, Asia-Pacific region, July 18. The division employs 1,600 military and civilian engineers, technicians and other professionals in the annual execution of a \$3.2 billion program.

The mission includes engineering design, construction and real estate management for the Army in Hawaii, the Army and Air Force in Alaska, and for all Department of Defense agencies in Japan, the Republic of Korea, and Kwajalein Atoll, Republic of the Marshall Islands.

(Editor’s note: Read the full story at www.HawaiiArmyWeekly.com.)

5 STEPS in FAITH

We need spiritual fitness for today’s family

CHAPLAIN (CAPT.) JONATHAN D. TODD

84th Engineer Battalion
130th Eng. Brigade
8th Theater Sustainment Command

The military duties required of our service members can be demanding and often place significant stress on family relationships.

As a military community, we train and deploy in support of our nation’s needs, and here in the Pacific Rim, those needs are many.

The sacrifice our families give in support of our service is absolutely invaluable to the success of our missions. Without this support, our Soldiers would not perform at the exceptional level they do.

Intentionally nurturing family relationships must be a priority, not just for each service member, but also for each command as it directly impacts Soldier

readiness, performance and capability.

An important piece of growing our family relationships stronger is spiritual fitness as a family. As a component of the Army Ready and Resilient Campaign, Comprehensive Soldier and Family Fitness (CSF2) addresses this need.

Spirituality and family are two of the five dimensions of strength identified within CSF2. These two strengths, when combined, produce a synergy of strength that is far more powerful together than they could be separately.

As an Army chaplain, I help Soldiers with the challenge of strengthening family relationships in today’s fast-paced Army. The key to this balance is prioritization and intentionality. If we are not prioritizing, protecting and intentionally cultivating our relationships, then we will fail to have strong and healthy relationships.

The simple fact is, every relationship in our lives is either growing or withering; there is no middle ground. The reason for this is the change in time and life experiences as we grow as people. The extended effect is the changes our growth

has on every relationship in our lives.

This dynamic was never clearer to me than after returning from my last deployment. The time my Soldiers and I shared while deployed together and the experiences we endured together grew our relationships stronger. Yet, the time apart from our families and the different experiences they endured in our absence created a relationship gap between us and them.

To close this gap required spending time and sharing experiences together with our families. For some of us, the gap required help to overcome, such as marriage counseling or relationship coaching.

One thing is clear. We each have the power to shape our spiritual and family growth through prioritization and intentionally sharing time and experiences together. This reality can be difficult and may require creative planning, but it is necessary if we are to achieve spiritual growth together as a family.

For many faiths, discussing the lessons learned from Scripture is paramount to growing as a family. In

the Bible, Deuteronomy, chapter 6, teaches the importance of discussing and sharing lessons from Scripture.

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

— Deut. 6: 6-7.

Growing spiritually as a family requires practicing your faith as a family. Share stories from Scripture and talk about God with your children. Set aside a private time to pray together with your husband or wife. Attend worship together as a family with others of your faith.

Be creative, be intentional, set the conditions for your family’s spiritual health and relationships to grow and ensure your family’s spiritual health has a high priority in your life.

If you maintain this within your family, your work will reap the benefits of building spiritually strong family relationships that will last.

Voices of Ohana

Veterans Day is November 11th.

“How have veterans inspired you?”

Photos by 9th Mission Support Command Public Affairs



“I am inspired just by remembering the sacrifices they continue to make.”

Anne Kornegge
Office manager,
Armed Services
YMCA



“It makes it easy for me to come to work every day. I get to work with people I enjoy and I get to assist them.”

Heather Smith
Outreach specialist,
Honolulu Veterans
Center



“If veterans can do it, I can too. I feel it is my job to step up to the plate to keep this country strong and successful.”

Spc. Lisa Steinmueller
Medic,
303rd Maneuver
Enhancement
Brigade



“They inspire me to do what I can for this country.”

Staff Sgt. Aaron Watt
Battle staff NCO,
USARPAC Support
Unit



“What they went through doesn’t compare to the support that we have in war today. It is heartfelt to see.”

Sgt. Florence Yanglimau
Supply sergeant,
303rd Maneuver
Enhancement
Brigade

Veterans to be honored on Mighty Mo

Battleship is site of sunset Veterans Day ceremony

BATTLESHIP MISSOURI MEMORIAL
News Release

PEARL HARBOR — As daylight fades on Nov. 11, the Battleship Missouri Memorial will bring all Veterans Day observances around the world to a close with a special sunset ceremony, here.

“It is a special privilege to conclude our nation’s commemorations of Veterans Day, here, in historic Pearl Harbor, on the decks of the USS Missouri, America’s last battleship,” said Michael Carr, president & CEO of the USS Missouri Memorial Association. “Our ceremony will proudly honor all veterans for their unwavering courage, including our youngest generation of veterans who have served America over the past decade in the Middle East.”

Rear Admiral Richard “Rick” L. Williams, commander of Navy Region Hawaii and the Naval Surface Group Middle Pacific, will deliver the keynote address.

Also speaking will be retired Navy Vice Admiral Robert K.U. Kihune, former chairman of the Board of Directors for the USS Missouri Memorial Association, and Mark Marble, Military Adaptive Sports coordinator for Schofield Barracks and founder of AccesSurf Hawaii, which provides modified surfing instruction and therapeutic water-based educational programs to people with disabilities.

A portion of the program will be dedicated to



Photo courtesy of USS Missouri Memorial Association

Soldiers aboard the USS Missouri lower the flag at sunset during a Veterans Day ceremony.

remembering Hawaii-based armed forces members who gave their lives while serving in Iraq and Afghanistan. Representatives from the U.S. armed forces will scatter more than 300 flowers into the waters of Pearl Harbor, each flower signifying a Hawaii Medal of Honor recipient who made the ultimate sacrifice.

As the ceremony draws to a close, attendees will witness a moving sight when a vintage World War II airplane performs a flyover of the retired

USS Missouri, courtesy of Pacific Warbirds.

The ceremony will feature music by the U.S. Army’s 25th Infantry Division Band, the U.S. Pacific Command color guard and the playing of taps to honor all fallen veterans.

Attendance at the ceremony is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

Reservists in Samoa become citizens

Soldiers of 9th MSC are recognized for their service

CAPT. LIANA KIM
9th Mission Support Command Public Affairs

TAFUNA, American Samoa — Excited chatter filled the room as government officials, service members and their families crowded into the Veterans Memorial Hall, Oct. 27.

It was to be a day that would forever change the lives of 47 Soldiers and their families.

For the second time ever, a naturalization ceremony, here, recognized members of the armed forces who were born in American Samoa for serving honorably and meeting the other requirements to become U.S. citizens.

“Today is a proud moment for our local heroes, for they gain the privilege of becoming United States citizens,” said American Samoa Lt. Gov. Lamanu Peleti Mauga, former Army Reservist of the 9th Mission Support Command. “Today they will experience a true sense of belonging and acceptance by the greatest country in the world, for they have pledged their allegiance and they have sworn to protect its values and civil liberties.”

In unison, the Soldiers stood at attention, right hands raised, as they pledged the Oath of Allegiance. When they took their seats, they were America’s newest citizens.

“From singing the National Anthem to the Pledge of Allegiance, to the shout-off of the Army Song, I was moved by the whole program, and wished my children were here to see this happening,” said Sgt. Doris Pulu, one of the naturalized Soldiers. “I was nervous reciting back the Oath and listening to the President of the United States followed by that song, and was so touched that I

cried.”

Becoming a citizen is no small feat, said Col. Twanda Young, commander, U.S. Army Reserve Theater Support Group-Pacific, representing the 9th MSC.

“I am proud to serve in your ranks, filled by great men and women. You are courageous, confident, competent and compassionate,” said Young. “It’s an honor to be a part of the memories you will form today and share with your families for years to come. ‘Fa’afetai. Pride of the Pacific!’”

“Another exciting first, we processed applications for Soldiers who had claims to citizenship through one of their parents,” said Capt. Puletsi Wong-Mageo, executive officer, American Samoa Detachment, who helped the 47 warriors from four Army Reserve units in American Samoa (the 411th Engineer Battalion Forward Support Company, Bravo and Charlie Companies of the 100th Infantry Battalion, and the 962nd Quartermaster Detachment) with the naturalization process.

“The two million of us in uniform, less than 1 percent of our population, are the force that stands between our way of life and chaos, between those who would hurt our homeland and the defense of our families, homes and the security of our country,” said Col. Mike Seguin, commander, American Samoa Detachment.

“You are what is right and good in the world. ... You are willing to give your lives to protect your tribe, and you have a stake in the health and security of the United States, because you are Americans and this is your home,” Seguin added.

As exuberant families, friends and fellow Soldiers cheered and yelled out their traditional Polynesian call, the new citizens received a certificate signed by the director of U.S. Citizenship



Command Sgt. Maj. Jaybee Obusan, 9th Mission Support Command

Army Reserve Soldiers repeat the Oath of Allegiance during the naturalization ceremony at the Veterans Memorial Hall, Oct. 27.

Immigration Service.

“The people of American Samoa are so very kind, happy and hospitable; they go out of their way to help you,” said Leung. “The men and women serving in our armed forces play a critical role in protecting our freedom and representing the democratic principles of the United States of America, and it was an honor to serve these Soldiers throughout their naturalization journey.”



Soldiers and civilians are encouraged to attend the following ceremonies on Veterans Day.

- Nov. 9, 2 p.m.:** In honor of Veterans Day, Pacific Aviation Museum Pearl Harbor hosts the Hawaii premiere of “With Their Voices Raised.” The documentary theater performance shows stories of Pearl Harbor and Hiroshima survivors created by Kate Morris. A reception follows with cake and refreshments in Hangar 37. The event is free with museum admission, free to museum members or \$5 performance-only admission. Reserve tickets at www.PacificAviationMuseum.org/events/with-their-voices-raised.
- Nov. 11, 10 a.m.:** The Wahiawa Lions will hold their annual Veterans Day Parade along California Avenue in Wahiawa. The event is expected to have 45 marching units, 17 vehicles and five bands. The parade will begin at Ka’ala Elementary School and head up California Avenue and end at Fred Wright District Park.
- Nov. 11, 10 a.m.:** The Oahu Veterans Council will hold its Veterans Day Memorial Ceremony at the National Memorial Cemetery of the Pacific, or Punchbowl, located at 2177 Puowaina Dr., Honolulu. The OVC holds this ceremony every year to honor veterans past and present for their dedicated service to our country.
- Nov. 11, 11 a.m.:** The Waianae Veterans of Foreign Wars will host a Veterans Day ceremony at the Piliilau Army Recreation Center, Waianae.
- Nov. 11, 1 p.m.:** Governor Neil Abercrombie will host the Veterans Day Governor’s Ceremony at the Hawaiian State Veterans Cemetery in Kaneohe. The ceremony is intended to honor and thank all who have served in the U.S. armed forces.
- Nov. 11, Sunset, 4:30 p.m.:** The USS Missouri Memorial Veterans Day Ceremony will be conducted on the ship’s fantail at 63 Cowpens St., Honolulu. Complimentary round-trip shuttle service for the event begins at 3:30 p.m. The U.S. Department of Veterans Affairs has selected the USS Missouri to serve as the official regional site to observe Veterans Day.

IMCOM revises overseas tour policy, opportunities

AMANDA S. RODRIGUEZ
Installation Management Command Public Affairs

SAN ANTONIO — A new U.S. Army Installation Management Command policy, published Oct. 28, will open development doors to its general schedule employees in grades 9 and above. It will reduce a backlog of employees past their five-year overseas tour rotations and place them in stateside positions to create a leadership development cycle.

IMCOM Enhanced Placement Program Policy 690-15, which went into effect Monday, uses the Priority Placement Program mechanism to rotate overseas civilians past their five-year tour into positions stateside, opening overseas tour development positions to others.

The policy’s outcome equates to growth, development and advancement opportunities that shape IMCOM careers and support the reshaping of America’s Army, according to Karen Perkins, IMCOM director of Human Resources.

“This initiative supports the Department of Defense five-year tour limitation policy by enhancing placement opportunities of IMCOM overseas talent who have been extended beyond five years,” Perkins said. “It provides placement assistance to positions back in CONUS (continental U.S.). As part of this strategy, the OCONUS (outside continental U.S.) vacancies created by the program will open up additional opportunities for our CONUS employees who wish to obtain experience in the overseas environment.

“This facilitated mobility of the IMCOM work-



Photos by Defense Video Imagry Service

Your next assignment as a Department of the Army civilian under IMCOM’s Enhanced Placement Program could be in Korea (top), Germany (bottom) or another OCONUS duty station.

force is a key component of LOE 1 (lines of effort) and the strategic human capital plan to facilitate talent management and leader/workforce development,” Perkins added.

As of Monday, IMCOM non-displaced overseas employees registered in PPP will be matched to stateside placement opportunities within the command and receive increased priority.

The combination of strictly adhering to five-year overseas tour limits and increased placement opportunities for OCONUS employees in PPP will create succession for leadership professional development facilitating talent management throughout the command, according to policy proponents.

Employees should carefully review and update resumes. In overseas locations, employees should work with their local Civilian Personnel Advisory Centers staff to ensure proper coding and registration is completed.

IMCOM developmental assignment programs, Department of the Army career programs and specified garrison key leader selection processes remain in place.

IEP Resources

To take advantage of the opportunities, IMCOM employees, supervisors and leaders should immediately familiarize themselves with the policy and procedures, available on IMCOM Sharepoint at https://home.army.mil/sites/operational/g1/ASD/docs/PolicyMemo_690-15_IMCOMEnhancedPlacementProgram.pdf.

For general information about IEPP, contact IMCOM Human Resources at (210) 466-0416 or your local CPAC.



Spc. Louis Rivera, horizontal construction engineer, 2nd Squad, 2nd Platoon, 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, marches 10-kilometers with a full rucksack during the WTBD event of the Best Squad Competition, Oct. 29, at Schofield Barracks’ East Range.

Best: Warrior tasks challenge the final phase to be ‘best’

CONTINUED FROM A-1

toon- or squad-level elements in coordination with their joint and multinational counterparts.

Cain said that competitive training events like this gives the unit confidence in its readiness.

“Once (our troops) have gone through this type of an experience, it helps allow us to be better prepared to be (U.S. Pacific Command’s) unit of choice when it comes to specific engineer needs in the region,” said Cain.

The competition began with the standard Army physical fitness test, with each squad earning the average of its members’ scores. Next, the troops attacked an intense stress shoot range.

“In this portion, basically, we’re trying to determine which squad is the most proficient with their weapons through this range, while also stressing them at the same time,” said 1st Lt. William Hinkely, battalion plans officer and event range officer.

Prior to engaging targets from multiple firing positions, squad members did burpee push-ups, squats with their weapons, pulled a litter loaded with a simulated casualty up and down a hill, and then moved to the firing lane and conducted 20 more push-ups — all while wearing full body armor and reacting to an unexpected “Gas! Gas! Gas!” alert.

“It gets you used to being uncomfortable while firing,” said Spc. Edward E. Martin IV, heavy equipment operator and grenadier, 3rd Squad, 3rd Platoon, 523rd Eng. Company.

“When you’re out there, you’re moving around. You don’t really have time to stop and catch your breath. It’s almost like being downrange.”

The WTBD course, the third and final event, consisted of a 10-kilometer ruck march around East Range while negotiated task-driven

lanes required the engineers to conduct decontamination procedures in a chemical, biological, radiological and nuclear environment; to employ hand grenades; to assemble a radio; to conduct a situation report; to react to an improvised explosive device; and to evaluate a casualty, followed by a mystery event and confidence course.

After factoring the squads’ performance based on event execution, leadership and com-

munication throughout the competition, the results were announced:

- 1st Place:** Headquarters and Headquarters Company, 84th Eng. Bn.
 - 2nd Place:** 1st Squad, 3rd Platoon, 561st Eng. Co.
 - 3rd Place:** 3rd Squad, 3rd Platoon, 561st Eng. Co.
- The competition was a learning, training and team-building evaluation.

FB: Time to speak

CONTINUED FROM A-1

from the page.

Attendees visiting the digital town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about road conditions, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will pave the way for a faster response.

SOY: Pride for unit

CONTINUED FROM A-1

Spc. Matthew Benoit and Spc. Benjamin Haar,” Boyd added.

He continued, “I was fortunate enough to be in this position to compete, but many Soldiers who are deployed or carrying out their respective daily missions would have achieved these same accolades if they were afforded this same opportunity. The competition is a great way to improve yourself as a Soldier, and the learning opportunities it creates for the Soldiers who help you at each level cannot be understated. I would encourage every Soldier to take the opportunity if they get it to compete, not just for the pride of winning, but for what it brings back to the unit.”

Boyd looks forward to attending Warrior Leader Course, and has future plans to work within the Special Operations community.

\$60 million WTU barracks officially opens at Schofield

Story and photos by
AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Hawaii News Bureau

SCHOFIELD BARRACKS — Service members and civilians gathered, Friday, to kick off Warrior Care Month and to open the \$60 million Warrior Transition Battalion construction project that includes a 120-room, five-story barracks constructed and designed by the U.S. Army Corps of Engineers.

The new campus is located next to the U.S. Army Health Clinic-Schofield Barracks, bringing Soldiers closer to medical facilities creating improved access to health care.

It is also centrally located to support facilities on the post, here.

“I always thought that wounded warriors were only Soldiers who got hurt in combat,” said Sgt. 1st. Class Bonifacio Castro II, Hawaii WTB Headquarters and Headquarters Company



Maj. Gen. Charles Flynn, commander, 25th Infantry Division, speaks about the service and sacrifice of wounded warriors during the WTB ribbon cutting and Warrior Care Month kickoff, Friday.

cadre and platoon sergeant. “That was me, being wrong and not open minded. Once I came back from the cadre course, I was eager and excited to help out these wounded warriors. I remember I was informed that I was receiving two Soldiers that were being

medevaced.”

Upon meeting the two Soldiers, Castro said he was confused, because he had expected them to be recovering from physical injury; yet, they appeared healthy.

“Once I got to meet the Soldiers, I

first looked at them and took a second look again because they both looked perfectly fine,” Castro said. “They were smiling and had all their limbs, no bandages and no wounds. I thought to myself, these two are perfectly fine. But the truth was that, medically, they were far from fine. That’s when I realized that how I saw a wounded warrior was wrong.”

Through his time assigned to the WTB as a cadre, Castro began to see the Army in a different light.

“I started to see a side of the Army that I’ve never seen before,” Casto said. “It’s bigger, and there is more to it than jumping out of planes, grabbing your gun, and ruck-sacking and moving on.”

Soldiers moved into the new barracks, Sept. 17, and the event offered a chance to honor the men and women of the WTB as well as the efforts that were made to make the WTB campus a reality.

“I have got a lot of friends who are



Rep. Tulsi Gabbard, Hawaii’s 2nd Congressional District, herself a Hawaii Army National Guard combat veteran, notes that many of her battle buddies are wounded warriors.

going through here, now, been through here before, and can relate at some level to some of the experiences that Sgt. 1st. Class Castro shared,” said keynote speaker Rep. Tulsi Gabbard of Hawaii’s 2nd Congressional District.



Co. D, 29th Eng. Bn., 3rd BCT, 25th ID, conducts its first field training exercise for its MFT platoon at Schofield Barracks, Oct. 20-24. The Military Intelligence company is the only one assigned to 3rd BCT.

MI team brings intel to battlefield

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

SCHOFIELD BARRACKS — Soldiers assigned to Company D, 29th Engineer Battalion, 3rd Brigade Combat Team, 25th Infantry Division, held a training exercise for its MFT platoon, Oct. 23, here.

Delta Co. is the 3rd BCT’s only Military Intelligence company, and MFTs are a new concept for the Broncos. This opportunity was the first for the MFT to tactically train through integrating with a maneuver unit on its mission set.

An MFT is an expeditionary asset, supporting the intelligence warfighting function. There are seven Soldiers in an MFT. The event was the platoon’s first chance to tactically test and validate its combined human and signals intelligence capabilities.

The infantry platoon was tasked with capturing a high-value target by training at the improvised explosive

device lanes and finishing with a joint raid (with a platoon from Co. B, 2nd Bn., 35th Inf. Regiment, 25th ID).

The MFT conducted tactical questioning, a battlefield interrogation of the target, tactical site exploitation and essentially searching for usable intelligence on the objective and limited signal intelligence practices.

“Because the MFT concept is so new to the brigade, this exercise was the first time that the platoon came together to exercise joint MFT tasks, not just HUMINT or SIGINT tasks,” said 1st Lt. Lauren Kobor, MFT platoon leader, Delta Co.

“This was an opportunity for the entire platoon, from Soldier to platoon, to come together to figure out how to properly implement MFT tasks, such as tactical site exploitation, and HUMINT and SIGINT tasks, in an MFT mission,” Kobor added.

Team member Spc. Deonte Jackson said, “This exercise was to help develop a better understanding of how an MFT works and to also build

morale with other team members.”

MFTs support maneuver battalions by providing instant intelligence support to the infantry, bringing collection and analysis capabilities that normal infantry units don’t possess.

“The teams conducted cross-training and practical exercises, which led to a culminating event with 2-35th Inf.,” said Sgt. Robert Compton, a native of East Palestine, Ohio. “The teams were expected to conduct TSE-, TQ- and SIGINT-related tasks in a proficient manner.”

The MFT will support future exercises, leading to a May rotation at the Joint Readiness Training Center, Fort Polk, Louisiana.

Acronyms
HUMINT: human intelligence
MFT: multifunctional team
SIGINT: signal intelligence
TQ: tactical questioning
TSE: tactical site exploitation



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

Today

Preserving the Union — During a Thursday ceremony at the White House, President Barack Obama presented the Medal of Honor posthumously to 1st Lt. Alonzo H. Cushing, commander, Battery A, 4th U.S. Artillery Brigade, 2nd Corps, Army of the Potomac, for the Soldier’s conspicuous gallantry during combat operations near Cemetery Ridge in Gettysburg, Pennsylvania, July 3, 1863.

During Pickett’s Charge, Cushing’s battery took a severe pounding by Confederate artillery. As the Confederate forces advanced, he manned the only remaining and serviceable field piece in his battery. During the advance, Cushing was wounded in the abdomen and the right shoulder. Refusing to evacuate to the rear despite his severe wounds, he directed the operation of his lone field piece, continuing to fire.

With the Confederate forces within 100 yards of his position, Cushing was shot and killed. His actions made it possible for the Union Army to successfully repel the assault.

Visit <http://npsgnmp.wordpress.com/2012/06/21/lieutenant-cushing/> to learn more about Cushing’s selfless actions.



Cushing



Military Families — Noting that the selflessness of military families “tells a story of unfailing duty and devotion,” President Barack Obama, Friday, signed a proclamation declaring November as Military Family Month. Visit www.defense.gov/news/newsarticle.aspx?id=123541 for the full text of the presidential proclamation.

Magma — The Federal Emergency Management Agency may make its public assistance program available to reimburse eligible emergency protective actions taken by the state, county and certain private nonprofits to save lives and protect public health and safety from the impact of the Kilauea Volcano eruption and Pu‘u ‘Ō‘ō lava flow.

Eligible applicants include state and local governments, and certain PNPs that provide an essential governmental service.

All eligible applicants are reimbursed on a cost-share basis of usually 75 percent federal. The public assistance eligibility period for the Kilauea lava flow is Sept. 4 and ongoing. Additional public assistance categories may be added in the future.

FEMA is working with a host of other federal agencies, working under their own authority in response to the lava flow. They include the U.S. Department of Transportation Federal Highways, U.S. Department of Interior National Park Service, Department of Defense, U.S. Army Corps of Engineers, U.S. Department of Agriculture and U.S. Geological Survey Hawaii Volcano Observatory.

Adopt a Soldier — Invite a warrior in to share your Thanksgiving meal. Call 655-9105.

TSP for Soldiers, Civs — The Thrift Savings Plan is a retirement savings and investment plan for federal employees and members of the uniformed services, offering the same types of savings and tax benefits that many private corporations offer their employees under 401(k)

plans.

Coverage includes these:

- Federal Employees’ Retirement System.** The TSP is one part of



a three-part retirement package that also includes your FERS basic annuity and Social Security.

- Civil Service Retirement System** or as a member of the uniformed services. TSP is a supplement to your CSRS annuity/military retired pay.

Visit www.tsp.gov or call 1-TSP-YOU-FRST (1-877-968-3778).

TRADOC YouTube — “The Future of the U.S. Army and the Civilian Corps,” led by Gen. David G. Perkins, commander, U.S. Army Training and Doctrine Command, is now available for viewing at www.youtube.com/usarmytradoc.

Lightning Volunteers — The Tropic Lightning Museum is looking for volunteers, Tuesday-Friday, able to commit, on a reoccurring basis, three-six hours a week.

Projects vary and may include researching, scanning, data input and visitor services. Call 655-0438.

8 / Saturday

Park Fees — The U.S. Forest Service will waive fees at most of its day-use recreation sites, through Tuesday, in honor of Veterans Day.

For Hawaiian USFS sites, visit www.recreation.gov/unifSearchResults.do or on Recreation.gov.

13 / Thursday

TARP — Army Threat Awareness and Reporting Program training is offered, 9 a.m., at Kaiser Auditorium, Tripler Army Medical Center. Call 655-1306.

14 / Friday

Combined Federal Campaign — CFC concludes in one week; complete your pledge card and return it to your unit CFC representative or visit www.cfc-hawaii.org. Online contributions are easy and a Hawaii-specific charity list is available. If pledging online, return your blank pledge card.



Today

Road Closure — There will be a road closure, 9 a.m.-4:30 p.m., at Schofield’s Waianae Avenue (north corridor), between Generals Loop and Charlton Street, for utility installation.

The Waianae Avenue (north) access at Waianae Avenue (south), between Jecelin and Devol streets, will also be closed and designated for two-way traffic.

Housing units located on Charlton and Jecelin streets will need to use the Jecelin Street access from Waianae Avenue (south). The housing area on Jecelin and Charlton streets will be a dead end.

Lyman VPC — Construction work on the Lyman Vehicle Processing Center is expected to be concluded by close of business. Drivers are encouraged to use alternate gate entrances during this period to help reduce traffic congestion.

10 / Monday

No Parking — A parking closure takes place in front of the new Warrior Transition complex. Part of the parking lot will be temporarily closed while painting is completed, 6:30 a.m.-6:30 p.m., for Handi-Van parking stall striping in the Exchange parking lot. Once activities are completed, the parking area will be reopened.

Mendonca — There will be construction on the outbound lane at Schofield’s Mendonca Park Gate, from today until Nov.14. Construction will then shift over to the inbound lane, Nov. 14-28. All vehicles will be contraflowed into the open lane while entering and exiting.

TAMC — Traffic flow delays for construction are expected at Tripler Army Medical Center’s main access control point at the front gate, 9 a.m.-4 p.m, and then again Nov. 28.

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

11 / Tuesday

Kahauiki Kонтinues — Beginning Veterans Day, 24 hour, one-lane closures are scheduled at the Kahauiki Stream Bridge. Intermittent, hour-long, full-bridge closures will also take place, 9 a.m.-5:30 p.m.

Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The next day of intermittent closures takes place Nov. 27.

This project will continue with intermittent closures until Feb. 16, 2015. See future Traffic Reports for updates.

Bonney Repaving — There will be lane closures at Fort Shafter’s Bonney Loop, between Funston Road and the corner at Bldg. 515, in order to repave the road. Traffic will be one way for the lane that remains open.

The lane closures will be performed weekdays, 7 a.m.-4 p.m, until Nov. 17 (*excluding Veterans Day*).

13 / Thursday

Fort Shafter Outage — The following buildings will see a power outage, 8:30 a.m.-4:30 p.m.: Haoli Heights in the 800, 1200, 1300 blocks of the housing area, tunnel 1292 and the new Child Development Center job site.

15 / Saturday

Schofield Power Outage — The juice won’t flow during the installation of traffic signals at the intersection of Mellichamp and Lyman roads, 7 a.m.-3 p.m., at all of Qualification Range 2 and in these buildings: 1613, 1645, 1611, 1610, 1622, 1608, 1607, 1606, 1605, 1602, 1609, 1670, 1671, 1672, 1673, 1674. (*See map below.*)



Warrior Brigade validates command post operations

Story and photo by
STAFF SGT. CARLOS R. DAVIS
2nd Stryker Brigade Combat Team
Public Affairs
25th Infantry Division

WAIALUA — Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted a mission command validation exercise and updated its standard operations procedures, Oct. 20-25, at Dillingham Airfield.

The simulation-based exercise was to enhance and improve staff coordination and test battle command computer systems.

“A lot of what we do out here is validate our standard operations procedures and ensure our Soldiers understand the systems,” said Sgt. 1st Class Jasmany Padin, from Puerto Rico, an intelligence noncommissioned officer assigned to HHC.

According to Padin, the exercise was about pulling out every training opportunity. The Puerto Rico native explained that being in a field environment helps units build flexibility and gains experienced operators to enhance their overall capabilities.

With increasing constraints, such as training areas, budgets and weather, this exercise tested the new leaders to think outside of the box to ensure their section was always training on something.

“Being part of the field problem has allowed me, as a younger Soldier, to see what it is I do if we were deployed,” said Pvt. Michael Sanchez, from Las Vegas, Nevada, a radio operator-main-tainer assigned to HHC. “I truly get to see how my job contributes to the unit’s mission. We can sit in a classroom all day and go over slides, but to actually come out here and get my hands on the equipment means a lot more.”

The communication validation exercise was the first brigade-level training event since the majority of the brigade’s senior positions transitioned to new leaders. The exercise provided continuity to carry the brigade into the future, said Padin.



Sgt. 1st Class Lada Venevongsoth (right), senior enlisted information technology specialist, verifies data while Staff Sgt. Nrsimha Consbruck, both assigned to HHC, 2nd SBCT, 25th ID, loads information into the communication hub, Oct. 22, at Dillingham Airfield.



Warriors from 1-21st Inf. Regt., 2nd SBCT, 25th ID, react to contact. Other challenges included support by fire, patrol base operations and refining platoon standard operations procedures.

‘It’s a great day to be a Gimlet’

Story and photo by
STAFF SGT. CARLOS R. DAVIS
2nd Stryker Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Being able to respond quickly and safely demonstrates 2nd Stryker Brigade Combat Team’s flexibility and adaptability to carry out missions within the Pacific’s area of responsibility.

Company B, 1st Battalion, 21st Infantry Regiment, 2nd SBCT, 25th Infantry Division, conducted a series of platoon training events, Oct. 13-30, here, to test the company’s readiness to respond effectively to any aggression and to provide humanitarian aide support.

According to 1st Lt. Andrew Maitner, from Hattiesburg, Mississippi, a fire support officer assigned to Co. B, it’s important they go through this type of training to make sure that they are still

proficient in their basic soldiering skills and their specific military occupational specialty tasks.

“This training is important because you have to depend on the guys who are standing to the left and right of you in the formation,” said Sgt. 1st Class Jason Alford, originally from Bronx, N.Y., an infantry platoon sergeant assigned to Co. B. “We must train in realistic situations, so everyone understands the importance of our mission. As long as you instill discipline in each and every Soldier, then it will carry on in each and every mission.”

Tough and realistic training helps Soldiers refresh and improve their tactical skills, said Maitner.

“It’s important we go through this type of training to make sure that we are still proficient in our basic soldiering skills and our specific military occupational specialty tasks,” Maitner said. “Observers need to go out and

observe rounds to ensure they are proficient in calling for and adjusting fires, and the maneuver platoons need to come out here and work on the different platoon movements to ensure they are up-to-speed with the different types of movements.”

Alford said that the key to success starts with discipline and unit cohesion.

“Unit cohesion is nothing more than pride in one’s unit,” he said. “That’s what gets me out of bed every day, and that comes with being proud of your unit and what your guys can accomplish as a collective unit. As long as you instill discipline in each and every Soldier, then it will carry on in each and every mission.”

For Maitner, the exercise provided Soldiers a chance to get familiar with their equipment and provided them an understanding of the battalion’s battle drills for a real deployment scenario.

PAU HANA

"When work is finished."

Bonding
with

BOSS



Photos by Spc. Kelsey Miller, Hawaii BOSS president

BOSS Soldiers volunteer at Hale Kula Elementary's annual Cardboard Challenge, Oct. 3. They helped students build instruments, catapults and cars out of cardboard.

BOSS program promotes meaningful connections

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — For many Soldiers new to Oahu, everything is unfamiliar and change can be overwhelming.

These issues can be compounded for single Soldiers, Soldiers who are not stationed with their families, and single Soldiers who are also single parents.

Some do not have the support and familiarity of a spouse and family to get them through their first days in a new environment. The inclination may be to stick to the barracks and withdraw socially, or to participate in activities that are ultimately unhealthy or dangerous.

BOSS is an alternative

The Better Opportunities for Single Soldiers (BOSS) program was created in 1989 to respond to the needs of single Soldiers between the ages of 18 and 25 by providing opportunities for recreation, volunteering and improving quality of life.

Soldiers who have participated in Hawaii's BOSS program recently have gone skydiving, taken a sunset catamaran cruise, ridden dirt bikes through Kualoa Ranch and scuba dived with sharks, all while meeting and befriending Soldiers from other units and backgrounds.

"It was my first time skydiving. I had a fear of heights, so I was kind of nervous about it," recalled Spc. Victor O'Donnell, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, of his excursion to Skydive Hawaii. "But the BOSS

rep who was there reassured me, and I was able to do it. It was something I accomplished, and I can be proud of.

"Now, I can pass that feeling on to someone else," he added, explaining that he is his battalion's representative for the Hawaii BOSS program, which means he helps to coordinate activities for the Hawaii BOSS program.

While O'Donnell said he was drawn mostly to the recreational aspects of BOSS, the feeling of accomplishment and the desire to pass it on that he described indicates that skydiving may have been a means to something deeper and more fulfilling: building lasting relationships that matter.

**Quality of life support**

To that end, Hawaii BOSS supports single Soldiers in ways that go beyond field trips and outdoor adventuring. If a Soldier has trouble resolving a housing issue, she can reach out to

BOSS for support.

Spc. Kelsey Miller, president of Hawaii BOSS, described just such a scenario.

A Soldier in the barracks was having trouble with his air-conditioning unit, and BOSS was able to help facilitate a resolution within two days.

"This program is about way more than just going out and having fun," she said, adding that more Soldiers sign up to volunteer through BOSS than to participate in recreational outings.

Through volunteering, Soldiers can make lasting positive impressions on the organizations they help.

softball teams because they didn't agree with some of the calls (the BOSS volunteers) made," Kim said. "But, man, they took it like champs. They stood by the calls they made, and they didn't back down. It was awesome.

"I only wish I had contacted them sooner, but now I know I can depend on them."



BOSS Soldiers volunteer for Habitat for Humanity on Aug. 30.

Case in point, Mike Kim, athletics director at Fort Shafter, needed volunteer umpires for a garrisonwide softball game at Schofield Barracks on Oct. 10. The game was part of a week of activities celebrating the birthday of the 25th ID, and the umpires he had scheduled couldn't make it. He had less than 24 hours to find replacements.

He emailed Hawaii BOSS, and he said, "They did a miracle for me."

The BOSS Soldiers showed up, stepped up and the game went on as scheduled.

"They took a lot of heat from some of the

Hawaii BOSS November Events

Nov. 13 – Line dancing, 6:30-9 p.m., at Tropics Recreation Center, Schofield
Nov. 22 – Paintball, 9:30 a.m., at Hawaii All-Star Paintball, 2475 N. Nimitz Hwy.
Nov. 27 – Line dancing, 6:30-9 p.m., at Tropics Recreation Center, Schofield
Nov. 29 – Comedy Night, 7:30 p.m., at Hale Koa, Waikiki. (Shuttle from Schofield and Fort Shafter leaves at 6 p.m.)

Hawaii BOSS December Events

Dec. 2 – Tree lighting, 5 p.m., at Schofield Barracks
Dec. 4 – Tree lighting, 5 p.m., at Fort Shafter
Dec. 5 – Tree lighting, 5 p.m., at Tripler

Army Medical Center

Dec. 10 – BOSS Car Wash, 9 a.m.-4 p.m., at Schofield Barracks
Dec. 11 – Line dancing, 6:30-9 p.m., at Tropics Recreation Center, Schofield
Dec. 16 – Wakeboarding, time and place TBA
Dec. 18 – Line dancing, 6:30-9 p.m., at Tropics Recreation Center, Schofield
Dec. 20 – Single Soldier Holiday Party, starts 6 p.m., at Tropics Recreation Center, Schofield

BOSS Soldiers meet at Schofield's Tropics, 4-7 p.m., every Sunday, for volunteering opportunities. For more information and to participate, call 655-1130.



BOSS Soldiers tour Kualoa Ranch, recently, and got to visit places where scenes from the television series "Lost" and the movie "Jurassic Park" were filmed.

BOSS Meetings

Single Soldiers are encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs.

Get involved and make a difference. Schofield Barracks meetings are 3 p.m. at Tropics, every first and third Wednesday of the month.

Fort Shafter/Alamane Military Reservation meetings are 10 a.m. at the Fort Shafter Bowling Center, every second and fourth Wednesday of the month.

Call 655-1130 and visit www.himwr.com/recreation-and-leisure/boss.



Photo courtesy of BOSS Hawaii

The Hawaii BOSS program supports single Soldiers by offering opportunities for recreation and leisure, volunteering and improving quality of life. So far this year, Soldiers participating in the program have gone skydiving, toured Kualoa Ranch where scenes from the television show "Lost," were filmed, volunteered at Hale Kula Elementary School and helped Habitat for Humanity.





Briefs

Today

EDGE Home School Art Program — CYS registered youth and teens, grades 1-12, bring your creative side to the SB Arts & Crafts Center. Build your own ukulele and learn to sand, varnish and decorate your own design during the three-day workshop, Nov. 7, 14 & 21 for \$35. Call 655-9818.

Salsa Night — Come and enjoy salsa dancing, 9 p.m.-2 a.m., at SB Tropics Recreation Center. Live music all night long.

8 / Saturday

Casino Night — Come and enjoy Casino Night, 9 p.m.-2 a.m., at SB Tropics Recreation Center. Games include blackjack, poker and a dice table. Call 655-5698 or 655-5697.

12 / Wednesday

Teen Manga Club — If you're a teen that's interested in manga, SB Sgt. Yano Library is the place for you. Whether you're a manga fiend or just getting into it, come enjoy free semi-monthly manga meetings. Discussions include how to improve the manga collection, share artwork and other activities. For ages 12-17. Call 655-8002.

Budgeting for the Holidays — This free SB ACS class, 10-11:30 a.m., at the Financial Resilience Center, will provide information, tools and ideas necessary to develop a holiday spending plan to ensure a festive time without breaking the bank. Call 655-1866.

Native American Tales — Children ages 6 and up are invited at 3 p.m. to SB Sgt. Yano Library to hear Native American tales and participate in a craft activity. No registration required, but limited to the first 20 children who arrive. Call 655-8002.

13 / Thursday

Get Your Credit Score — Join this special event at SB ACS Financial Resilience Center, 1-3 p.m., as ACS financial counselors help pull your free credit report and score from MyFICO. No registration required; CAC required. Call 655-1866.

14 / Friday

Right Arm Night — Kickback at FS Hale Ikena at 5 p.m. with your

CHOCOLATE NIRVANA



Dalton Sue, Emmanuel Church

Above — Heath Manson dips strawberries into the flowing chocolate fountain at the 2013 Chocolate Extravaganza at Emmanuel Church in Kailua.

The 2014 all-you-can-eat chocolate buffet and auction begins at 6:30 p.m., Nov. 8.

Tickets are \$25 presale, \$30 at the door. Presale tickets are available until noon on Nov. 8.

Right — Morton's The Steakhouse provides chocolate mousse with raspberries for the 2013 Chocolate Extravaganza.



Logan Laveti, Emmanuel Church

For 2014, more than 30 donors from around Oahu will participate in the fundraising event, including well-known restaurants like Morton's, 3660 On the Rise and Assagio, along with the Royal Hawaiian Hotel.

Proceeds from the 2014 event will be shared with Family Promise of Hawaii, a local nonprofit that helps homeless children and families. The church is located at 780 Keolu Dr. in Kailua.

Visit online at www.emmanuel.kailua.com/chocolate-extravaganza or call 262-4548.

"right arm" with drink specials and enjoy a pupu buffet. Spouses and DOD civilians are welcome to this adult event. Play Texas Hold'em for prizes; bring your right arm out to compete for the \$100 unit pride prize. Call 438-1974

Holiday Craft Sale — SB Arts & Crafts will have its annual winter craft sale Nov. 14-15 with all-day sales and special pricing on pottery, quilts, stained glass, ceramics and more. Call 655-4202.

15 / Saturday

Open Mic Night — SB Tropics hosts the opportunity to show your talent beginning at 9 p.m. Recite poetry, tell a joke, perform your best dance

routine, play your favorite instrument, sing-a-tune or display an art piece. Cash gift card prizes will be awarded of \$50 (1st), \$25 (2nd) and \$15 (3rd). Free admission and popcorn. Call 655-5698.

16 / Sunday

NFL Sunday Ticket — Don't let living off of the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games. Facility opens half hour before the first game starts. Patrons 18 and older welcome. Call 655-5698.

NFL Sunday Ticket Family Brunch — Bring the family out and watch all of your favorite teams play

at SB Kolekole Bar & Grill every Sunday through Super Bowl Sunday to watch the games. Doors open 1/2 hour before kickoff of first game. Fun games and prizes all morning long. Brunch will be served for \$16.95/adult and \$7.95/children. Call 655-4466.

19 / Wednesday

Climbing — Come learn the basic technique and skills to be safe. Overcome any route and improve overall climbing abilities with SB Outdoor Recreation. Open to patrons ages 10 and over. Class will be held at the SB Health and Fitness Center. Cost is \$15, per person. Available sessions are 1:30-3 p.m., Nov. 19; 5:30-7 p.m., Nov. 20. Call 655-0143.

community calendar

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

Today

Sea Dragon Cup — The 94th Army Air and Missile Defense Command's golf tournament is at 11 a.m. at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam. Call Capt. Andrew Lee at 438-2908, Sgt. Maj. Greg Hampton at 438-2909 or Capt. Cameron Smith at 438-5027.

First Friday Street Festival — Chinatown area galleries and other arts venues open their doors, 5-9 p.m., each first Friday of the month for artist receptions, live music and refreshments. These events are free and open to everyone and attract tens of thousands of people downtown each year. Gallery walk maps are available at various locations in the area. Call 521-2903.

8 / Saturday

The Color Run — Billed as the "Happiest 5k on the Planet," this original paint race begins at 9 a.m.

and now features 170 events in over 30 countries. Wear white at the starting line; finish plastered in color. Visit thecolorrun.com/oahu/ or write info@thecolorrun.com.

Sea Life Park — Attend the 50th anniversary Family Fun Day at Sea Life Park, Nov. 8. Celebrate the major milestone with rollback admission of \$2.64, the same price paid when the park opened in 1964. Come from 10:30 a.m.-7 p.m. at 41-202 Kalaniana'ole Hwy., Waimanalo. Call 259-2500. Visit www.SeaLifeParkHawaii.com.

Family Movie Night — Enjoy a free movie in the great outdoors with IPC at its Helemano Community Center, Nov. 8. Food trucks will offer food for purchase beginning at 5 p.m. Movie starts at 6 p.m. Bring your blankets, mats or low-sitting lawn chairs. Call 275-3159.

9 / Sunday

Hawaiian Music — This free concert event, 11 a.m.-4 p.m., will be held in conjunction with Iolani Palace's Kamaaina Sunday, which offers free admission to local residents into the palace during normal hours. Headlining the event, held outside on the Coronation Lawn, will be Hawaiian Music Hall of Fame inductee Palani Vaughan. There is lim-

ited metered parking on Iolani Palace grounds and nearby streets. As an alternative, there is a private parking garage at Alii Place, 1099 Alakea St. Visit www.iolanipalace.org.

13 / Thursday

Wheeler Elementary/Middle School — Parents/motorists are reminded both schools will hold an evacuation drill. Call Joe Barker at 656-5362 or Francis Smith at 656-4365.

14 / Friday

Wounded Warrior Golf Tournament — Across the nation, proceeds from golf tournaments are going to benefit the Military Golf Program, which provides golf lessons, golf equipment and golf outings to wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii takes place 12:30 p.m. at Hoakalei Golf Club in Ewa.

King Kalakaua Birthday — Waikiki celebration will feature music, hula and speeches, 10a.m.-12 noon, at King Kalakaua Park, 2100 Kalakaua Ave. Call 768-6622.

Dance Performance — Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American Heritage Observance, 1-2 p.m., at SB Sgt.

Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

15 / Saturday

80s on the Lawn — Soldiers, families and civilian employees are invited to 80s on the Lawn, from 4-6:30 p.m., Nov. 15, at Generals Loop, SB. Dress in your best 80s attire, bring blankets and chairs, and beverages of your choice. Music will be provided by the 25th Infantry Division Band.

Kuhio Beach Hula Show — Opens with the traditional blowing of the conch shell at 6 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu and Kalakaua Avenue in Waikiki. Enjoy the free show with seating on the grass; beach chairs, mats, okay. Cameras are welcome.

17 / Monday

College Education Fair — SB Army Education Center and Central Michigan University host an opportunity to learn about education programs, here, and online, 10 a.m.-2 p.m., Lobby Area, Yano Hall Bldg. 560, 2nd Floor. Open to all military personnel and their family members. Features representatives from 14 on-post and visiting colleges. Call 624-3939.

worship Services

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

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

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

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

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

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

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

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

This Week at the MOVIES Sgt. Smith Theater

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



The Judge

(R)
Fri., Nov. 7, 7 p.m.
Sat., Nov. 8, 6 p.m.

The Good Lie

(PG-13)
Sat., Nov. 8, 2 p.m.
Sun., Nov. 9, 2 p.m.



The Equalizer

(R)
Thurs., Nov. 13, 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

Army, DOE partnership builds

Story and photos by
WENDY NAKASONE
Child, Youth and School Services
Directorate of Family and Morale
Welfare and Recreation
U.S. Army Garrison-Hawaii

WAHIAWA — For over a decade, U.S. Army-Hawaii units have partnered with Hawaii public schools to enhance the educational experiences of Hawaii’s students.

Recently, Leilehua High School hosted a Meet and Greet reception for Army and Hawaii Department of Education (DOE) partners.

Unit commanders and school principals gathered for the opportunity to meet each other and discuss potential school activities. The occasion also served as an opportunity for senior Army leadership to thank the Soldiers and school leaders for the work they have done through the years.

“On behalf of the Soldiers of U.S. Army-Hawaii and 25th Infantry Division, we thank you for what you do every day. The care and passion that you have for our youth is greatly appreciated,” said Maj. Gen. Charles Flynn, senior commander, US-ARHAW, in his opening remarks.

More than 50 guests attended the event that included a round-robin discussion of school partnership activities and brainstorming ideas on how they could build the partnership program.

As part of the discussion, Gayle Yamaguchi, principal, Wahiaawa

Contact

For more details about the School Partnership Program, contact the Army School Liaison Office at (808) 655-8326.

Middle School, shared that their partner, 2nd Squadron, 14th Calvary Regiment, 2nd Stryker Brigade Combat Team, 25th ID, attended their Career Day earlier that day, and it was a huge success.

“Our partners were extraordinary, and the information they shared with our students was invaluable,” said Yamaguchi. “It gave the students a better idea of what a Soldier does. It’s not just protecting our county, but it’s also about being a mechanic, engineer or a medic.”

The impact of partnership

Both Army and Hawaii DOE leaders agreed that the School Partnership Program and the relationships that have been built over the years impact education far beyond the walls of the classroom.

“With Soldiers in our schools, they experience first-hand the learning that is occurring in the classrooms, and we have an obligation to share the progress and gains that the schools are making with our colleagues, friends and leaders,” Flynn said.

Currently, there are 44 Army partnerships on the island of Oahu and 8 on the island of Hawaii. Soldiers and



Maj. Gen. Charles Flynn, senior commander, USARHAW, addresses school administrators during the School Partnership Program Meet and Greet at Leilehua High School.

their family members assist schools with campus beautification projects, facilitating student and parent activities, and reading to the students.

In school year 2013-2014, more than 1,000 volunteers donated more than 4,000 hours of support to the public schools.

(Note: Nakasone is the school support services director, Army School Liaison Office, at CYSS, FMWR.)



More than 50 school administrators and Army personnel from U.S. Army-Hawaii and the Hawaii Department of Education meet to support the School Partnership Program at Leilehua High School.



Capt. Jason Imboden, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division

Sgt. 1st Class David Hall, assigned to 3-7th FA Regt., 3rd BCT, 25th ID, deep cleans walkways at the Fisher House adjacent to TAMC.

Saturdays are 3-7th Fisher House days

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

HONOLULU — For the past three months, Soldiers assigned to 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, have been volunteering one Saturday a month at the Fisher House adjacent to Tripler Army Medical Center.

The Fisher House is nestled on a hillside half a mile north of the hospital.

“We are trying to build long-term support for the Fisher House,” said Jason Imboden, communications officer, 3-7th FA Regt., 3rd BCT.

The Fisher House is described as a “home away from home” for families and patients receiving medical care at Tripler Army Medical Center. Families served are from all the Pacific areas, including Korea, Japan, Okinawa and Guam.

The Fisher House has to depend on volunteers and their support to enhance daily opera-

tions, according to current management.

Presently, there are about 8 to 10 Soldiers from the unit that go to the house on a Saturday and donate about 4-5 hours of their time. During those hours, the Soldiers accomplish minor maintenance tasks that are needed around the property, like pressure washing the sidewalks and roads areas, trimming hedges and picking up trash.

On top of these tasks, the group is trying to help the Fisher House management on an upcoming project.

“Hopefully, in the near future, we can help the house fix up the playground,” said Imboden.

In the eyes of the manager, Anita Clingerman, every little bit helps, and the Soldiers’ efforts are definitely appreciated.

Providing Assistance

If anyone is interested in volunteering at the Fisher House, call 433-1291.

PX extends holiday returns

Policy extension runs through Jan. 31, 2015

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

SCHOFIELD BARRACKS — To make gift-giving easier, the Army & Air Force Exchange service is extending its return policy for items purchased from Nov. 1 to Dec. 24.

The Hawaii Exchange’s standard policy allows re-



turns anywhere from up to 15 to 90 days of purchase with a sales receipt.

The holiday return/exchange policy extends these terms through Jan. 31, 2015.

“The Exchange knows that sometimes a gift can be the wrong color, size or brand,” said Cathy Ely, store manager at Schofield. “The Hawaii Exchange’s extended return policy goes the extra mile to make sure everyone gets the perfect gift this year.”

Refunds with sales receipts are processed as forms of payment (cash for cash, credit for credit card). Refunds without sales receipts receive an Exchange gift card.

For more information about the extended refund policy, shoppers can visit customer service at the Exchange.

Return Locations

Shoppers can also return items purchased through www.shopmyexchange.com at the Schofield or Hickam Exchange.



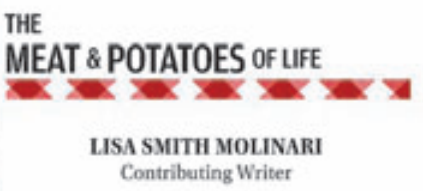
Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

The Schofield Exchange, here, is offering an extended return policy for holiday gift buyers.

We shake off the political buzz to appreciate our veterans

I’m just a housewife, what the heck do I know?

Some days it seems my only expertise is how to wipe smudges off the refrigerator door, but it turns out, I’ve actually learned a thing or two in my 21 years as a military spouse.



File photo

As a military spouse, the author believes veterans need a “thank you” more than ever.

Study released on Sept. 1st examined which factors were impacting Sailors’ “stay/go” decisions, concluding that “Sailors are most likely to leave uniformed service because of increasingly high operational tempo, poor work/life balance, low service-wide morale, declining pay and compensation, waning desire to hold senior leadership positions and a widespread distrust of senior leadership — all of which erodes loyalty to the institution.”

The Navy study revealed plummeting morale — only 17.7 percent of Sailors ranked morale to be good or excellent — finding “a fundamental belief that attainment of senior positions ... are not worth the sacrifice.”

Other branches of the service are also facing the negative impact of budget cuts and war fatigue on morale and retention of their service members.

The Blue Star Families 2014 Military Family Lifestyle Survey indicated that “(c)hanges in the national security priorities have ripple effects on military families that were evident in the responses of this year’s survey participants.”

The survey participants perceived that “civilians do not understand the service or sacrifices made by military families.”

Blue Star families recommended that policy makers take note of “the contributions of the military service culture to American life.”

“One of the biggest challenges we face as a country is supporting our military community both so that our all-volunteer force remains a sustainable alternative, and so that a generation of service members, veterans and military family members are both empowered and encouraged to share their sense of service, adaptability and civic-mindedness with the nation and within local communities,” the survey concluded.

I might just be a housewife whose biggest mental challenge today was remembering to defrost the rump roast, but I do know this: On Veterans Day, we all need to snap out of the political buzz of election day long enough to appreciate the military men, women and families who spend years committed to securing our country’s freedom.

At the very least, we can all grab the hand of a veteran and say, “Thank you for your service to our country.”

Now, more than ever, military members and veterans need to be told that their sacrifices are indeed “worth it.”

(Visit www.themeatandpotatoesoflife.com.)

My husband has been on active duty in the Navy for 26 years, and our family has lived in nine different homes in five states and two foreign countries. He has spent many days away from home; the longest separation was a year-long deployment to Djibouti.

But, we’ve been pretty lucky. Other military families have had it much worse, with multiple deployments, back-to-back hardship tours and hazardous duty.

Even though military folks could have nice lives “on the outside” with, in most cases, better pay and stability for equivalent work, many have stayed well past their service obligation despite 13 long years of war.

Why on earth do they do it?

Although retirement benefits, compensation and job stability are factors, there has always been a common sense of patriotic duty motivating military service members to keep at it. It might sound clichéd to civilians, but the honor, pride and respect that has traditionally come with serving one’s country has been a key reason why military families continue to volunteer for duty year after year.

Well, at least until recently.

With all the talk of fiscal cliffs, sequestration, budget cuts, downsizing, drawdown, veteran unemployment, force reduction, retention boards and the public’s increasing war fatigue, military members are not exactly “feeling the love.” In fact, the armed forces could be facing the worst military retention rates since the post-Vietnam War era.

The 2014 Navy Retention

TAMC trains to defend against infectious diseases

Story and photo by
**AIR FORCE STAFF
SGT. CHRIS HUBENTHAL**
Defense Media Activity-
Hawaii News Bureau

TRIPLER ARMY MEDICAL CENTER — This year’s Ebola epidemic marks the largest number of confirmed cases of Ebola in history, according to the Centers for Disease Control (CDC) and Prevention website.

In order to efficiently respond to an outbreak, Soldiers, here, trained to ensure they have the skill sets to properly don and doff personal protective equipment (PPE) to defend themselves and patients against further infection, Oct. 30.

Expert trainers
A team of experts from the U.S. Army Medical Research Institute of Infectious Diseases (USAMRIID) instructed service members on how to



Army Pfc. Kaiya Capuchino (left), USAMRIID combat medic, helps a student don personal protective equipment during hazardous material training, Oct. 30, at TAMC.

use necessary equipment while working around an infectious patient.

The USAMRIID has spearheaded research to develop medical solu-

tions in the form of vaccines, drugs, diagnostics and information, to protect military service members from biological threats, according to the U.S. Army Medical Department

website.

Lt. Col. Neal Woollen, USAMRIID director of bio security, explained why the training is necessary for service members.

“Probably one of the highest risks that a person can face in regards to Ebola is rendering care to someone who is sick with the Ebola Virus Disease because they are going to be in a very virus-rich environment, and they’re going to be naturally very close, personally touching those individuals and coming into contact with body fluids and discharge from that sick individual,” Woollen said.

Maximum safety scenarios
Service members practiced donning and doffing PPE to prepare for the chance of a real-world scenario.

“We want to be able to give them the maximum protection, and this training is all geared towards helping them be able to don the correct pro-

tective posture to be able to work safely with an Ebola patient,” Woollen said. “Even more importantly, after they finish working, to properly take that protective equipment off without spreading virus from the contaminated area to what we want to maintain as a non-contaminated area, a clean area.”

Col. Evelyn Barraza, chief of preventive medicine, Tripler Army Medical Center, explained what TAMC staff hope to take away from the training.

“Because of the seriousness of Ebola, we want to make sure our staff has been able to receive all the training that we can provide them,” Barraza said. “We want to make sure they understand how to wear the PPE. One of the lessons learned, at least from the CDC and the World Health Organization, is the proper

See Infectious B-7

November’s tip of the month is take time to give thanks

KRISTEN SCHREINER
FOCUS-Hawaii

November is National Month of the Military Family, and a month of giving thanks. What are you thankful for this month? Have you shared your gratitude with your loved ones? Now is a wonderful time to leave little notes in lunch packs or on bathroom mirrors — just because. Sharing your feelings with your family increases your family bond and models to your children how important it is to be thankful for each other.

Holiday Tips

- Here are a few additional helpful tips to keep in mind during the holidays:
- Traditions are important to the whole family. Even if you are the only parent at home this holiday season, try to continue some of the most important family traditions and possibly even create some new ones.
 - Include a deployed parent in the holidays by mailing cards, pictures or even cookies. Also, if you have time before they deploy, record a special holiday message to play for the kids. Service members can also use United Through Reading’s amazing program to send a reading of a holiday book to their children.
 - Spread the cheer! When the holidays feel overwhelming, it can be helpful to remind yourself about others who may not have all the blessings you do. So, arrange to take your

family to serve food at the local food bank or shelter, or bake a plate of cookies for a neighbor. Doing something nice for others just may bring a smile to your face, too.

About FOCUS

Find more ways to share your gratitude with your family and build your family strengths at the FOCUS program. FOCUS, or Families OverComing Under Stress, is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). It’s an eight-session training program for military families that is grounded in more than two decades of research and experience serving families dealing with stress and changes. FOCUS is specifically adapted for the needs of military couples, children and families, and provides training in core resilience skills. These skills increase closeness, support, communication and adaptability. *(Note: Schreiner is the Resiliency Services coordinator at FOCUS-Hawaii.)*



File photo

Creating a plate of cookies for neighbors or a deployed family member increases support and sense of community.

FOCUS Sites

Contact the local FOCUS office at 257-7774 or write Hawaii@focusproject.org. For more info about FOCUS, visit www.focusproject.org or www.facebook.com/FOCUSresiliencytraining.



New tips for Triad

U.S. ARMY GARRISON-HAWAII
Public Affairs

The 26-week Performance Triad challenge is now entering its final month. There are still many tips and insights to help meet sleep, activity and nutrition goals.



File photo

Exercising too late in the day can impact sleep.

Sleep Goal

Try exercising earlier in the day (at least three hours before you go to bed) if you have difficulty initiating or maintaining sleep after nighttime exercise.

Activity Goal

Make sure that you stretch before and after each workout. Breath regularly throughout the exercises.

Nutrition Goal

Check the Nutrition Facts label for beverages, too. Look out for total sugar, fat and calories.

Nutrition Online Support

Try a food label website or app for your smartphone. Kids particularly like to use the Fooducate App found on www.Fooducate.com. This free app will grade food products with a letter grade and provide alternative products that score higher. Check out the U.S. Food and Drug Administration’s videos on reading and understanding Nutrition Facts and labels at www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275409.htm.



Infectious: TAMC preps

CONTINUED FROM B-6

sequencing of putting it on and taking it off is very important. Any misstep along the way can be a potential risk factor for a health care worker.”

Training benefits

Air Force Lt. Col. Chris Cieurzo, 15th Medical Group and 96th Aerospace Medicine Squadron chief of aerospace medicine, explained how his team was able to benefit from the training. “We’re trying to get mandatory training that the Department of Defense has required of all military treatment facilities to prepare for possible infectious patients,” Cieurzo said. “The requirement is for us to prepare and drill an event where an infectious patient may show up, even at an outpatient treatment facility, and in order to manage those folks, we need to use the proper protective equipment to protect our staff as well as the patient.” Cieurzo said that the training and knowledge gathered during the class is just a first step in readiness. “Our take away is that there are definitely challenges in using this equipment, but there are ways to overcome it. ...Our hope is to start training the remainder of our staff with what we learned here today,” Cieurzo said.