

AIR ASSAULT



MARINE CORPS TRAINING AREA BELLWS — Soldiers assigned to 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, air assault, here, during an Emergency Deployment Readiness Exercise, Wednesday. Read the story in the next "Hawaii Army Weekly." (Photo by Sgt. Brian Erickson, 3rd Brigade Combat Team, 25th Infantry Division Public Affairs)

Maj. General's promotion reflects his strength of family, commitment

**U.S. ARMY CORPS OF ENGINEERS-
PACIFIC OCEAN DIVISION**
Public Affairs

FORT SHAFTER — The commander of the U.S. Army Corps of Engineers-Pacific Ocean Division was promoted to the rank of major general during a ceremony at his quarters, on Palm Circle, here, Jan. 3.

Maj. Gen. Richard Stevens received his second star from Gen. Vincent Brooks, commander, U.S. Army-Pacific.

"Promotions are really a reflection of a commitment over many years and a continued investment," said Brooks. "The government is investing in you, but your commitment is really what led to this."

Stevens began his remarks with a word of gratitude to Brooks, whom he has known as a mentor and role model. He then acknowledged two “families” whose support he values highly.

"I really wanted a very private ceremony that focused on two families — one, my (Pacific Ocean Division) ohana, an organization of more than 1,700 tremendous military and

civilian employees throughout the Indo-Asia-Pacific Region," said Stevens. "And I also know what that means for that organization to have the only two-star division commander in all of the U.S. Army Corps of Engineers right now, and that is a reflection of the importance of this region and the importance of the work that the workforce does."

The second family was his immediate family and his extended family and friends who participated virtually, 4,280 miles away in Indiana, Stevens' home state. Stevens concluded by looking to his immediate family at the ceremony.

"Everyone in the military recognizes that nothing is accomplished without the love and support to this family," said Stevens.

Brooks said that Stevens "is a generalist" who has done many things over the years marked by a clear pattern of excellence.

"Rick Stevens can do anything — whether it's being the director of engineering in housing in Kuwait, back in the time when we were just getting infrastructure developed in the early-to-mid 1990s, or designing the closure of bases in Afghanistan," said Brooks. "He's been one of the very few engineers

“Promotions are really a reflection of a commitment over many years and a continued investment. The government is investing in you, but your commitment is really what led to this.”

— **Gen. Vincent Brooks**
Commander, U.S. Army-Pacific

who has been put into key positions of being a direct advisor to some of our most senior leaders, and most notably as advisor to the chief of staff of the U.S. Army, as executive officer to the chief.

"It's pretty rare that someone who is in the Corps of Engineers gets to do that type of position, and it's a clear reflection of what everyone sees when they've had the privilege of working with Rick Stevens," said Brooks.



Maj. Gen. Richard Stevens, commander, USACE-POD, receives his new rank from his wife, Terri, and Gen. Vincent Brooks, commander, USARPAC, during his promotion ceremony at his Palm Circle residence, Fort Shafter, Jan. 3. Stevens' command executes the USACE mission throughout the Indo-Asia-Pacific Region.

Town hall opens communication channels Jan. 15

LACEY JUSTINGER

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The garrison is returning to its normal schedule of online town halls held during evening hours.

The next opportunity for Soldiers and families to directly relay community-wide questions and concerns to garrison representatives is 6-7:30 p.m., Jan. 15, at www.facebook.com/usaghawaii.



"During the last town hall, we introduced a daytime event to see if that timeframe was more convenient for our members. It was more preferable to the Army family," said Dennis Drake, director, U.S. Army Garrison-Hawaii Public Affairs. "Although the online forum al-

allows participants to easily post comments prior to the town hall, we saw less community interaction.”

To improve the timeliness of having a concern addressed during the 90-minute event, participants should post their comments on the event page, as soon as possible. Comments posted during the town hall are added to the already-formed queue of questions, and therefore, are at the back of the line.

"We will focus first on issues that impact the whole installation before moving on to individual topics," said Col. Daniel Whitney, commander, USAG-HI. "We're asking attendees to be patient while they wait for responses and for their courteous cooperation."

All original comments posted prior to or during the town hall will be answered, if not during the event, in the days following. Comments typed on the wall or in a direct message will not be addressed during the town hall.

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

"We are all representatives of the Army values in all our actions — in person and online," said Command Sgt. Maj. Phillip Brunwald, senior enlisted leader for the garrison. "Virtual conduct should be as respectful as if you were addressing someone face-to-face."

Posting Tips

The following tips should guide 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.



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Police Call

Drivers may be liable lending cars to unlicensed

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

As noted in the Dec. 13, 2013, "Police Call," the Directorate of Emergency Services is concerned with improper vehicle licensing and registration.

In several instances, we have found the liable driver to be a dependent operating a privately owned vehicle (POV) registered to the service member sponsor. According to state and federal laws, it is a chargeable offense to authorize or knowingly permit an unlicensed driver to operate a vehicle.

Individuals in violation of Hawaii Revised Statutes 286-133 ("Unlawful to Permit Unauthorized Person to Drive") may face a maximum punishment of 30 days imprisonment and/or a fine of \$1,000. The maximum punishment under federal law is the same as for the state.

"Unlicensed driver" includes individuals with no prior driver's license, with a suspended license and with an expired license. Thus, service members who knowingly allow their unlicensed spouses or children to drive their POVs run the risk of being charged with a crime themselves.

Military sponsors are ultimately responsible for all family members and guests brought onto U.S. Army Garrison-Hawaii installations. Sponsors should be in close proximity of all non-military affiliated guests escorted on to installations.

Individuals detained by law enforcement personnel while on post will be processed by military police and re-



Jackson

leased to the sponsor's unit first sergeant or commander. Significant instances of misconduct or patterns of continued misconduct can lead to individuals being barred from USAG-HI installations by the order of the garrison commander. The bar is not limited to adults and can be applied to minors.

The following is an excerpt of an actual MP blotter entry from USAG-HI. Subjects are innocent until proven guilty.

Driving with an Expired Driver's License, Allowing a Dependent to Drive with Expired License

•Nov. 28, 2013. Military Police patrols approached a sport utility vehicle (SUV) parked at the Aliamanu Military Reservation shoppette for playing excessively loud music. During questioning, the driver admitted that he did not have his license with him. A computer database check revealed that the individual's Texas driver's license had ex-

pired in 2008.

MPs detained the driver (later identified as a dependent) and transported him to the Fort Shafter Police Desk, where he was processed and cited on a DD Form 1805 for driving with an expired driver's license (HRS 286-102). MPs issued the sponsor a DD Form 1408 for allowing a dependent to drive with an expired license.

The Community Compliance Office is currently working on barring the dependent from USAG-HI installations after further investigation revealed he had numerous criminal violations in the past.

While every situation is different, if law enforcement officials identify a family member or guest with an expired or suspended license, they will have reasonable cause to suspect that the sponsor was aware of that illegal situation and permitted it to occur. The same applies when family members are identified driving without any license.

BRIDGING THE BASICS

Open discussions make Army stronger

SGT. 1ST CLASS STEFFAN CREWS
500th Military Intelligence Brigade

The Army is an institution that has evolved for more than 230 years.

One thing is certain: The Army's evolution has come a long way when dealing with Equal Opportunity (EO) for every service member.

From segregation to gender discrimination, Soldiers have made conscious efforts to ensure the Army is making progress.

As recently as 2011, the Army was faced with yet another EO challenge, that of integrating homosexual Soldiers to openly serve alongside heterosexuals. As the Army accepted this new challenge, a way had to be found to bridge the basics. These changes can be accomplished through education and understanding.

The Army has invested millions of dollars in education to ensure that all parties involved participate and provide their view on how to move forward, facing the challenge, without disruption to the good order and discipline of the Army. EO courses, both at the leadership level and Soldier level, have been established.

For example, the Equal Opportunity

Leaders Course is the first step for non-commissioned officers to ensure that junior leaders are equipped with the knowledge to share with their Soldiers, while an Equal Opportunity Advisor Course was established for senior leaders to advise commanders at all levels on the challenges and the changes that are happening.

Another way the Army is bridging the basic understanding from what was acceptable before to what needs to be accepted today is through open forum. Leaders should engage their Soldiers in an open discussion on their thoughts of the changes without repercussion. Expressing personal opinion while respecting each other can bring about good ideas. Linking ideas and experiences of the past and the ideas and challenges of today can only make the Army stronger.

We are only as strong as the weakest Soldier. Leaders must ensure that the Army develops a strong and open-minded Soldier, to face the changes the future will bring. These actions can be done through sharing experiences, knowledge, understanding and being inclusive.

Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, is bridging the basics through training, understanding and education. My leadership understands the direction the Army is moving toward and fully supports the effort.



Crews

FOOTSTEPS in FAITH

Yes, we can achieve the perfection of a New Year

CHAPLAIN (CAPT.) JIM MITCHEM
2nd Squadron, 14th Cavalry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

"For you will not leave in a hurry, and you will not have to take flight; because the Lord is going before you, and the God of Israel is your rear guard."
— Isaiah 52:12

A brand new year is upon us, and just as we have done in years past, many of us made resolutions about how we will better ourselves in the coming days.

Living healthier, spending wiser, saving some money, perhaps healing relationships or starting new ones — all of these promises offer a perfect start, a clean slate.

And just as God promises us in Isaiah, he has prepared a way for us, a perfect way. But he also provides us with the opportunity to grow through our mis-

takes and getting dirty from time to time.

John Wayne once said, "Tomorrow comes into us at midnight very clean. It's perfect when it arrives, and it puts itself in our hands. It hopes we've learned something from yesterday."

As we prepare to take on the resolution challenges that we have given ourselves, we must remember to look into the past and learn and grow from them. God reminds us to not leave in a hurry and promises to be our rear guard. We can study our past, as well as the Scriptures, the history of man's past, and learn great things from them.

As we face forward in our lives, the greatest tool that God gives to us is



Mitchem

wisdom.

Winston Churchill describes the future this way: "The empires of the future are the empires of the mind," meaning dreams.

Set for yourself a goal, something you have always wanted, and make that goal a reality in your mind. There's a chance that you won't succeed, but there is always the chance that you will. As Churchill so aptly pointed out, we need to strive for the dreams of the future. We need to dream big, and we need to drive on so that our empires will become a reality.

So look to your past and learn from it. Know that things will happen this year, but your reaction to these things is your testimony to your faith. Others will see and wonder what it is you have that makes you so strong in life's trials. This reflection will be when you can proclaim the strength of faith within you and when you can lay a claim to the empire of your future.

Q • Why does the Hawaii Army Weekly publish courts-martial findings?

A • The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

The Office of the Staff Judge Advocate, 25th Infantry Division, publishes the results of the following recent courts-martial.

•A sergeant from Headquarters and Headquarters Company, 3rd Brigade Special Troops Battalion, 3rd Bde. Combat Team, was found guilty of drunk driving, assault with means to produce death or grievous bodily harm, fleeing apprehension, damaging military property and failure to obey a general order.

The sergeant was sentenced to reduction to private (E-1), confinement for two years and a bad conduct discharge.

•A specialist from Company D, 2nd Bn., 35th Inf. Regiment, 3rd BCT, was found guilty of check fraud by dishonorably failing to maintain funds, absence without leave (AWOL) terminated by apprehension, use of illegal drugs, assault and failure to obey a general order.

The specialist was sentenced to reduction to private (E-1), confinement for 21 months and a bad conduct discharge.

•A specialist from Co. C, 1st Bn., 27th Inf. Regt., 2nd Stryker BCT, was found guilty of AWOL terminated by apprehension, failure to go to appointed place of duty, disobeying a commissioned officer and wrongful use of illegal drugs.

The specialist was sentenced to reduction to private (E-1), confinement for one year and one day, and a bad conduct discharge.

Federal Convictions

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and/or a punitive discharge, these Soldiers will also have a federal conviction that they must report when filling out a job application. A federal conviction strips them of many rights, like voting.

Voices of Ohana

"What do you hope to achieve in the new year?"

Photos by 500th Military Intelligence Brigade Public Affairs.



"To maintain a healthier diet."

Warrant Officer 1 Robert Boatwright

Legal administrator, HHD, 500th MI Bde.



"Focus more on my military career and education."

Spc. David McCune

Paralegal specialist, HHD, 500th MI Bde.



"Improve my physical fitness"

Spc. Damon Schroeder

HR specialist, HHD, 500th MI Bde.



"To maintain my 3.45 GPA."

Spc. Lecoyia Vaughn

HR specialist, HHD, 500th MI Bde.



"I would like to improve my physical fitness and my health."

Staff Sgt. Mandy Walskey

Intelligence analyst, HHD, 500th MI Bde.

2014 tax season opens Jan. 31

e-file and Free File can speed refunds

INTERNAL REVENUE SERVICE
Public Affairs

WASHINGTON — The Internal Revenue Service announced plans to open the 2014 filing season on Jan. 31 and encouraged taxpayers to use e-file or Free File as the fastest way to receive refunds.

The new opening date for individuals to file their 2013 tax returns will allow the IRS adequate time to program and test its tax processing systems.

The annual process for updating IRS systems saw significant delays in October 2013 following the 16-day federal government closure.

“Our teams have been working hard throughout the fall to prepare for the upcoming tax season,” said Danny Werfel, IRS acting commissioner. “The late January opening gives us enough time to get things right with our programming, testing and systems validation. It’s a complex process, and our bottom-line goal is to provide a smooth filing and refund process for the nation’s taxpayers.”

The government closure meant



the IRS had to change the original opening date from Jan. 21 to Jan. 31. The 2014 date is one day later than the 2013 filing season opening, which started on Jan. 30, 2013, following January tax law changes made by Congress on Jan. 1 under the American Taxpayer Relief Act (ATRA). The extensive set of ATRA tax changes affected many 2012 tax returns, which led to the late January opening.

The IRS noted that several options are available to help taxpayers prepare for the 2014 tax season and get their refunds as easily as possible. New year-end tax planning information has been added to IRS.gov.

In addition, many software companies are expected to begin accepting tax returns in January and hold those returns until the IRS systems open on Jan. 31.

More details will be available this

month.

The IRS cautioned that it will not process any tax returns before Jan. 31, so there is no advantage to filing on paper before the opening date. Taxpayers will receive their tax refunds much faster by using e-file or Free File with the direct deposit option.

The April 15 tax deadline is set by statute and will remain in place. However, the IRS reminds taxpayers that anyone can request an automatic six-month extension to file the tax return. The request is easily done with Form 4868, which can be filed electronically or on paper.

IRS systems, applications and databases must be updated annually to reflect tax law updates, business process changes and programming updates in time for the start of the filing season.



SCHOFIELD BARRACKS — The Schofield Barracks Tax Center has announced its new 2014 location in Trailer #1, across the street from the Soldier Support Center, Building 750, here.

The center is open Jan. 27-Feb. 7 for E1- E4 only. Then, Feb. 10, it’s open to all service members, dependents and retirees.

Clients will be seen by appointment only. Read the next “Hawaii Army Weekly” or visit www.garrison.hawaii.army.mil/ for phone numbers, hours and more details.

(Photo by Sarah Pacheco, Honolulu Star-Advertiser)

NCO learns what it means to be a leader on recruiting duty

SGT. 1ST CLASS RICHARD CONERLY
10th Mountain Division
Outreach/Recruiting Liaison

Recruiting duty tops the list of most dreaded assignments.

Army Recruiting Command has a reputation for being an organization in which quotas and numbers rule supreme over quality of life and welfare of Soldiers.

In fact, statistics show only 31 percent of detailed recruiters volunteer for the assignment. Career program managers nominate and select the other 69 percent. So, why would anyone want to become a recruiter?

I did. Although I couldn’t have foreseen it when I volunteered, the decision would become life altering. This duty challenged everything I thought I knew about being a leader in the Army.

After I enlisted into the Army in 1999, I developed into what I thought was the ideal Soldier: sharp uniform, obeying orders and working harder than everyone else. I was quickly promoted to sergeant, and then to staff sergeant.

Being in charge was intoxicating. I was able to force others to take orders and perform my mission. If anyone dissented, I had a long list of ideas for punishment. Being thoughtful or even smiling in front of subordinates was considered weak. I had become the type of leader that many in the Army consider toxic.

To increase my chances at promotion, I volunteered for recruiting duty. I was told to expect to work 25 hours a day, often eight days per week,

warned that recruiting was all about quotas, so failing to meet those quotas was a surefire way to destroy my Army career.

Stories were passed along to me from those who had recruited long ago: Recruiting is all about sales, and morality and values have no place in that world.

The fact is, none of those warnings bothered me. I had proven over the previous seven years that I was highly capable of evolving into any identity I needed to be successful. I was formally trained in the Army Recruiter Course on how to market the Army to young men and women. I memorized all of the benefits of the Army and provided a glossy informational brochure for nearly any situation.

We conducted exercises by practicing how to overcome obstacles and objections from potential applicants, parents or influencers with clev-



Conerly

erly worded rebuttals.

Once at my recruiting center, I felt like a fish out of water for weeks. No one could’ve prepared me for the amount of rejection I would be subjected to. Nothing was working.

One morning, I headed to one of my high schools on the poor side of town where the kids were disrespectful, and the teachers could be best described as disengaged and rude. It didn’t take long to see the overwhelming disinterest in their faces. Then, all of a sudden, it hit me ... the students weren’t the problem — I was. They only saw me for the salesman I portrayed.

It was in that moment I realized that being a recruiter isn’t about being a salesman. It’s about being true to yourself and sharing your story. It isn’t about quotas, but being an example of redemption, opportunity and perseverance. The leader they needed had to be genuine, not the person I had allowed myself to become.

I measure my success in the simplest of words, thank you, from those Soldiers who once heard my story and how it changed the direction of their lives. What they may not realize, though, is

Recruiting Visit

Conerly is scheduled to visit Schofield Barracks beginning Jan. 14.

Learn More

Ask questions about becoming a recruiter at these sites:

- www.facebook.com/ArmyRTR;
- Recruiting Command News page, www.army.mil/usarec; and
- Recruiter Journal, www.npc-pubs.com/RecruiterJournal/November-December2013/.
- Follow USAREC on Facebook at www.facebook.com/USAREC.
- Follow the USAREC CG on Twitter @USAREC_CG.

just how much they taught me about myself and something I may have never found outside of Army Recruiting Command: the true meaning of leadership.

OVER THE
Holidays

84th Eng. upgrade Marine’s tactical trail



Soldiers with 3rd Plt., 643rd Eng. Co. (Vertical), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, strike the joints of the headwall with mortar at a large culvert site over the holidays.

Story and photos by
1ST LT. CASEY KILPATRICK
561st Engineer Company
84th Eng. Battalion, 130th Eng. Brigade
8th Theater Sustainment Command

MARINE CORPS BASE HAWAII, Kaneohe Bay — Troops from the 561st Engineer Company (Horizontal), 84th Eng. Battalion, demonstrated their commitment to all military facilities on the island by completing a 750-meter range road improvement mission, here, Dec. 17.

The project re-established a combat tactical vehicle trail that leads to a

range used for demolition training and increased the engineer troops’ confidence and project management skills in establishing construction tactics, techniques and procedures.

The companies first completed the mission in just 42 days. Each squad played a vital role: First and third squads installed 16-foot culverts and covered channels, allowing water to run under the trail, supported by headwalls at their outlets, while second squad emplaced a soil stabilization load support system in low water crossing areas of the trail.

Sgt. Joshua Hurst, 643rd Eng. Co. leader, helped other Oahu installations and gained experience.

Sgt. 1st Class Daniel Jaques oversaw all three parts of the mission and said, “The squad leaders learned what their strengths and weaknesses were in their different approaches to managing their specific project site.”

The final product is a drastically improved trail that can withstand the necessary traffic and enable critical training on the base, while also serving as an example for future combat trail missions throughout the island.



The 1st Plt., 561st Eng. Co. (Horizontal), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, installs a 16-foot culvert to prevent heavy rain flow from impeding travel along a combat trail.



Pfc. Jose Cervantes, 1st Plt., 561st Eng. Co. (Horizontal), 84th Eng. Bn., 130th Eng. Bde., 8th TSC, uses the hand tamper to reach the necessary compaction level to install a small culvert.

523 Eng. end 2013 by improving ranges, mitigating brush fires

Story and photo by
1ST LT. LUCIAN MYERS
523rd Engineer Company, 84th Eng. Battalion
130th Eng. Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Troops from the 523rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, answered the call from U.S. Army Garrison-Hawaii and the Range Control Department in December, completing a weeklong berm-improvement mission at the range, here, where recurring brush fires have started.

The mission’s goal was to mitigate future fires, like the one caused by high temperatures that broke out Oct. 15, 2013. It was put out five days later, then resumed two days after that, and was ultimately extinguished Oct. 28. That fire required six helicopters, an unmanned aerial vehicle and ground personnel from multiple organizations to monitor and end the fire.

Schofield units use the range for controlled detonations to dispose of unexploded ordnance or dud rounds that are found on and around other ranges. The original berm was approximately 7-feet tall and 15-feet wide at the base, and

the 523rd’s goal was to increase it to 20-feet tall and 20-feet wide at the base.

The company conducted 24-hour operations Dec. 9-13 to meet the range control’s timeline, ultimately exceeding its goal by building the berm to 22-feet tall and 35-feet wide at the base.

“We were able to start where the day shift left off and were able to work with fewer distractions,” said Spc. Anthony Velazquez, a night crew member. “The day shift would set up the lights, and we continued building through the night.”

The company maximized personnel with two platoons hauling dirt to the project site, while a

third ran the construction of the berm.

Sgt. 1st Class Chad Johnson, senior enlisted leader for 3rd Platoon’s “Construction Ninjas,” said, “We had to manage all the Soldiers who were attached to us from other platoons, mission-capable vehicles and the flow of dump trucks to the project site. Very quickly, we pulled together as a team.”

The troops relocated more than 5,800 cubic yards of dirt during the mission, mitigating the chance of brush fires in the vicinity, while increasing safety and the range’s ability to conduct critical training.



Soldiers from 2nd Plt., 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, cut and fill the range as the 3rd Plt. “Construction Ninjas,” 523rd Eng. Co., haul in dirt.

SCHOOL & HOLIDAY SPIRITS



CAMP MARMAL, Afghanistan — (Above) Faculty, parents and students at St. Joseph’s School, Bronxville, N.Y., pose for the Soldiers of Task Force Hannibal, which includes the 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th Theater Sust. Command. The school mobilized for the holidays in August 2013, and just after Thanksgiving filled two cars (left) with 85 care packages to ship the bounty of treats.

“While at the post office, (students) were unloading the cars, and a man followed the kids into the post office. He came up to me and asked if I was in charge of this project,” said Julie Nowak, project coordinator at St. Joseph’s. “He knew exactly what the boxes were for — he spent two deployments in Iraq. With tears in his eyes, he thanked us and wanted us to know what this would do for troop morale. He made our day.”

The shipment made it in time for Christmas, and (right) the grateful warriors responded by sending the school a heart-felt “thank you!” (Photos courtesy 524th Combat Sustainment Support Battalion)



OVER THE
Holidays

1-14th Inf. rotates leaders to hammer Operation Anvil

1ST LT. ALEXANDER WURZEL
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — “We have enemy movement up ahead!” This message crackles through Sgt. 1st Class Jojo Kelly’s radio.

While the platoon establishes security on a bald plateau situated between a flat, open area and a vertical drop into a tropical gulch, Kelly, exercise platoon leader and operations sergeant for the 66th Engineer Co., 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, and his squad leaders, sketch out a plan to secure the open area.

As they set the conditions to isolate the objective and begin movement, enemy fire erupts from behind a thicket of elephant grass, resulting in a ca-

cophony of gunfire and shouting.

1-14th Inf. platoon leaders and sergeants conducted Operation Anvil at Schofield’s East Range Training Area, Dec. 10-12, to standardize the way platoons conduct operations through the use of the battalion tactical handbook.

A key task during the operation was to rotate leadership by position to create an opportunity for leaders to perform in unfamiliar roles. The end result allowed for a mutual understanding of the roles and responsibilities that each leader assumes on a daily basis.

After each mission, Lt. Col. Ike Sallee, commander, 1-14th Inf., and his senior leaders, held thorough, informative after-action reviews.

“The top five did a great job breaking down the objective, which allowed



Soldiers from 1-14th Inf. Regt., 2nd SBCT, 25th ID, rescue downed pilots during Operation Anvil at East Range. (Photo by Spc. Quacie Allen, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division)

us to have a better understanding of the overall mission,” said 1st Lt. Nicholas Shumpis, platoon leader, Co. B. “Classes on call for fire, engineer assets, field craft and air-ground integration were taught in the evenings.

Instructors volunteered their time and resources to give either a hands-on demonstration or a walk-through of their capabilities.”

“The engineer mobility support and sapper classes were put together very well and provided us an opportunity to see exactly what the engineers can do for us,” said 1st Lt. Miguel Montalvotorres, assistant operations officer, Headquarters and Headquarters Co.

To wrap up the training, the leaders were joined by all the other battalion officers for a ruck march from East Range back to Schofield Barracks. The team building was a success, and the effort to get all platoon leadership to standardize the way tactical operations are conducted is well underway.

(Editor’s note: Wurzel is the 1-14th Inf. Regt. public affairs representative.)

TSP contributioners can ‘catch-up’ for savings

DEFENSE CIVILIAN PERSONNEL DATA SYSTEM
Human Resources

Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions.

“Catch-up contributions” are supplemental tax-deferred contributions that employees age 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum amount they can contribute through regular contributions.

To be eligible to make catch-up contributions, you must meet the following parameters:

- Age 50 or older anytime during the calendar year in which the catch-up contributions are being made (even if you become age 50 on Dec. 31 of this year);

- Currently employed and in Pay Status;
- Making regular contributions to a civilian or uniformed services TSP account (or both), and/or an equivalent employer plan (such as 401(k), 403(b) or 408 plan that will equal the maximum allowed by the Internal Revenue Service. You are not eligible to make catch-up contributions (or regular contributions) within six months of making a financial hardship withdrawal from the TSP, nor while in a “non-pay” status.

Learn More

For additional information regarding catch-up contributions and details about 2014 limits, visit www.tsp.gov/.



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For the complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

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

11 / Saturday

Road & Power — Schofield Barracks scheduled a power outage and road closure, 7:30 a.m.-12:30 p.m., on Cadet Sheridan Road between Trimble and McCormack

roads in order to trim overhanging trees. The following buildings will be without power: Bldg. 3320, Clothing and Sales, Class 6; Bldg. 3321, bank.

Road Runners — The 3rd Annual Bronco Memorial 10k Run on Kolekole Pass, beginning at Bldg. 1492, begins registration at 6:30 a.m. Keiki and leashed pets welcome; T-shirts available for donation. Visit <https://broncoremembrancerun.eventbrite.com>.

12 / Sunday

H1 Lane Closures — The state Department of Transportation advises Oahu motorists of multiple lane closures on the H-1 freeway in the east-bound direction, between the H-1/H-2 merge and the Kaahumanu Street Overpass, for viaduct deck repairs and improvements.

- Two right lanes will be closed, 9 a.m.-6 p.m.

- Three right lanes will be closed through Monday morning from 6 p.m. to 4:30 a.m. Motorists may visit the project website at www.pmcontraflow.com or call the project hotline at 945-1144.

Ongoing

TAMC Lane Closure — Until Jan. 31, Krukowski Road on Tripler Army Medical Center may be partially closed, 8:30 a.m.-2:30 p.m., near Bldgs. 102 and 104. One lane will be open for two-way traffic.

Go Akamai — Commuters can check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services. GoAkamai enables travelers to make better decisions.



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

Today

K-Bay Aircraft Activity — F/A-18 Hornets from Marine Fighter Attack Squadron 224, Beaufort, S.C., will be temporarily based at Marine Corps Base Hawaii, Kaneohe Bay, from today to Feb. 5 in support of 3rd Marine Regiment training. Oahu residents may see and hear increased aircraft activity surrounding the base. For community relations questions, call 257-8832.

W-2 at myPay — Your electronic W2 for 2013 is available at mypay.dfas.mil/mypay.aspx?flps=W2S-DCPS. The Web-based system protects against identity theft and is faster and more secure than regular mail by allowing members to access their electronic W-2, leave and earnings statement (LES) and other financial information.

If the information posted to your W-2 is incorrect, contact your servicing pay office or your customer service representative for assistance.

Additional information is available in FAQs at <https://mypay.dfas.mil/FAQ.htm>.

14 / Tuesday

AFCEA Luncheon — The Armed Forces Communications and Electronics Association hosts a lunch, 11 a.m., at Fort Shafter’s Hale Ikena. The guest speaker will be Lt. Gen. Dan “Fig” Leaf, director, Asia-Pacific Center. The topic is “The Evolving Nature of Security in Asia-Pacific.”

To register, visit www.afcea-hawaii.org or call 441-8565/8524.

16 / Thursday

MLK Breakfast — The U.S. Army-Pacific Equal Opportunity Office will host a Dr.

Martin Luther King Jr. birthday special observance, 11 a.m., in Schofield Barracks’ Sgt. Smith Theater. The guest speaker is Gen. Vincent Brooks, commander, U.S. Army-Pacific.

In honor of this year’s observance, EO seeks organizations to set up information booths about volunteer opportunities for Soldiers, civilians and family members. Call 438-3593.

24 / Friday

Change of Responsibility — Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd Stryker Brigade Combat Team, 25th Infantry Division, will relinquish duties to Command Sgt. Maj. Jeffrey Sweezer at a ceremony, 10 a.m., on Schofield’s Weyand Field.

Ongoing

Green to Gold — Officer-potential Soldiers who are interested in earning a degree are encouraged to apply. Check the Green to Gold website for complete benefits, eligibility requirements and the appropriate applications at www.goarmy.com/rotc/enlisted_soldiers.jsp.

CA/MISO Recruiting — Interested in Special Forces, Civil Affairs or Military Information Support Operations (MISO)? Attend unclassified briefings on the mission, make-up and requirements of the Army Special Operations Force (ARSOF) assessment, selection and qualification courses. Information pertaining to stationing and areas of operations for each ARSOF entity will be provided.

The primary focus of the brief is to identify qualified candidates to attend the assessment and selection course, enabling them to be successful during the qualification course.

All candidates currently processing for any future ARSOF course are also provided a Future Special Operations Soldier Training Program (FSSTP) with its physical training program.

CA/MISO briefs are 12 p.m., Tuesdays; SF briefs are noon and 3:30 p.m., Wednesdays.

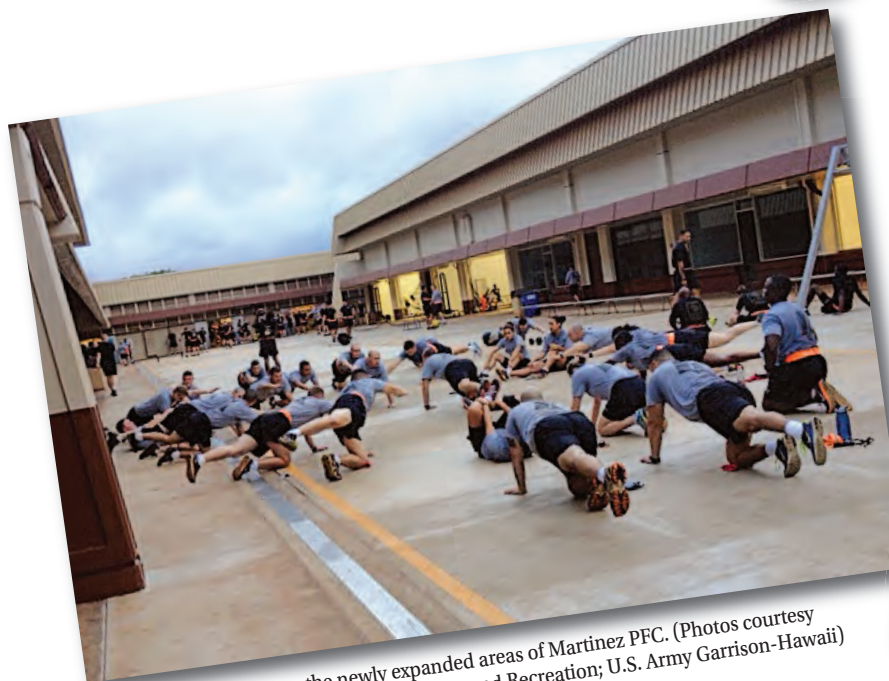
Call Special Operations Recruiting at 655-4397 or visit Bldg. 690, Room 3G, Schofield Barracks.

CID — Are you interested in a career as a special agent with the Army Criminal Investigation Command? If so, call 655-1989/0541. For more information and prerequisites, visit www.CID.army.mil.



Town Hall
6-7:30pm • Wed., Jan. 15
www.facebook.com/usaghawaii



Change *is* Good

Soldiers practice PT on the newly expanded areas of Martinez PFC. (Photos courtesy Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii)



Soldiers perform pull-ups, dips and other exercises on the new TRX structure at Martinez PFC.

Martinez PFC pumps up facility, fitness options

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — It's a new year, and those looking to shed some weight, build lean muscle or just improve their overall physical health and well-being are in luck.

Martinez Physical Fitness Center (PFC), located along Kolekole Avenue, here, recently completed a facility renovation and expansion project to better service Soldiers, families and Department of Defense civilian employees.

“These upgrades have provided a lot more functional space for workouts,” said Gaylyn Hoshide, supervisory sports specialist, Sports Fitness and Aquatics; Community Recreation Division; Directorate of Family and Morale,

Welfare and Recreation; U.S. Army Garrison-Hawaii.

“It's so crowded with so many Soldiers on this base, and what we had before in terms of square footage was so small,” Hoshide explained. “Martinez averages about 30,000 participants per month, so these renovations have really made it more user-friendly for the Soldiers to get their PT at the gym done.”

Renovations began in June 2013 and wrapped up in late October.

Among the facility improvements are the following:

- Concrete resurfacing of the central courtyard to accommodate workouts and agility drills;
- Two additional multipurpose fitness spaces;
- A new multipurpose/assessment training area;
- Complete circuit of hammer strength ground-based equipment and lifting platforms; and
- A 30-foot TRX training structure ideal for hybrid workouts.

To facilitate the necessary upgrades, Hoshide said they tore down the walls separat-

WORK IT OUT!

The Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii, fitness program oversees six physical fitness centers (PFCs) that offer equipment, classes and fitness services, seven days a week.

In addition to Martinez PFC, they include the following:

- Schofield Barracks Health and Fitness Center — Building 582, across from Sgt. Smith Theater, Schofield Barracks; open 6:30 a.m.-9 p.m., Monday-Friday; 7 a.m.-5 p.m., Saturday; 8 a.m.-4 p.m., Sunday.
- Fort Shafter PFC — Building 665, Fort Shafter; open 5:30 a.m.-8:30 p.m.,

Monday-Friday; 7 a.m.-3 p.m., Saturday; 9 a.m.-4 p.m., Sunday and most holidays.

- Tripler PFC — Building 300, Tripler Army Medical Center; open 5 a.m.-7:30 p.m., Monday-Thursday; 5 a.m.-6 p.m., Friday; 10 a.m.-5 p.m., Saturday; closed Sunday and holidays.

- Aliamanu PFC — Building 1780, Aliamanu Military Reservation; open 6 a.m.-9 p.m., Monday-Friday; closed Saturday-Sunday and holidays.

- Helemanu PFC — Building 25, Helemanu Military Reservation; open 6 a.m.-9 p.m., Monday-Friday; closed Saturday-Sunday and holidays.

For more information, visit himwr.com/fitness-centers.

Martinez PFC

Martinez Physical Fitness Center is located at 1476 Kolekole Ave., Building 488, Schofield Barracks.

The facility is open from 5 a.m.-9 p.m., Monday-Friday; 7 a.m.-5 p.m., Saturday; and 8 a.m.-4 p.m., Sunday and most holidays.

For more information, call 655-4804.



ing racquetball courts 8-9 and 6-7 and combined the spaces into two multipurpose fitness areas. Also, the once-grassy expanse in the middle of the facility was resurfaced with concrete in order to provide steadier ground for agility drills.

Other enhancements to Martinez PFC include the addition of more athletic

training equipment, such as bumper plates, kettlebells, barbells, technique bars, plyo boxes, medicine balls, AbMats and white boards that can be staged inside or out on the courtyard.

“This has made for more functional space for fitness workouts,” Hoshide said. “People have been commenting about how they like the space and how they've been enjoying the workout areas and equipment provided.”

Finding better health decisions can be empowering

CARRIE KILBY AND ESTHER PFAU
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — In many things, we don't have control over them when it comes to health care.

For example, the number of specialty doctors in our region, out-of-pocket expenses, proximity of medical treatment facilities, the amount of time it takes to see our health care provider and more are uncontrollable.



However, luckily, health is more than just good health care.

Health is about the decisions and choices we make every day. Most health decisions do not happen in the doctor's office or hospital. Instead, they are made when people are at work or at home with their families. It is in this “Lifespace” where the daily choices people make impact their health.

So make this upcoming year “your year” to empower yourself. Know that each day you can make a difference in your quality of life.

No matter who you are, how old you are or what you do, you need a balance of sleep, activity and nutrition to build and sustain great health. This triad of sleep, activity and nutrition was initiated by the Army surgeon general in 2012 and is called the Performance Triad.

In the spring and summer of 2014, installations Army-wide will be deploying the Army Family Performance Triad Campaign.

In the spring and summer of 2014, installations Army-wide will be deploying the Army Family Performance Triad Campaign. The campaign aims to bring Soldiers and retirees, their families and civilians the tools and resources needed to make better sleep, activity and nutrition choices to improve their health and performance.

To kick-start your own healthy habits, Army Medicine experts in sleep, activity and nutrition have provided some daily targets to start impacting performance and health.

Performance Triad strategies

These daily targets are for adults:

- Get at least 7-8 hours of sleep each night.



Getting enough sleep, at least 7-8 hours each night is a foundation for good health. (Courtesy photo)

- Remove all electronics from your bedroom.
- Take 10,000 steps during your everyday routine. Consider getting a pedometer, using your smart phone or using a personal fitness device to track your steps each day.



Daily activity is an important health tool. (Courtesy photo)

- Get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity activity and two days of muscle-strengthening activity per week.
- Build your plate with whole grains, lean proteins, fruits, vegetables and low-fat dairy at each meal.
- Make half your plate a variety of brightly colored fruits and vegetables.



Whole grains and vegetables should be an important meal strategy. (Courtesy photo)

- Refuel every 4-5 waking hours; don't skip meals.
- Make water your first choice for hydration.



Keep hydrating and use water as a first choice as one health strategy. (Courtesy photo)

Finding Support

If you don't know where to start, have an injury or would like additional one-on-one support, no matter your current fitness level, contact your primary care manager at your medical treatment facility.

You have the power to improve sleep, activity and nutrition and maintain or take back control of your health and future.





Briefs

Today

Pacific Teen Panel — AMR/FS Teen Centers are inviting interested teens to serve on the PTP (Pacific Teen Panel). Must be CYSS 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. Call the AMR Youth Center at 833-0920 or FS Middle School and Teen Program at 438-6470.

Get Fit — MWR personal training services are now available at Fort Shafter PFC, AMR PFC and Tripler PFC. Call 492-3129.

SKIES Unlimited — New programs are being introduced during January; contact SKIES for details:

- KinderJam.** High-energy music and movement programs for children ages 1-5. Program will be offered on SB Wednesdays and at AMR Fridays. Parent participation required.
- Mini Mozart Keyboarding.** Keyboarding class for ages 3 1/2-6, Wednesdays, at both SB and AMR. Parent participation required.
- Basic Sewing Program.** Learn the basics of sewing and learn how to use a sewing machine, 1:30-3:30 p.m., every 2nd and 3rd Wednesday, ages 9-18.

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

Items cost \$8-\$10. Call 655-7131.

Online NAF Property Sales Deadline — Purchase items at a discount with online anonymous bids at himwr.com/nafe-auction. This sale includes different excess items.

All winning bids for an individual item will be contacted within 48 hours of the last day of the auction to arrange payment and pick-up.

All items are sold “as is.” No re-funds or exchanges. Call 438-3503.

12 / Sunday

NFL Sundays — SB Tropics Warrior Zone offers all the NFL games. Facility opens a half-hour before the first game starts. Tropics also will feature Monday and Thursday night NFL games. Patrons 18 and older are welcome. Call 655-5698.



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

Today

Free YMCA Pass — The Honolulu YMCA branches are offering a free two-day facility pass, available online at www.ymcahonolulu.org or at any Y Branch; valid through Jan. 11.

Military Spouse Nominations — All Americans are urged to submit their nominations through Jan. 17 for the deserving military spouses in their lives at http://msoy.militaryspouse.com.

11 / Saturday

Makahiki — Turtle Bay Resort hosts the beginning of the four-month Makahiki season, 8 a.m.-4 p.m. The free event includes traditional Makahiki sporting events, such as hukihuki (tug of war), ulu maika (lawn bowling), uma (arm wrestling), heihei kukini (foot racing), oo ihe

‘LION KING’



HONOLULU — Jelani Remy (right) stars as “Simba” and Nia Holloway as “Nala” in “The Lion King” National Tour production that opens its Hawaii run, Jan. 14, at the Neal Blaidell Concert Hall. Now in its second sold out decade in New York, the Disney musical production is a winner of six Tony Awards, including Best Musical. Hawaii tickets for “The Lion King” begin at \$30 and can be purchased online at www.lionking.com/ticket/honolulu-hi. The production runs through March 9. (Photo by Joan Marcus, Disney)

Kolekole Sunday Football — Doors open 30 minutes before kickoff of first game. Breakfast tailgate buffet costs \$5 until noon; pupu and crowd pleasers start at 11 a.m. Games and prizes are offered throughout the morning.

Are you SB Kolekole’s hardest working fan? Punch in every time you watch football at Kolekole, and get a chance to win a 32-inch TV at the Super Bowl party. The fan with the most clocked hours by Jan. 30 wins. Call 655-4466.

13 / Monday

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

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. Call 655-4466.

14 / Tuesday

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

Karaoke Tournament — Tropics hosts this singing competition;

sign up is 5:30-6 p.m. Tournament begins promptly at 6 p.m., every Tuesday night. Finale is Jan. 28.

15 / 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. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:

- North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Mad Science — Sgt. Yano Library hosts this elementary-aged keiki event, 3-3:30 p.m., which features hot air balloons, vortex generators and even a hovercraft. Call 655-8002.

Manga Club — Monthly meeting, beginning at 3 p.m.; teens are invited to discuss anything Manga, fan art and anime at Sgt Yano Library. Call 655-8002.

Play Station Tournament — Every Wednesday night in January; sign up is 5:30-6 p.m.

Tropics hosts a Play Station tournament; play begins at 6 p.m. Finale is Jan. 29. Call 655-5698.

16 / Thursday

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

19 / Sunday

Hale Ikena Sunday Brunch — FS Mulligan’s Bar & Grill hosts from 10 a.m.-1 p.m. Call 438-1974.

Ongoing

SKIES Hula Classes — Hula classes are offered as follows:

- AMR, 8:30 a.m., Saturdays;
- Schofield Hula 101, 9:15 a.m., 4 p.m. and 4:45 p.m.; and Intermediate, 5:30 p.m. Wednesdays.

Call 655-9818 for class availability or visit www.himwr.com.

SKIES Unlimited Dance Classes — AMR and Schofield Barracks Studios offer a variety of dance classes to include rhythm in motion, for 2 year olds; beginner/intermediate dance combo, for ballet; tap, for 3-5 and 6-9 years; hip-hop; and ballroom dancing. Call 655-9818.

Storage Shed Rental — Rent a storage shed from either FS (438-9402) or SB (655-9368) Auto Skills centers. Fees are \$40 and \$60.

dors. Call 741-4038.

25 / Saturday

NFL Pro Bowl Ohana Day — Witness Team Sanders and Team Rice in action Saturday morning, time to be determined, Jan. 25, at Aloha Stadium. Enjoy fan contests, player interviews and a preview of Pro Bowl game entertainment.

Ongoing

DeCA Scholarships — Applications for the 2014 Scholarships for Military Children Program are available at commissaries or online at www.militaryscholar.org.

Applications must be turned in to a commissary by close of business Feb. 28. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

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 service is available, 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.



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)

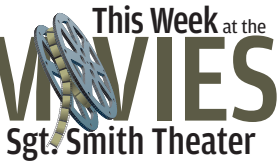
- Friday, 7:30 p.m. at PH

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



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



The Hobbit: The Desolation of Smaug

(PG-13)
Fri., Jan. 10, 7 p.m.
Sat., Jan. 11, 6 p.m.
Sun., Jan.12, 2 p.m.

The Hunger Games: Catching Fire

(PG-13)
Sat., Jan. 11, 2 p.m.



Homefront

(R)
Sun., Jan. 12, 6 p.m.
Thurs., Jan. 16, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Jamir Rivera, a Cub Scout with Schofield Barracks Pack 166, crosses the single-rope bridge with help from Soldiers of 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Inf. Division, during Schofield Days, an annual event sponsored by the 25th ID in which Cub Scouts from all over Oahu come out to the East Range for a taste of Army life.

Cub Scouts sample ‘Gimlet’ Army life

Annual ‘Schofield Days’ teaches Soldiering, life skills

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

SCHOFIELD BARRACKS — Cub Scouts from all over Oahu descended on the East Range, here, Dec. 26-28, for Schofield Days.

It was a chance for the Cubs and their families to spend some time together learning a little about the Army.

“The 25th Infantry Division has been sponsoring this for over 20 years,” said Jordan Cripps, district executive, Boy Scouts of America Aloha Council. “It’s a time for the Cub Scouts to come out and see some of the things the Army does and have fun while doing it.”

This year, the 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, took the lead on putting everything together for the boys. Five stations were set up showing off things like outdoor survival, Physical Readiness Training, Individual Movement Techniques, crossing a ravine with a single-rope bridge and displaying and providing

education about the Stryker armored fighting vehicle.

“They learn a ton,” said Cripps. “They learn survival skills, they learn the PT stuff (and) they learn how to do a Swiss seat harness for the rope bridge. They’re learning all of these different skills that are not only related to Scouting, but to life in general, so it’s really cool.”

The Gimlets running the event said it was a great way to connect with the kids and Oahu community.

“It’s giving back,” said Staff Sgt. Otis Taylor, a section sergeant for B Company, 1-21st Inf., and Schofield Days noncommissioned officer in charge. “The kids see what Soldiers go through on a daily basis. One of these days, some of these kids may want to go into the military, and here’s the opportunity to see what the military is made of.”

“It helps build relations between Schofield Barracks and the island of Oahu,” said 1st Lt. Aaron Newton, leader, 3rd Platoon, B Co., 1-21st Inf., and Schofield Days officer in charge. “It also builds discipline and physical fitness with the kids, and teaches them about the outdoors. They get to have some fun and do some cool training.”

When asked which event he liked best, Jack-

“Out of all of the Eagle Scouts and older Scouts I talk to, they all say Schofield Days is the one thing they remember.”

— **Jordan Cripps**
Boy Scouts of America Aloha Council
District Executive

son Everette, a Bear Scout from Schofield Barracks Pack 166, said, “The Individual Movement part where we got to run with the fake guns from sandbag to sandbag and act like we were going after the enemy. It was the most fun and definitely my favorite part.”

The Cubs were thankful for being able to come out and take part in such a unique event.

“We’re always super grateful for the 25th Infantry Division to come out and put this on for us,” said Cripps. “Out of all of the Eagle Scouts and older Scouts I talk to, they all say Schofield Days is the one thing they remember. It’s always the most memorable. It’s such a privilege to be able to do this out here.”

THE
MEAT & POTATOES OF LIFE

Let needles fall where they may

LISA SMITH MOLINARI
Contributing Writer

I’ve said it before, I’ll say it again: I love my ShopVac.

Typically, my love affair with this handy appliance is most intimate during the post-holiday cleanup, after

the decorations have been taken down and a veritable minefield of dust bunnies, paper scraps, glitter, forgotten red and green M&Ms and, of course, pine needles are revealed.

I normally find my ShopVac coyly hiding in my laundry room, playing hard-to-get. I tease him out into the kitchen and fondle his attachments. He’s a particularly handsome upright model with a tall slim canister and an extra long hose.

After I plug him in, he dominantly takes charge of the situation, powerfully wielding his raw horsepower.

My torrid tryst with my ShopVac is normally a very brief encounter. But this year, we had a prolonged tête-à-tête, thanks to a most unfortunate Christmas tree.

After two years of living in Florida, buying our Christmas trees in dingy strip mall parking lots, my Navy family, now stationed in New England, was ready for the full-on, over the river and through the woods, dashing through the snow, holly-jolly experience.

I imagined a happy family outing to a local “you-cut” tree farm with rows of lovely scotch pines and Frazier firs. I figured we’d traipse off into the woods, perhaps while singing our favorite Christmas carols and find a gor-



See Cleanup, B-6

‘Ohana Heroes Project’ studies deployment’s impact on families



SCHOOL LIAISON OFFICE
Child, Youth and School Services
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — A Department of Defense-funded research project is investigating the effects of military deployment on families.

The \$2.7 million project is supported by funding from the Office of the Assistant Secretary of Defense for Health Affairs, Defense Health Program, and is managed by the U.S. Army Medical Research and Materiel Command.

“The ultimate goal of this project is to better understand the effects of military deployment on family functioning in order to develop and guide support programs for these families.”

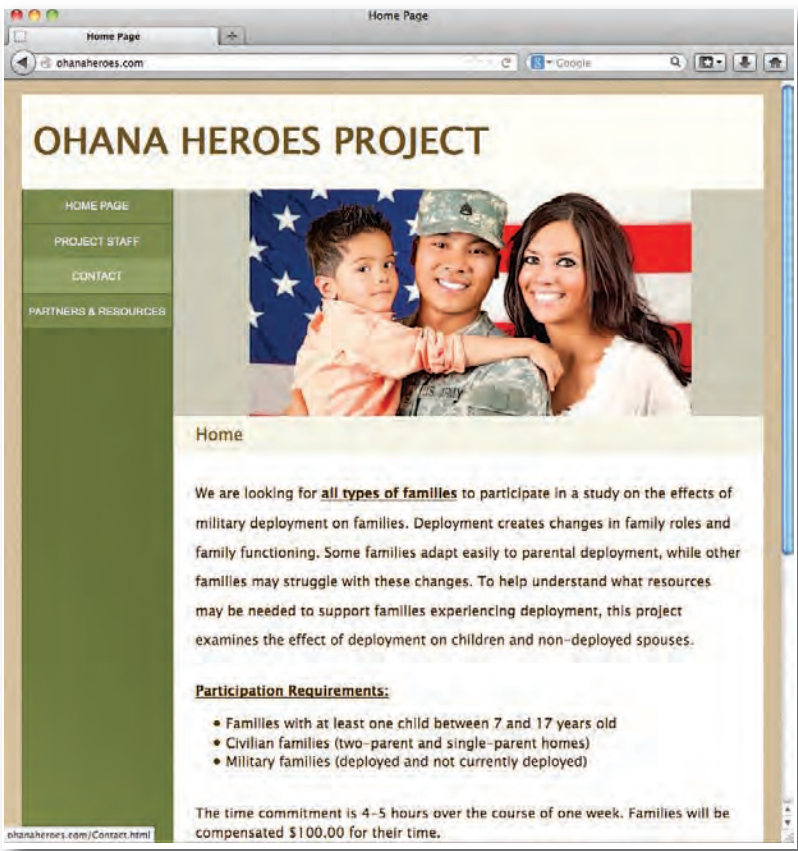
—**Dr. Charmaine Higa-McMillan**
Associate professor of psychology at UH Hilo and principal investigator for the Ohana Heroes Project, UH Hilo

The purpose of the study is to determine how deployment creates changes in family roles and functioning. There are some resilient families that adapt easily to deployment while others struggle. The results of the study will examine the effects of deployment on children and their non-deployed parent and will provide data on what resources may be needed or developed to better support families.

There are four types of families (with at least one child between the age of 7 and 17) that are being invited to participate in the study:



- Military families with a deployed parent,
 - Military families with no currently deployed parent,
 - Civilian families with parents who are divorced or separated, and
 - Civilian families with two parents in the home.
- Participation includes interviews and hard copy surveys that examine parent and child strengths, each child’s social and academic functioning and overall family functioning. In addition, noninvasive physical measures of stress (salivary cortisol and movement watches) will also be obtained over the course of one week for an estimated total of four to five hours.
- Those who are chosen to participate in the study will be compensated with \$100 cash.



Learn More

If you are interested in learning more about the study, visit www.ohanaheroes.com or send an email to contact@ohanaheroes.com. Families can also call (808) 365-4624 on Oahu.

The grant was awarded to the University of Central Florida, and the University of Hawaii at Hilo was sub awarded to implement it here in Hawaii.

“The ultimate goal of this project is to better understand the effects of military deployment on family functioning in order to develop and guide support programs for these families,” noted Dr. Charmaine Higa-McMillan, an associate professor of psychology at UH Hilo and principal investigator for the Ohana Heroes Project at the UH Hilo site.

‘Performance Triad’ stresses nutrition strategies

LT. COL. TWYLA LEIGH
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — It’s been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name. STOP!

The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if consumed on most workdays, will create a weight gain of a jumbo 25 pounds per year.

Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. These office hazards add to inevitable weight gain that most of us blame on aging, heredity and/or metabolism.

Technology has created an environment (office and home) that promotes sedentary behaviors. Studies have shown that sitting too much during your waking hours (whether it is at your desk, in meetings or in front of the television) is detrimental to your health and may increase your risk of cardiovascular disease and other chronic diseases. In addition, sitting too much and lack of physical activity (at least 30 minutes of moderate-intensity exercise) can contribute to weight gain.



Healthy nutrition coupled with activity are two of the three key components of health defined in the Army surgeon general’s Performance Triad (the third is quality sleep). Quality nutrition promotes health, prevents disease and contributes to achieving and maintaining a healthy body weight.

We think better, feel better and perform better when our bodies are well nourished.

Here is a list of strategies to consider for a healthier work environment:

Eat breakfast. Breakfast skippers start the day at a disadvantage and may start grazing early and feel they have no will power or resistance to sugary and fatty foods that they might otherwise avoid.

Bring healthy (and portion-controlled) lunches and snacks. Prepare your lunch and snacks the night before. By doing this, you have complete control over the size of your meals and what goes in your body, and you save money, too. In addition, having healthier, portion-controlled snacks on hand will keep you from visiting the vending machine.

Eat mindfully. No matter what you are eating, focus on the smell, taste and crunch. Avoid eating while you are working at the computer. This type of “multitasking” doesn’t allow you to realize that you are satisfied with your snack or meal, and you may be tempted to keep “graz-

ing.” Try eating in a relaxing area away from your desk instead.

Think thirsty, not hungry. Have lots of cool water on hand to drink throughout the day. Many times, we think we are hungry and overeat when we have not had enough fluids. Watch those sugary, calorie-laden beverages.

Sit less; move more. Grab a movement break. Stand up and stretch. Take a 10-minute walk break, and get some steps in to reach the recommended Performance Triad goal of 10,000 steps daily. Walk briskly to meetings. Take the stairs instead of the elevator. Park your car at the farthest point in the parking lot. Limit phone calls to co-workers and walk over instead.

Identify supportive coworkers. Share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.

Change the office culture. Model good eating. If you bring in a snack to share, make it healthy — fresh fruit, whole grains and lower fat recipes. Suggest nonfood rewards and celebrations. Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

(Editor’s note: Leigh is an Army Reserve registered dietician at USAPHC.)

Cleanup: The New Year is time to embrace the need for a heavy duty tool

CONTINUED FROM B-3

geously fragrant, well-tended tree to perfectly fit our base house’s bay window.

However, somehow, we ended up in a bumpy field dotted with wildly misshapen blue spruces. But it was almost dusk, and we were determined to get our tree that afternoon. As we searched the weedy, tangled grove, our standards dwindled with the remaining sunlight.

Wanting to get the whole ordeal over with, we settled on a particularly painful blue spruce that we found down in a gulch at the edge of the farmer’s property. No sooner did we hand back the farmer’s bowsaw, along with the agreed upon \$35, than needles began to fall from our “fresh” cut tree.

There were needles on our clothes, on the top of our minivan, inside our minivan, on our driveway, on our sidewalk, in our kitchen, down our hallway, across our living room and scattered on the floor under the bay window.

Even after the lights, ornaments and angel

were in place, our “fresh” cut tree continued to drop needles, which somehow made their way onto our dog, inside our presents, in our boots, on the bookshelf, embedded into our oriental rug and, remarkably, into a pot of spaghetti sauce.

By the time the holidays were over and we had taken the decorations off our tree, there were more needles on our carpet than attached to the brittle, curled branches.

We finally bid riddance to that most unfortunate tree at the curb outside our house a few days ago. Not wanting to appear too needy, I wondered whether I should betray my ShopVac and tackle the mountain of needles with a snow shovel or a bulldozer.

But I was only kidding myself. I knew he was the only one who could give me satisfaction. Day after day, night after night, I faithfully rendezvoused with my beloved ShopVac until we found every needle in my haystack.

Along with all those fuzz balls, dog hairs, peanuts, tinsel and pine needles, my ShopVac has sucked me in for good.



The remnants display the author's "most unfortunate tree." (Photo courtesy Lisa Smith Molinari)

(Editor’s note: A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

SONY OPEN WEEK



HONOLULU — Army Spc. Gary Clark (left), 307th Expeditionary Signal Battalion, 516th Sig. Brigade, provides caddy support to professional golfer Cameron Tringale, Wednesday, at the Sony Open Pro-Am at Waialae Country Club, here. Clark served as a pro-am caddy for Tringale as part of the “Birdies for the Brave” military outreach initiative supported by the PGA Tour.

The program also provides military hospitality chalets and celebrations held during tour events. The Sony Open in Hawaii PGA Tour event runs through Sunday.



PGA star Zach Johnson (second from left), an 11-time winner on the PGA Tour, and winner of last week’s Hyundai Tournament of Champions event on Maui, shares time with military caddies at Wednesday’s Sony Open in Hawaii Pro-Am event and “Birdies for the Brave” initiative. (Photos by Kristopher Schlund, PGA)